

**THE EFFECT OF EXERCISE USING
ELECTRICAL MUSCLE STIMULATION (EMS)
TO THE ACHIEVEMENT OF PULSE RATE
ON MEMBER OF 20FIT SCBD FITNESS CLUB**

ABSTRACT

This study aims to determine the effect of exercise using Electrical Muscle Stimulation (EMS) to the achievement of pulse rate on member of 20Fit SCBD fitness club.

This research was done at studio 20Fit SCBD, South Jakarta on June 11th-12th 2016. This research method using the "experiment" with the research design using One Group "Pre-Test And Post-Test Design". Samples are member of 20Fit SCBD, taken 20 from 97 population. Sampling by purposive sampling. Mechanical testing the hypothesis by using statistical analysis technique simple correlation and multiple correlation followed by t-test at significant level $\alpha = 0.05$.

The results of the study illustrate, there is an increased pulse rate after exercise using the tool Electrical Muscle Stimulation on member of 20Fit SCBD fitness club. The average of the first test is 80,5 beats / minute and the final test is 147,85 beats / min. The average increased pulse rate is 67,35 beats / min.

From 20 samples, the calculation results stated that sample who reached the pulse of the exercise as many as 20 people. This proves that 100% of the sample declared reached practice pulse to training zone during exercise using Electrical Muscle Stimulation (EMS).