

LITERATURE REVIEW: PENGARUH AEROBIC EXERCISE DAN WEIGHT TRAINING AEROBIC UNTUK MENINGKATKAN ENDURANCE CARDIORESPIRATORY PADA CALON JAMAAH HAJI

Lia Nurko Marullail

Abstrak

Ibadah haji menjadi kewajiban bagi umat Muslim. Di Indonesia, untuk berangkat haji harus menunggu bertahun-tahun sehingga banyak calon jamaah yang sudah lansia. Penurunan fisiologis pada lansia salah satunya menyebabkan penurunan kebugaran fisik sedangkan ibadah haji memiliki aktifitas yang padat. Untuk meningkatkan kebugaran fisik (*physical fitness*) pada calon jamaah haji yang sudah lanjut usia maka olahraga sangat dianjurkan. *Literature review* ini untuk mencari latihan yang sesuai untuk lansia. *Aerobic exercise* dan *weight training* untuk meningkatkan *endurance cardiorespiratory* dipilih untuk telaah artikel ini. Jenis yang digunakan pada *literature review* ini yaitu *traditional literature review* dan menelaah delapan artikel. Hasil dari *literature review* mendapatkan tujuh artikel yang mengatakan *aerobic exercise* dan *weight training* dapat meningkatkan *endurance cardiorespiratory* dan latihan berjalan dapat meningkatkan *endurance cardiorespiratory*.

Kata Kunci: *Jamaah Haji, Lansia, Endurance Cardiorespiratory, Aerobic Exercise, Weight Training*

**LITERATURE REVIEW: THE EFFECT OF AEROBIC
EXERCISE AND WEIGHT TRAINING AEROBIC TO IMPROVE
ENDURANCE CARDIORESPIRATORY IN ELDERLY HAJJ
CANDIDATE**

Lia Nurko Marullail

Abstract

Hajj is a necessity for Muslims. In Indonesia, to leave for the pilgrimage must wait for more years so more prospective pilgrims who are already elderly. Physiological decline in the elderly one of which causes a decrease in physical fitness while the pilgrimage has a dense activity. For physical fitness in prospective pilgrims who are elderly, exercise is highly recommended. Literature review for finding suitable exercises for the elderly. Aerobic training and weight training to increase *endurance cardiorespiratory* were selected for the review of this article. The type used in this literature review is a review of traditional literature and examines eight articles. The results of the review literature found seven articles that said aerobic exercise and weight training can increase endurance cardiorespiratory and one article said walking exercises can increase endurance cardiorespiratory

Keywords: Hajj Candidates, Elderly, Endurance Cardiorespiratory, Aerobic Exercise, Weight Training