

ABSTRACT

Indra (2019). Effects of Pyramid and Reverse Pyramid Weight Training Methods on Arm and Thigh Muscular Hypertrophy. Experimental Study on Fitness Metro Gym Members of Bandar Purus, Padang City.

The problem in this study stems from the lack of knowledge of members of the fitness Metro Gym Bandar Purus Padang city regarding weight training methods and determining a regular training program to produce muscle hypertrophy. This study aims to determine the effect of pyramid and reverse pyramid weight training methods on hypertrophy of the arm and thigh muscles of fitness Metro Gym members at Bandar Purus, Padang city.

This type of research is quasi-experimental. The population in this study is the fitness members of Metro Gym Bandar Purus, Padang City, registered from December 2018 to March 2019 and actively participates in training totaling 154 people. Sampling uses a purposive sampling technique, so that the sample is 24 people. Hypertrophy of the arm and thigh muscles measured with tape measure and skinfold. Results of measurement of arm and thigh muscle hypertrophy using the formula $MTC-(3,14.TSF)$. Data were analyzed using t-test with a significance level of $\alpha = 0.05$.

The results showed that, (1) there was an effect of the pyramid weight training method on arm muscle hypertrophy, with $t_{count} = 18.57 > t_{table} = 1.80$, (2) there was an effect of the pyramid weight training method on thigh muscle hypertrophy, with $t_{count} = 23.35 > t_{table} = 1.80$, (3) there is an influence of the reverse pyramid weight training method on arm muscle hypertrophy, with $t_{count} = 7.84 > t_{table} = 1.80$, (4) there is an influence of the reverse pyramid weight training method on thigh muscle hypertrophy thigh, with $t_{count} = 7.90 > t_{table} = 1.80$, (5) the pyramid weight training method gives a better effect than the reverse pyramid weight training method on the hypertrophy of the arm muscles, with $t_{count} = 3.33 > t_{table} = 1.72$, and (6) the pyramid weight training method gives a better effect than the reverse pyramid weight training method on thigh muscle hypertrophy, with $t_{count} = 2.05 > t_{table} = 1.72$. In other words, the pyramid weight training method gives a better effect than the reverse pyramid weight training method on the hypertrophy of the arm and thigh muscles.

Keywords: Pyramid, Reverse Pyramid, Arm and Thigh Muscular Hypertrophy

ABSTRAK

Indra (2019). Pengaruh Metode Latihan Beban *Pyramid* dan *Pyramid Terbalik* terhadap *Hipertrofi* Otot Lengan dan Paha. Studi Eksperimen pada *Members Fitness Metro Gym* Bandar Purus Kota Padang.

Masalah dalam penelitian ini berawal dari kurangnya pengetahuan *Members Fitness Metro Gym* Bandar Purus Kota Padang mengenai metode latihan beban dan menentukan program latihan yang teratur untuk menghasilkan *Hipertrofi* otot. Penelitian ini bertujuan untuk mengetahui pengaruh metode latihan beban *Pyramid* dan *Pyramid* terbalik terhadap *Hipertrofi* otot lengan dan paha pada *Members Fitness Metro Gym* Bandar Purus Kota Padang.

Jenis penelitian ini adalah eksperimen semu. Populasi dalam penelitian ini adalah *Members Fitness Metro Gym* Bandar Purus Kota Padang yang terdaftar dari Bulan Desember 2018 s/d Maret 2019 dan aktif mengikuti latihan yang berjumlah 154 orang. Penarikan sampel menggunakan teknik *Purposive Sampling*, sehingga sampel berjumlah 24 orang. *Hipertrofi* otot lengan dan paha di ukur dengan pita meteran dan *Skinfold*. Hasil pengukuran *Hipertrofi* otot lengan dan paha menggunakan rumus $MTC-(3,14.TSF)$. Data dianalisis menggunakan uji-t dengan taraf signifikansi $\alpha = 0,05$.

Hasil penelitian menunjukkan bahwa, (1) terdapat pengaruh metode latihan beban *Pyramid* terhadap *Hipertrofi* otot lengan, dengan $t_{hitung} = 18,57 > t_{tabel} = 1,80$, (2) terdapat pengaruh metode latihan beban *Pyramid* terhadap *Hipertrofi* otot paha, dengan $t_{hitung} = 23,35 > t_{tabel} = 1,80$, (3) terdapat pengaruh metode latihan beban *Pyramid* terbalik terhadap *Hipertrofi* otot lengan, dengan $t_{hitung} = 7,84 > t_{tabel} = 1,80$, (4) terdapat pengaruh metode latihan beban *Pyramid* terbalik terhadap *Hipertrofi* otot paha, dengan $t_{hitung} = 7,90 > t_{tabel} = 1,80$, (5) metode latihan beban *Pyramid* memberikan pengaruh yang lebih baik dibandingkan metode latihan beban *Pyramid* terbalik terhadap *Hipertrofi* otot lengan, dengan $t_{hitung} = 3,33 > t_{tabel} = 1,72$, dan (6) metode latihan beban *Pyramid* memberikan pengaruh yang lebih baik dibandingkan metode latihan beban *Pyramid* terbalik terhadap *Hipertrofi* otot paha, dengan $t_{hitung} = 2,05 > t_{tabel} = 1,72$. Dengan kata lain, metode latihan beban *Pyramid* memberikan pengaruh yang lebih baik dibandingkan metode latihan beban *Pyramid* terbalik terhadap *Hipertrofi* otot lengan dan paha.

Kata Kunci : Pyramid, Pyramid Terbalik, Hipertrofi Otot Lengan dan Paha