

**THE EFFECT OF CIRCUIT TRAINING ON THE MUSCLE AND CARDIO
ENDURANCE, POWER, AND FLEXIBILITY OF EMRAN FUTSAL ACADEMY
PLAYERS**

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ABSTRACT

Emran Futsal Academy is a futsal academy team in Yogyakarta that, by the time researcher conducted this research, had started to decline their participation in the championship, resulting in their decreased achievements. This decline occurred due to the lack of a physical condition training program and focusing only on technical and tactical training. This study aimed to determine the effect of the circuit training method on the cardiac endurance, muscle endurance, power, and flexibility of Emran Futsal Academy players.

In this study, researchers used Pre-Experimental Design research with One Group Pre-test-Post-test design. The purposive sampling was utilised to take the sample, with the research subjects involving Emran Futsal Academy players, totalling 15 participants. The research instruments to collect the data included Multistage Bleep Test, Squat, sit up, Broad Jump and Sit and Reach. Then, the data were analysed using hypothesis testing with t-test analysis (paired sample t-test).

The paired sample t-test analysis results showed that the t-count values of all instruments were greater than the t-table values. Thus, it can be said that there was an effect of the circuit training method on cardio endurance, muscle endurance, power, and flexibility of Emran Futsal Academy players.

Keywords: circuit training, physical condition, futsal