

AEROBIC GYMNASTICS ATHLETES TRAINING AND WORKSHOP "A Gymnastic Training Strategy for DIY Aerobics Instructors"

by Dr. Dra. Endang Rini Sukamti, M.S., Drs. Sebastianus Pranatahadi, M.Kes. , Ratna Budiarti, S.Pd. Kor., M. Or., Wisnu Nugroho, M.Pd.

ABSTRACT

Gymnastics is the mother of sport or often referred to as the parent of all sports. At present, aerobic exercise has become a popular sport among the community (ranging from children, adults and elderly men and women), this is evidenced by the proliferation of gymnastics places spread in various regions such as: villages, offices, shopping centers and so on. This community service aims to increase the willingness of gymnastics instructors and aerobic gymnastics athletes to master motion techniques, practice strategies and practice gymnastics and provide new knowledge and experience for athletes and gymnastics instructors so that they can be additional and reference for improving achievement and quality of training.

PPM activities are held three days, namely Friday to Sunday, April 26-28, 2019. The total number of participants is 46 aerobic gymnastics instructors from DIY and 9 aerobic gymnastics athletes in gymnastics. The activities have proceeded smoothly without any significant obstacles. The implementation of community service uses training and workshop methods. Training and workshops were held for three days with 24 hours covering theories, practices, and demonstrations.

The results of this activity were the implementation of training and workshops for athletes and gymnastics instructors in DIY for three days, the participants and athletes were very enthusiastic and supported the program from the service team.

Kata Kunci: Training, workshops, gymnastics, athletes, instructors