

ABSTRACT

*NADIANA HOERUL UMAM. 2023. **The Effect of Lunges Jump and Squat Speed Jump Exercises on Increasing Leg Muscle Power** (Experiments on Male Students Aged 13-15 Years SSB Al-Hilal, Tasikmalaya Regency). Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

This study aims to determine the effect of lunges jump and squat speed jump exercises on increasing leg muscle power. The method in this study used an experimental method with a research design using the One-Group Pretest-Posttest Design, where in this study there was an initial test (pretest) then given treatment (treatment), namely in the form of lunges jump exercises and squat speed jumps then carried out a final test (posttest) to find out the results of the study. This research was conducted on male students aged 13-15 years SSB Al-Hilal Tasikmalaya Regency with a population of 25 people. In this study the authors took samples with a total sampling technique of 25 people. The instrument used in this study was a vertical jump test according to the research instrument. Based on the results of the research, data processing, data analysis and hypothesis testing, lunges jump and squat speed jump exercises have a significant or significant effect on increasing leg muscle power in male students aged 13-15 years SSB Al-Hilal Tasikmalaya Regency which is proven from the results of t'count of 2.58 is outside the area of acceptance of the hypothesis (t'table of 1.71). From these results there was an increase in leg muscle power as a result of lunges jump and squat speed jump exercises for male students aged 13-15 years SSB Al-Hilal Tasikmalaya Regency.

Keywords : Leg Muscles, Lunges Jump, Power, Squat Speed Jump.