ABSTRAK

RAFLIANSYAH. Pengaruh *Functional Training* dan *TRX Suspension Training* Terhadap *Body Composition* member Golden Fitness and Spa Tanjung Morawa.

Penelitan ini bertujutan untuk mengetahui pengaruh *functional training* dan *TRX suspension training* terhadap populasi *body composition*. Penelitian ini dilakukan pada *member* Golden Fitness and SPA Tanjung Morawa kemudian lokasi perlakuan bertempat di Golden Fitness and SPA Tanjung Morawa dengan jumlah sampel 20 *member* wanita, dimana sampel akan dibagi dua untuk kedua latihan. Penelitian ini menggunakan *purposive sample* dan menggunakan teknik *matching by pairing*. Teknik pengumpulan data dalam penelitian ini menggunakan lembar *body composition* menggunakan mesin TANITA DC-360. Teknik analisis data menggunakan prosedur statistik uji-t. Hasil penelitian ini menunjukkan bahwa hipotesis pertama 4,671>2,262, yang berarti terdapat pengaruh yang signifikan latihan *functional training* terhadap *body composition*. Serta hipotesis kedua 4,457>2,262, yang berarti terdapat pengaruh yang signifikan latihan *TRX suspension training* terhadap *body composition*. Pada hipotesis ketiga 0,397<2,1, yang berarti dapat disimpulkan bahwa latihan *functional training* dan latihan *TRX suspension training* tidak terdapat pengaruh pada *body composition*.

Kata Kunci : *Functional Training, TRX Suspension Training, Body Composition*

ABSTRACT

RAFLIANSYAH. Effect of Functional Training and TRX Suspension Training on Body Composition member Golden Fitness and SPA of Tanjung Morawa.

This research aims to determine the effect of functional training and TRX suspension training on body composition populations. The research was conducted at Golden Fitness and SPA members of Tanjung Morawa then the location of the treatment took place at Golden Fitness and SPA Tanjung Morawa with a sample of 20 female members, where the sample would be divided into two for both exercises. This study used a purposive sample and used matching by pairing techniques. Data collection techniques in this study used body composition sheets using the TANITA DC-360 machine. The data analysis technique uses the t-test statistical procedure. The results of this study indicate that the first hypothesis is 4,671>2,262, which means there is a significant effect on functional training exercises on body composition. As well as the second hypothesis 4,457>2,262, which means that there is a significant effect on TRX suspension training on body composition. In the third hypothesis 0.397<2.1, which means that it can be concluded that functional training and TRX suspension training exercises have no effect on body composition.

Keywords: Functional Training, TRX Suspension Training, Body Composition