

ABSTRAK

The effect of Leg Press training on increasing leg muscle power in volleyball players in the first semester of STKIP PGRI Sumenep 2024: 2024 Normala Sefia Firdaus

Keywords : *leg press, power*

This research aims to determine the effect of leg press training on increasing leg muscle power in volleyball players in the first semester of STKIP PGRI Sumenep which was carried out for 6 weeks.

This type of research is quantitative with a quasi-experiment approach. The data collection method in this research uses tests and documentation. Data collection was carried out in 3 stages, namely (1) pretest, (2) treatment and (3) post-test. Documentation in this research is used as support and is used to collect data about the results of upright jumping research.

The results of the research show that leg press training can influence the jumping height of volleyball players in semester 1 students. There are 2 groups, namely group 1 and group 2. Group 1 was given treatment in the form of a leg press while group 2 was given no treatment. Before being given treatment, both groups were given a pre-test. And at the end a post test was given.