ABSTRAK

SHIMON PERES SILALAHI (NIM 6203510032). Pengaruh Latihan *Circuit Body Weight* Terhadap Peningkatan *Endurance Member Fitness New life gym* Lippo Plaza. (Pembimbing. Puji Ratno) Skripsi Medan : program strata satu universitas negeri medan, 2025.

Penelitian ini bertujuan untuk mengevaluasi pengaruh latihan *Circuit Body Weight* terhadap peningkatan *Endurance Member Fitness New life gym* Lippo Plaza. Penelitian dilakukan dengan melibatkan 15 peserta yang menjalani program latihan *Circuit Body Weight* selama 6 minggu. Metode penelitian ini menggunakan quasi eksperimen yang memiliki kelompok kontrol, tetapi tidak berfungsi sepenuhnya mengontrol variabel luar yang mempengaruhi pelaksanaan eksperimen. Data dianalisis menggunakan uji-t berpasangan untuk menentukan perbedaan signifikan antara data pretest dan posttest.

Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan latihan sirkuit training terhadap peningkatan daya tahan tubuh *Member Fitnes New Life Gym*, dengan t hitung 10.479 > t tabel 0.69120, dan uji regresi menunjukkan bahwa variabel sebelum latihan memiliki pengaruh yang signifikan terhadap variabel setelah latihan (F-hitung = 109.803, p-value = 0.000 < 0.05). hasil penelitian menunjukkan bahwa terjadi peningkatan daya tahan tubuh setelah melakukan program latihan *Circuit Body Weight*.

Kata Kunci : **Circuit *Body Weight, Endurance Member Fitness***

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ABSTRACT

SHIMON PERES SILALAHI (NIM 6203510032). The Effect of Body Weight Circuit Training on Increasing Endurance Fitness Members New life gym Lippo Plaza. (Supervisor. Puji Ratno) Thesis Medan: undergraduate program, medan state university, 2025.

This study aims to evaluate the effect of Circuit Body Weight training on increasing Endurance members Fitness New life gym Lippo Plaza. The study was conducted involving 15 participants who underwent an 6-week Circuit Body Weight exercise program. This research method uses a quasi-experiment that has a control group, but does not function to fully control external variables that affect the implementation of the experiment. Data were analyzed using a paired t-test to determine significant differences between pretest and posttest data.

The results showed that there was a significant effect of circuit training on increasing endurance of new life gym fitness members, with t count 10.479 > t table 0.69120, and regression tests showed that the variable before training had a significant influence on the variable after training (F-count = 109.803, p-value = 0.000 <0.05). The results showed that there was an increase in endurance after doing a circuit body weight training program.

Keywords: Circuit Body Weight, Endurance.

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