

# ZUMBA GYMNASTICS FOR INCREASING ABDOMINAL MUSCLE STRENGTH IN WOMEN WHO HAVE NEVER GIVEN BIRTH

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## *Summary*

**Background:** Abdominal muscle strength is the ability of the abdominal muscles to contract. The decrease in abdominal muscle strength that occurs in women who have given birth requires exercise to increase abdominal muscle strength. Zumba is the largest and most successful dance fitness program in the world. Alberto "Beto" Perez began introducing zumba in Indonesia in 2001. Zumba is a modified aerobic exercise using Latin dance and music. Latin dance is a movement that follows a relaxed rhythm, wagging the body. The dance movement in Zumba is a Latin dance movement, namely salsa, samba, cumbia, reggaeton, beto shuffle. The combination of squats and lunges exercises is also applied in this exercise.

**Purpose:** To find out the zumba exercise procedure as a reference to overcome the decrease in abdominal muscle strength. **Methods:** The method used is using IEC media, namely booklets as a tool to increase knowledge and skills of Physiotherapy. **Results:** This booklet media will be distributed to physiotherapy, gymnastics, mothers who have given birth and empowering family welfare mothers as an easy and practical guideline for intervention. **Conclusion:** As a medium of education and information for physiotherapy, gymnastics, mothers who have given birth, mothers to make it easier to intervene in zumba exercises.

**Keywords:** Decreased Abdominal Muscle Strength, Zumba Exercise, and Booklets