ABSTRACT

Final Report

HEALTH LIFE MANUAL BY LIFTING PRACTICE

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This final report will discuss about weight training called "fitness" that performed by actors lifting weights. Lifting weights or commonly known as "fitness" is one sport that is quite popular especially for men. This sport not only get the fitter and health of the body alone, but can provide the formation of the body to be more athletic and ideal, which became interested, especially for men. From the data obtained from the target audience, the problems that occur affect the knowledge of weight training itself, starting from the time of exercise, rest periods, rules of diet, supplement use, and there are those who take up smoking, which is quite obviously a very bad effect on health. From the problem, the solution to do that is by making a guidebook "HEALTH LIFE MANUAL BY LIFTING PRACTICE" aimed at men aged 17-35 years. The book will contains the guide to start lifting weights, and also an explanation about about weight training itself. Hopefully, by the existence of the guidebook "Healthy Lifestyle With Weight Training, it can provide an information that will provide benefits to those who read it so that it can do well.

Keywords : lifting practice, fitness, healthy lifestyle, exercise