

# THE EFFECTS OF DIFFERENCES IN BULGARIAN BAG EXERCISES AND MOVEMENT RHYTHM ON THE MUSCLE POWER OF WRESTLING ATHLETES IN VIEW OF MUSCLE STRENGTH AND REACTION SPEED

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## ABSTRACT

In the first year of this study aimed to design and test the validation of the bulgarian bag exercise program. Quantitative descriptive research methods. Data collection techniques using literature review and FGD. The research instrument used questionnaires given to 3 lecturers who are experts in the field of physical condition and 4 wrestling coaches who have been nationally licensed to validate the exercise program that has been designed. Data analysis used narrative to construct a bulgarian bag exercise program design, and Aiken's V analysis to test the validity of the exercise program. The results showed that in aspect 1 the result of Aiken's V coefficient was 0.762, Aspect 2 showed the value of Aiken's V coefficient of 0.762, Aspect 3 showed the value of Aiken's V coefficient of 0.952, Aspect 4 shows the value of Aiken's V coefficient of 0.952, Aspect 5 shows the value of Aiken's V coefficient of 0.762. So it can be concluded that all aspects of the bulgarian bag exercise program have high content validity or validity.

Kata Kunci: *Bulgarian Bag, Aiken's V Validation*