

***PENGARUH MODEL LATIHAN PIRAMID SET DAN SUPER SET
PADA STATUS BODY MASS INDEX (BMI) TERHADAP PENURUNAN
LEMAK DAN PENAMBAHAN MASSA OTOT***

TESIS

*Diajukan untuk Memenuhi Sebagian dari Syarat untuk
Memperoleh Gelar Magister Pendidikan
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LEMAK DAN PENAMBAHAN MASSA OTOT**

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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LEMBAR PERNYATAAN

Dengan ini saya menyatakan bahwa Tesis dengan judul “**Pengaruh Model Latihan Piramid set Dan Super set pada status body mass indeks (BMI) terhadap penurunan *Body Fat* dan Penambahan Massa Otot**” ini beserta seluruh isinya adalah benar-benar karya sendiri, dan saya tidak melakukan penjiplakan dan pengutipan dengan cara-cara yang tidak sesuai dengan etika keilmuan yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko/sanksi yang dijatuhkan kepada saya apabila kemudian ditemukan pelanggaran terhadap etika keilmuan dalam karya saya ini, atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, 17 Agustus 2020

Yang membuat pernyataan,

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PENGARUH LATIHANPIRAMID SET DAN SUPER SET PADA STATUS BODY MASS INDEKS (BMI)

TERHADAP PENURUNAN LEMAK DAN PENAMBAHAN MASSA OTOT

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ABSTRAK

PENGARUH MODEL *LATIHAN PIRAMID SET* DAN *SUPER SET* PADA STATUS BODY MASS INDEKS (BMI) TERHADAP PENURUNAN *BODY FAT* DAN PENAMBAHAN MASSA OTOT

Tujuan penelitian ini adalah untuk mengetahui perbedaan pengaruh model latihan yaitu *Piramid set dan Super Set* pada member yang memiliki BMI Ideal dan BMI tidak Ideal terhadap *Body Fat* dan *Massa Otot*. Metode eksperimen dengan desain faktorial 2x2. Sampel penelitian ini berjumlah 20 orang, 14 orang laki-laki dan 8 orang perempuan. Teknik pengambilan sampel menggunakan teknik *sampling random assignment* pada anggota UKM IBAFF UPI Kota Bandung. Pengumpulan data pada penelitian ini menggunakan Karada Scan Body Composition). Analisis data menggunakan SPSS versi 21 dengan pengujian hipotesis melalui *Two Way Anova*. Hasil analisis dan perhitungan data mengungkapkan bahwa model latihan *weight Training* berpengaruh terhadap penurunan *body fat*, adanya interaksi antara model latihan dan BMI ideal dan BMI tidak Ideal terhadap penurunan *body fat*, model latihan *Super set* lebih baik digunakan dibandingkan model latihan *Piramid set* pada kelompok BMI Ideal terhadap penurunan *body fat* dan kedua model latihan *weight training* berpengaruh sebanding atau sama terhadap penurunan *body fat* dan penambahan massa otot pada kelompok BMI tidak Ideal. Kesimpulan penelitian ini adalah model *pyramid set* lebih baik digunakan untuk kelompok BMI ideal, sedangkan untuk kelompok BMI tidak ideal bisa menggunakan kedua model latihan tersebut dalam menurunkan persentase *body fat*.

kata kunci : Model Latihan, *Piramid Set*, *Super Set*, *Body Fat*, *Massa otot*, *Body Mass Index*.

ABSTRACT

THE INFLUENCE OF PYRAMID SET AND SUPER SET TRAINING MODELS IN BODY MASS INDEKS (BMI) STATUS ON THE REDUCTION OF BODY FAT AND ADDITION OF MUSCLE MASS

The purpose of this study was to determine the differences in the effect of the exercise model that is Pyramid set T and Super Set on members who have ideal and not ideal BMI levels on Body Fat and hipertrofi muchel. Experimental method with 2x2 factorial design. The sample of this research is 20 people, 10 men and 8 women. The sampling technique uses a random assignment sampling technique on UKM IBAFF UPI members in Bandung. Data collection in this study used Karada Scan Body Composition. Data analysis using SPSS version 21 with hypothesis testing through Two Way Anova. The results of the analysis and calculation of the data revealed that the weight training exercise model affected the reduction in fat loss body, the interaction between the training model and BMI ideal and BMI not Ideal of the exercise towards the reduction in body fat, the Super set model was better used than the piramid set training model in the BMI Ideal group for the reduction body fat and both weight training models have a similar or equal effect on decreasing body fat in the BMI not ideal group. The conclusion of this study is that the pyramid set model is better used for the BMI ideal group, whereas for the BMI not ideal group can use both of these exercise models to reduce body fat percentage.

key words: Weight Training Exercise Model, Piramid set, Super Set, Body Fat, mass Muscel, Body Mass Index.

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