

Blood Pressure And Pulse Aerobic Gymnastics Routine Rest Participants Condong Catur Depok Sleman in Yogyakarta

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ABSTRACT

Abstract

Aerobics is an activity that a lot of motion exercises conducted in Lean people included in Depok Sleman Chess, but has never held measurement of blood pressure and resting heart rate. The purpose of this research is describe and analyze the Blood Pressure and Pulse Rest Participants Gymnastics Aerobics is done routinely in Condong Catur Depok Sleman, Yogyakarta. The method or type of research used in this research is to diskriptip quantitative approach is to take blood pressure and The resting pulse rate data of participants who follow aerobic exercise regularly. Then analyze and put in tables systolic and diastolic blood pressure and pulse The resting heart also categorize participants Aerobic Gymnastics in Lean Chess Depok Sleman, Yogyakarta. Once analyzed, the results obtained for the systolic blood pressure is normal 67.57% (25 participants) and pre-hypertension was 32.43% (12 participants). As for the pressure Thistle normal blood is 40.54% (15 participants) and pre-hypertension 56.76% (21 participants), as well as a participant Hypertension stage 1 (2.7%). Resting Pulse Category Results by Good overall is the category of 8 participants (21.62%) as well as the category Enough a total of 29 participants (78.38%).

Kata Kunci: Keywords: Aerobic Gymnastics, blood pressure, resting pulse rate Keywords gymnastics, aerobics, blood pressure, resting pulse rate