

EFFECT OF TRAINING EXPENSE WITH TRISET METHOD ON SUPPLEMENT OF MASS MEDICINE ART ARM, DADA, ENTERPRISES AND BETHES STUDENTS CONCENTRACY FITNESS APPEAL 2014

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ABSTRACT

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Weight training with tri set method is an exercise by doing three types of tools to train one group of the same muscles in a row, but with different types of exercises for each set and without breaks between sets. This tri set method emphasizes weight training with the function of grouping the same muscles using different tools. Exercise with this system can provide the maximum response to a group of muscles are trained so that the potential for muscle development is more optimal. This study aims to find out how much the influence of weight training with tri set method on the addition of muscle mass of the arms, chest, thigh and calf Student concentration fitness force 2014.

This research uses experimental method with pretest-posttest control group design design. The population of this research is the student of Ikor force of 2014. The sample in this research involves all students of Iki FIK UNY class of class of 2014 which take concentration of physical fitness which amounted to 20 students. From 20 samples then divided into 2 groups by way of lottery, so that obtained by two groups that is as treatment group and control group. The instrument used is to use a tape measure in centimeters. The data analysis technique uses the normality test to find out whether the data has normal distributed distribution. Test homogeneity variant to test the similarity of experimental group data variance. Hypotesis test using Independent Sample t test.

Based on the results of t test analysis on the arm muscle obtained t count value of 3.632 with a significance value of 0.002. In the chest muscle obtained t count value of 2.417 with a significance value of 0.026. While the thigh muscle obtained t count value of 2.253 with a significance value of 0.037. In the calf muscle obtained t count value of 2.854 with a significance value of 0.011. Since the significance value of all variables is less than 0.05 ($p < 0.05$), the hypothesis of this study is acceptable. This means that there is a significant influence weight training with tri set method on the addition of muscle mass of the arms, chest, thigh and calf of the students The concentration of fitness force force 2014.

Kata Kunci: *weight training, tri set method, muscle mass*