

# HOME BODY WORKOUT AND CYBER COUNSELING TRAINING FOR YOUTH TO KEEP PHYSICAL FITNESS IN THE TIME OF THE COVID-19 PANDEMIC

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## ABSTRACT

The World Health Organization (WHO) has announced that COVID-19 has been declared a pandemic. During the pandemic, the government recommends staying at home to prevent transmission of the virus. The COVID-19 pandemic has restricted all activities, including physical activity or outdoor sports. In the current pandemic, it is very important to maintain physical fitness and increase immunity by doing physical activity. Exercise has the benefit of increasing physical fitness and increasing immune resistance, where exercise is very necessary even in a pandemic. Exercise can stimulate the performance of antibodies and white blood cells can circulate faster. White blood cells are immune cells that fight various diseases. Home body workout is weight training that can be done at home, where the training load used comes from the internal load or the weight of the body itself. The exercises include: push ups, sit ups, pull ups, burpees, jumping jacks, lunges, squats, mountain climbers, dips, high knee ups and other movements. Home body workout is one solution so that people can continue to do physical activities and sports during the pandemic while maintaining health protocols, without having to leave the house. So it is necessary to provide an activity in the form of "Home Body Workout Training for Teenagers to Maintain Physical Fitness During the Pandemic Period." This is given so that teenagers can still carry out physical activities during the pandemic even if only from home. The objectives of this International Cooperation Community Service Program are: 1) To provide home body workout training for adolescents during a pandemic and 2) To determine the effect of home body workout on adolescent physical fitness. The PPM activity method is carried out with home body workout training and online counseling or cyber counseling. To determine the initial condition of the adolescents, muscle strength and muscle endurance were measured using sit ups and push ups. Both measurements were carried out twice as a pre-test and post-test. Pre-test was conducted to determine the initial condition of muscle strength and muscle endurance. Then given home body workout training. As an evaluation, a post test was conducted to determine the results of the home body workout training. Cyber ??Counseling is carried out with a zoom meeting platform with the theme of exercise programs, sports nutrition and sports during a pandemic. With Cyber ??Counseling, it is hoped that it will be able to provide useful information for adolescents to continue to exercise during the pandemic and maintain their diet to avoid obesity. The implementation of community service International Cooperation between the Faculty of Sports Science, Yogyakarta State University and the Faculty of Sports & Recreation at Universiti Teknologi Mara Malaysia was attended by 51 participants and carried out with home body workout training and also Cyber ??Counseling. Activities have been carried out well, starting from the coordination process, implementation of activities to evaluation of PPM activities.

Kata Kunci: *Home body workout, Cyber ??Counseling, Physical Fitness, Pandemic*