

Resume

HERMAWAN SUSANTO. 6815123185. EFFECT OF EXERCISE FITNESS PARK CHARGES OPEN DRINKS WITH SOYBEAN INTAKE OF CHANGES IN RING OF CHEST MEN - MEN AGED 18-21 YEARS. Thesis Jakarta: Sport Science Study Program, Faculty of Sport Science, State University of Jakarta in 2016.

ABSTRACT

This study aims to determine the effect of weight training fitness park open to the intake of soy beverages to changes in chest circumference in males - males aged 18-21 years and the comparison between the groups fed a diet without soy beverages and soy beverage intake, this study was conducted in April - May 2016. Methods Two experimental research design Group Pre Test and Post Test Desaign. This study population is all citizens of the Student Dormitory Islam Sunan Giri totaling 40 people, the sample in this study amounted to 20 people were taken based technique puspositive sampling, the primary data drawn from this study is data drawn from experimental studies that have been done then analysis and processing of statistical data.

This study includes the effect of weight training fitness park open to change the chest circumference in men aged 18-21 years with a comparison between a given intake of soy drinks and without given soy beverage intake, this hypothesis is based on that of vegetable protein is a protein which is good for improving change chest circumference accompanied by exercise. Based on the results of experiments and statistical data though open garden fitness weight training can increase muscle chest circumference in men aged 18-21 years with an average increase of 2.15 cm and 6.14 cm t count. Weight training fitness park opens without the accompaniment of soy beverage intake can increase chest circumference changes in men aged 18-21 years with an average increase of 1.15 cm and 4.26 cm t count. it can be concluded that increasing the intake of soy drinks group to changes increase chest circumference in men aged 18-21 years with an increase of 1 cm more.

Keywords: Weight Training, Bust, Soy Beverages, Outdoor Fitness Park.