

## SUMMARY

# EFEK PENAMBAHAN TREADMILL PADA LATIHAN BEBAN (Abdominal Strengthening) TERHADAP PENGURANGAN LINGKAR PERUT

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**Subject** : Treadmill, Latihan Beban (abdominal strengthening), Lingkar Perut

**Subject Alt** : Treadmill, Latihan Beban (abdominal strengthening), Lingkar Perut

**Keyword** : Treadmill; Latihan Beban (abdominal strengthening); Lingkar Perut

### Description :

untuk mengetahui adanya efek dari penambahan treadmill pada latihan beban terhadap pengurangan lingkar perut. Sampel pada penelitian ini terdiri dari 20 orang dengan usia antara 15-29 tahun. Penelitian dilakukan diklinik Fisioterapi Esa Unggul, Jakarta Barat. Pada penelitian ini dibagi menjadi dua kelompok yaitu kelompok perlakuan I diberikan intervensi latihan beban (abdominal strengthening) sedangkan kelompok perlakuan II diberikan intervensi latihan beban (abdominal strengthening) dan treadmill.

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