

The Effect of Aerobic Interval and Strength Training toward Body Response on Obesity

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ABSTRACT

This study aims to determine the effect of interval aerobic exercise and training strategies on the body's response to obesity. This study used an experimental method by using one group pretest post test design. Treatment is given in 4 weeks with 3 times per week, 60 minutes per session. The treatment is in the form of interval aerobic exercises and training structures. Body response measured is blood sugar and cholesterol levels with the standard mg / dl. The measurement data is then carried out by qualitative and quantitative descriptive analysis. The results showed that the mean pre-test results were obtained 107,000 mg / dl, with the lowest instantaneous blood sugar level of 67 mg / dl, and the highest blood sugar level of 155 mg / dl. The average post-test results obtained data of 81.571 mg / dl, with the lowest blood sugar level of 33 mg / dl, and the highest blood sugar level of 138 mg / dl. As for cholesterol, the average pre-test results were obtained at 263,429 mg / dl, with the lowest total cholesterol 232 mg / dl, and the highest total cholesterol 311 mg / dl. The average post-test results obtained data of 206,429 mg / dl, with the lowest total cholesterol of 149 mg / dl, and the highest total cholesterol of 250 mg / dl. Conclusion: that interval aerobic exercise is 4 weeks, with exercise 3 times per week, for 60 minutes per session can reduce blood sugar levels by 25.42 mg / dl, and also reduce cholesterol levels by 57.00 mg / dl. Thus the interval aerobic exercise model can be used as an alternative to physical activity in order to reduce blood sugar and cholesterol levels in obesity.

Kata Kunci: aerobics, intervals, blood sugar, cholesterol, obesity