

# **IMPLEMENTATION OF COMBINED *SIT-UP EXERCISE* AND *BICYCLE CRUNCH EXERCISE* TO REDUCE WAIST CIRCUMFERENCE IN ADOLESCENTS WITH OBESITY**

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## **SUMMARY**

**Background:** Excessive fat consumption leads to the accumulation of fat in visceral adipose tissue. Obesity occurs when the amount of body fat exceeds the normal total body weight or when there is excessive fat accumulation, causing body weight to be significantly above the normal limit. A measuring tape is one tool used to measure waist circumference, which is considered normal if it is  $\leq 80$  cm for women and  $\leq 90$  cm for men. *Sit-up* and *bicycle crunches* are abdominal exercises that can help reduce waist circumference. **Objective:** To determine whether *sit-up* and *bicycle crunch exercises* can influence waist circumference reduction. **Method:** The method used was the KIE (Communication, Information, and Education) media in the form of a *booklet*. The *booklet* was chosen as a KIE medium due to its several advantages. The *booklet* was created following guidelines from Universitas ‘Aisyiyah Surakarta. **Results:** This printed KIE media in the form of a *booklet* can be directly distributed to physiotherapists, physiotherapy students, and adolescents with obesity. **Conclusion:** The *booklet* serves as a promotional, informational, and educational medium for physiotherapists and adolescents with obesity about *sit-up* and *bicycle crunch exercises* to reduce waist circumference.

**Keywords:** sit-up exercise, bicycle crunch exercise, obesity, adolescent