

# **DEVELOPMENT OF FUN FITNESS TRAINING MODELS TO IMPROVE MUSCLE FITNESS IN THE ELDERLY IN THE NEW NORMAL TIME OF COVID 19**

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## **ABSTRACT**

After giving vaccination to the elderly (elderly) in this new normal period, of course, it is also necessary to pay attention to the fitness of the elderly. Fitness can only be obtained through physical activity. One of the physical activities that can be done is weight training. The concept of developing a fun weight training model can be done with a fun fitness training model. Based on these conditions, this study aims to develop a fun fitness exercise model to improve muscle fitness in the elderly in the new normal period of Covid 19, which is equipped with a guidebook and dissemination of the model to the target, namely the elderly. The purpose of this research can be achieved in three stages, for three years with a research and development research design. Phase I in the first year aims to validate model draft experts, namely the fun fitness exercise model to improve muscle fitness in the elderly in the new normal period of Covid 19. The first phase of the research method used a mixed qualitative and quantitative method. The research subjects were documents and seven experts. Data collection using the Delphi technique. Data analysis used the Aiken formula with the Aiken table value of 0.76. The results of the expert validation research on the draft model, the fun fitness exercise model to improve muscle fitness in the elderly in the new normal period of Covid 19, show the value of the V (Aiken) coefficient of all items above 0.76. In other words, all the fun fitness training model items are valid to improve muscle fitness in the elderly in the new normal period of Covid 19.

Kata Kunci: *Fun fitness, weight training, muscle fitness, pandemic period*