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**Moderate Compare with Low Intensity Combo Dance in Women Fitness Index**

*SENAM KOMBO INTENSITAS SEDANG DIBANDING RINGAN TERHADAP INDEKS KEBUGARAN PADA WANITA*

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**Abstract**

The purpose of this study was to find the effects of moderate compare with low intensity combo dance in fitness index. This study used pretest-postest design with experimental object of healthy productive women. They were divided into two groups. Groups 1 was treated with moderate intensity combo dance and group 2 was treated with low intensity combo dance. The combo dance in this study was 20 minutes exercise, three times a week during 8 weeks. Fitness index was measured before and after the treatment. The component of fitness index in this study were resting heart rate, post-exercise heart rate, flexibility, balance, sit up, leg power, and vertical jump. It was found that fitness index increase was significant at group 1 (p=0.007) but no significant at group 2 (p=1.0000). It indicates that the increase of fitness index can be enhance by moderate intensity combo dance

**Keyword**: moderate, impact, low, impact, fitness, index,

**Daftar Pustaka**

capacities and mood states in older adults. - : Gerontology. 44(4)