

# EFFECT HIGH INTENSITY INTERVAL TRAINING ON REACTIVE AGILITY OF TENNIS ATHLETES

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## ABSTRACT

Exercises to increase reactive agility are still lacking, therefore an appropriate training program is needed for tennis. The purpose of this study was to compare the results of reactive agility between those using HIIT intervals of 45 seconds and 60 seconds with the moderator variable being gender. The method in this study used a quasi-experimental, the subjects of this study were 28 athletes which were divided into 19 athletes as the experimental group and 9 athletes as the control group, data analysis used two-way ANOVA. The results of this study are that there are differences in High intensity Interval Training intervals of 45 seconds and 60 seconds, there are differences between genders, and the results of this study found there is no interaction between High intensity Interval Training and gender on reactive agility.

Kata Kunci: *reactive agility, HIIT, tennis*