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## DR PANGGUNG SUTOPO (MAN IN INDIA)



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Effect of "S & E training model" to Increase strength and endurance in martial athletes; (exercise physiology study)

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ABSTRACT:

This study aims: (1) to prove the effect of S & E exercise model on strengthening. (2) to prove the effect of S & E training on increasing endurance athletes of Pencak Silat Teenagers. This research is an experiment with two group pretest-posttest design. The population of the study were teenage adolescents totaling 20 athlete. Data collection using tests conducted before and after treatment. Data analysis technique using t-test. Strength test using wall sit test, push-up test, sit-up test, chin-up test, back-up test, and endurance test using balke test. The results of the research analysis showed that strength (group 1) with wall sit test increased by the right limb support  $\alpha$  12.9 and the left limb support  $\alpha$  13.4; push-up test increases by  $\alpha$  9.4, crunches test increases by  $\alpha$  10.5, back-up test increases by  $\alpha$  13.6; pull-up test increases by  $\alpha$  2. Endurance (group 2) using balke test increase by 2.28. Based on the above results it can be concluded that the S & Edapat exercise model improves strength significantly with p: 0,000 and endurance training can significantly increase endurance by p: 0,000.

Keywords: exercise model, endurance strength and endurance, adolescent athlete

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16, April 2018

Re: **10TH INTERNATIONAL CONFERENCE ON BUSINESS, ECONOMICS AND SOCIAL SCIENCES, 24-25 APRIL 2018; THE JAYAKARTA LOMBOK RESORT, LOMBOK, INDONESIA**

Dear Dr. Panggung Sutopo

Sub: **LETTER OF ACCEPTANCE FOR ORAL PRESENTATION**

*Greetings from Academic Research Foundations, New Delhi (India)*

Many thanks for submitting your article entitled ‘Effect of “S & E training model” to Increase strength and endurance in martial athletes; (exercise physiology study)’ for **10th International Conference on BUSINESS, ECONOMICS AND SOCIAL SCIENCES, 24-25 April 2018; The Jayakarta Lombok Resort, Lombok, Indonesia** We are glad to inform you that your article has accepted for this conference and publication on issue ‘MAN IN INDIA, Vol. 98 (2018) issue.

**The payment may be made by a Online Payment\ Pay by Bank Transfer\ in favour of ‘ ACADEMIC RESEARCH FOUNDATIONS ’ and We are enclosing our Bank details.**

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Thanking you,

Yours Sincerely  
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