

# **PENGARUH METODE LATIHAN *DROP SET* DAN *PYRAMID SET* DENGAN TEKNIK *FLAT BENCH PRESS* TERHADAP KEKUATAN OTOT DADA PADA MEMBER FITNES**

## **Abstrak**

Penelitian ini bertujuan untuk menganalisis pengaruh metode latihan *drop set* dan *pyramid set* dengan teknik *flat bench press* terhadap peningkatan kekuatan otot dada pada member *fitness*. Kekuatan otot dada merupakan salah satu komponen penting dalam latihan beban karena berperan dalam menunjang performa latihan, aktivitas fungsional tubuh bagian atas, serta estetika tubuh. Penelitian ini menggunakan metode eksperimen dengan desain *Non-Equivalent Control Group Design*. Sampel penelitian terdiri dari member *fitness* laki-laki di Rai Fitness Kabupaten Badung, Bali, yang dibagi ke dalam dua kelompok perlakuan, yaitu kelompok latihan *drop set* dan kelompok latihan *pyramid set*. Instrumen penelitian yang digunakan adalah tes kekuatan otot dada menggunakan *one repetition maximum (1RM)* pada teknik *flat bench press*. Data dianalisis menggunakan uji normalitas, uji homogenitas, uji *paired sample t-test*, dan uji *independent sample t-test*. Hasil penelitian menunjukkan bahwa metode latihan *drop set* maupun *pyramid set* sama-sama memberikan pengaruh yang signifikan terhadap peningkatan kekuatan otot dada. Namun, hasil perbandingan menunjukkan bahwa metode latihan *drop set* memberikan peningkatan kekuatan otot dada yang lebih besar dibandingkan metode *pyramid set*. Dengan demikian, dapat disimpulkan bahwa metode latihan *drop set* lebih efektif dalam meningkatkan kekuatan otot dada pada member *fitness*. Hasil penelitian ini diharapkan dapat menjadi referensi bagi pelatih, instruktur *fitness*, dan member dalam memilih metode latihan yang tepat dan efektif untuk meningkatkan kekuatan otot dada secara optimal.

**Kata kunci :** *Drop Set, Pyramid Set, Flat Bench Press, Kekuatan Otot Dada*

# **THE EFFECT OF DROP SET AND PYRAMID SET TRAINING METHODS USING THE FLAT BENCH PRESS TECHNIQUE ON CHEST MUSCLE STRENGTH AMONG FITNESS MEMBERS**

## ***Abstract***

*This study aimed to analyze the effect of drop set and pyramid set training methods using the flat bench press technique on chest muscle strength among fitness members. Chest muscle strength is an essential component of resistance training, as it supports upper-body functional performance, training effectiveness, and physical aesthetics. This research employed an experimental method with a Non-Equivalent Control Group Design. The research sample consisted of male fitness members at Rai Fitness, Badung Regency, Bali, who were divided into two treatment groups: the drop set training group and the pyramid set training group. The instrument used to measure chest muscle strength was the one repetition maximum (1RM) test on the flat bench press exercise. Data were analyzed using normality tests, homogeneity tests, paired sample t-tests, and independent sample t-tests. The results indicated that both drop set and pyramid set training methods had a significant effect on improving chest muscle strength. However, comparative analysis revealed that the drop set method resulted in a greater increase in chest muscle strength than the pyramid set method. Therefore, it can be concluded that the drop set training method is more effective in enhancing chest muscle strength among fitness members. The findings of this study are expected to serve as a reference for trainers, fitness instructors, and fitness members in selecting appropriate and effective training methods to optimize chest muscle strength development.*

**Keywords :** Drop Set, Pyramid Set, Flat Bench Press, Chest Muscle Strength