

**THE EFFECT OF AEROBIC HIGH IMPACT GYMNASTIC ON MAXIMUM  
OXYGEN VOLUME (VO<sub>2</sub>MAX) IN FEMALE STUDENTS OF  
VOCATIONAL HIGH SCHOOL 1 KARANGANYAR**

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**ABSTRACT**

**Background;** Maximum oxygen volume will peak at 18-20 years later decreased after the age 25 years, living habits that are inactive or rarely exercising are one of the causes of low VO<sub>2</sub>max. In adolescents VO<sub>2</sub>max accounting students due to the physical activity carried out by the community are in the seat. The role of physiotherapists in maintaining and improving VO<sub>2</sub>max especially for young women is by providing aerobic high impact exercise. **Purpose;** Knowing the effect of aerobics high impact gymnastics on VO<sub>2</sub>max. **Research Method;** his type of research methods is pre-experimental with the design of pre-test and post-test groups without control design. Sampel was taken as many as 20 respondents using simple random sampling and research instruments using multistage fitness test. The research performed 3 times a week for 3 weeks with a duration of 30 minutes per exercise. **Resuts;** The result of wilcoxon test showed a significance valeu of  $p=0,008$ , whe  $p<0,05$  which means that there is an aerobic gymnastic suppressant with VO<sub>2</sub>max. **Conclusion;** aerobic high impact gymnastic suppressant on VO<sub>2</sub>max after 9 met.

**Key word:** VO<sub>2</sub>max, high impact aerobic gymnastic, MFT

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