

PNF-WEIGHT TRAINING TRAINING FOR CANDIDATE JAMAAH HAJI IN GEDE CITY YOGYAKARTA

by Yudik Prasetyo, Sumarjo, Ahmad Nasrulloh

ABSTRACT

This PPM activity aims to get information about the perception and implementation of PNF-Weight Training conducted by hajj pilgrims in Kota Gede Yogyakarta. The target audience of this PPM activity is the candidate for Hajj pilgrims of Kota Gede Yogyakarta, amounting to 45 people. This PPM activity is done through direct approach method, demonstration, practice, and evaluation of material uptake. The results of this PPM activity are: (1) Training activities can be done well for the pilgrims, (2) The participants are very enthusiastic / active and happy in following the activities both theory and practice, (3) Participants feel more familiar with the practice direct PNF-Weight Training with mentoring by a professional Fitness Instructor. Evaluation of the results of this activity is the time of PPM implementation submitted again to prepare the physical fitness of prospective pilgrims to be better, and the need to involve KBIH.

Kata Kunci: *candidate for pilgrims, PNF-Weight Training*