DIFFERENCES IN THE EFFECT OF STEP UP, LEG PRESS, DEPTH JUMP, KNEE TUCK JUMP TRAINING ON LIMB MUSCLE POWER IN EXERCISES

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ABSTRACT

Leg power is an important aspect of sports. Many exercises are used to improve leg power abilities, but are there differences between the types of exercises used. The purpose of this study was to examine the differences in the Exploratory step up (ESU), Leg press (LP), Depth jump (DP), Knee tuck jump (KTJ) exercises on the athlete's leg muscle power. The research method uses a quasi-experimental. The research subjects were 80 athletes divided into four groups with each n = 20. Data collection using tests and measurements. The research instrument uses a vertical jump test. Data analysis using one way anava. The results of this study showed that the ESU and LP training groups had a significant difference p=0.001, the ESU group and DJ p=0.000, the ESU group and KTJ p=0.000. And significant differences in the LP and DJ groups p=0.000, the LP and KTJ groups p=0.017, while the significant differences in the DJ and KTJ groups p=0.048. Based on the results found, it shows that the types of ESU, LP, DP, and KTJ exercises have differences in increasing leg muscle power abilities because the p value <0.05. The ESU group had higher average scores than the LP, DJ, and KTJ groups. This concludes that Explosive step up (ESU) exercises are more effective than Leg press (LP), Depth jump (DJ), Knee tuck jump (KTJ) to increase leg muscle power abilities.

Kata Kunci: *Leg muscle power, training type, athlete*