

TRAINING OF PHYSICAL FITNESS FOR CANDIDATE HAJI IN WONOGIRI REGENCY

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ABSTRACT

The general purpose of the activity is to conduct Physical Fitness Technical Guidance for Hajj Pilgrims in Wonogiri District. The specific objectives in this technical guidance activities are: (1) Improving ability and skill of the managers of guidance of pilgrims and pilgrims pilgrims in developing the exercise model to improve physical fitness, (2) Increasing knowledge and ability of managers of hajj pilgrims and pilgrims Hajj in developing the exercise model to improve physical fitness, (3) Improve knowledge and understanding of managers of hajj pilgrims and pilgrims pilgrimage in evaluating exercise program to improve physical fitness. The process of technical guidance to take place in accordance with the targeted need some methods applied, including: (1) Lecture method, (2) Methods of demonstration, and (3) Practice method, that is practicing physical fitness training model by the participants guided by resource and team devotees. The outcomes of this activity are as follows: (1) Technical Guidance Activities Jasamani for Hajj pilgrims in Wonogiri District run smoothly without any significant obstacles, (2) most (85%) participants can understand and are very enthusiastic and able to implement with good and right, and (3) There is a request from participants and managers of Hajj Guidance Group (KBIH) in Wonogiri Regency to conduct further training activities. As a suggestion during the activity, among others: (1) PPM activity is followed by the implementation of joint training activities, (2) PPM activity followed by physical fitness test for pilgrims, (3) need cooperation with Kemenag Kabupaten / Kota, Dinas Kesehatan, and KBIH in the implementation of physical fitness Technical Guidance for Hajj pilgrims.

Kata Kunci: *Physical Fitness, Haj*