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<b>THE APPLICATION OF CARDIAC EXERCISE RELAXATION  TECHNIQUE TO LOWER BLOOD PRESSURE OF PATIENTS  WITH HYPERTENSION IN GENDINGAN  VILLAGE SURAKARTA</b>	
<b>ABSTRACT</b>	
<p><b>Introduction:</b> Hypertension is one of the major health problems of any country because it can cause heart disease and deadly brain strokes. Handling of hypertension can be done non pharmacology one of the techniques of heart gymnastics. Heart exercises occur because the blood vessels experience dilation, relaxation and cardiovascular repair so that blood pressure decreased. <b>Research Objective:</b> Describe the results of cardiac exercise implementation on blood pressure reduction in hypertensive patients. <b>Method:</b> Descriptive research with case study design, research instrument using Sphygmomanometer and stethoscope. <b>Results:</b> Showing blood pressure before being taught heart exercises on Ny.Su 150/90 mmHg and on Ny.Sa 150/90 mmHg, while blood pressure after being taught heart exercises on Ny.Su 140/80 mmHg and on Ny.Sa 130/80 mmHg. Differences in blood pressure development after the application of heart gymnastics on systolic blood pressure 10 mmHg and diastolic 10 mmHg while s.Sa systolic blood pressure 20 mmHg and diastolic 10 mmHg. <b>Conclusion:</b> There is a decrease in blood pressure before and after the application of cardiac exercise techniques.</p>	
<p><b>Keywords:</b> Hypertension, Gymnastics, Decrease in blood pressure.</p>	