

ABSTRACT

Sub Maximal Weighth Training Influence With High and Low Frequency Using Leg-press to Foot Muscle Power Basket ball Athlets

Hypertropy Muscle Studied

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The aim of experiment research is to proved intrinsically sub maximal weight training using leg-press appliance with high and low frequency againts power and foot muscle hypertropy. The research population is 35 mens basket ball athlets of Sport Science Faculty of Padang State University in course year 2004. As the result there are 30 people use as samples (10 persons each groups)

The instrumentation that used to earn data is vertical jump test and radian measurement of thigh muscle in each sample group. Muscle power calculated based on unit formula (kg-m/sec) Lewis Nomogram with ($\sqrt{4,9}$ (weight) $\cdot \sqrt{D}$) formula.

The hypothesis which are proposed are (1) the sub maximal weight training with high frequency has influence at the increasing of feet muscle power (DOT), (2) the sub maximal weight training with low frequency has influence at the increasing of muscle wide (hypertrophy).

According to statistical analysis, the hypothesis can be proved, sub maximal weight training of high frequency influence foot muscle power, $p = 0.004$ and sub maximal weight training of low frequency influence thigh muscle hypertrophy, $p = 0.003$.

Key words : weight training, frequency, muscle power, and hypertropy.