

## ABSTRAK

**Latar Belakang:** *Tabata Workout* termasuk jenis latihan *High Intensity Interval Training* (HIIT) yang terdiri dari berbagai macam variasi gerakan. Kebugaran kardiorespirasi seseorang dapat ditingkatkan melalui latihan. Untuk mengetahui kapasitas kebugaran kardiorespirasi dapat dilihat melalui sebuah pengukuran *VO2Max* dengan menggunakan *Harvard Step Test*.

**Tujuan Penelitian:** Untuk mengetahui *Tabata Workout* dapat meningkatkan *VO2Max* pada Mahasiswi Fakultas Kedokteran Universitas Islam Sumatera Utara.

**Metode Penelitian:** Penelitian eksperimental *One Group Pretest Posttest*, sampel 10 dengan teknik *Purposive Sampling*.

**Hasil Penelitian:** Berdasarkan hasil analisa uji T-Berpasangan diperoleh rerata nilai *VO2Max* sebelum *Tabata Workout* sebesar  $57.2 \pm 5.12$  mL/(kg . mnt) sedangkan rerata nilai *VO2Max* setelah *Tabata Workout*  $81.5 \pm 1.96$  mL/(kg . mnt) dengan peningkatan rerata *VO2Max*  $24.3 \pm 5.30$  mL/(kg . mnt).

**Kesimpulan:** Terdapat perbedaan yang signifikan *VO2Max* sebelum dan sesudah diberikan latihan *Tabata Workout*, *Tabata Workout* meningkatkan *VO2Max*.

**Kata Kunci :** *Tabata Workout*, *VO2Max*, Kebugaran Kardiorespirasi.

## **ABSTRACT**

**Background:** *Tabata Workout is a type of High Intensity Interval Training (HIIT) which consists of a variety of movements. A person's cardiorespiratory fitness can be improved through exercise. To determine the capacity of cardiorespiratory fitness can be seen through a VO2Max measurement using the Harvard Step Test.*

**Objectives:** *To determine the effect of Tabata Workout on VO2Max on students of the Faculty of Medicine, Islamic University of North Sumatra.*

**Methods:** *Experimental research One Group Pretest Posttest sample 10 with Purposive sampling Technique.*

**Results:** *Based on the results of the T-Pair test analysis obtained an average VO2Max value before Tabata Workout of  $57.2 \pm 5.12$  mL / (kg . mnt) while the average VO2Max value after Tabata Workout  $81.5 \pm 1.96$  ml / (kg . mnt) with an average increase in VO2Max  $24.3 \pm 5.30$  mL / (kg . mnt ).*

**Conclusion:** *There is a significant difference in VO2Max before and after being given Tabata Workout, Tabata Workout increases VO2Max.*

**Keywords:** *Tabata Workout, VO2Max, Cardiorespiratory Fitness.*