



# REMAJA MILENIAL MENGHADAPI COVID-19 DENGAN BEROLAHRAGA

Mury Kuswari | @murykuswari





murykuswari

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**Mury Kuswari**

**Scientist**

Lecturer & Researcher on Sport Nutrition and Fitness

PhD Student of Human Nutrition - Sport Nutrition

Chairman ANOKI @anoki\_id

Founder @GiziKebugaran

[www.murykuswari.com](http://www.murykuswari.com)

# Exercise makes you happier than money, according to Yale and Oxford research

BI  
BUSINESS INSIDER

Ruqayyah Moynihan, Business Insider Deutschland Apr. 3, 2019, 5:00 AM



Researchers at  
d

*Exercise is  
important  
mental  
health  
economic*



# FORMULA FITT+ UNTUK KEBUGARAN

## FREQUENCY

- Seberapa sering olahraga dilakukan
  - 3-5x seminggu (Kuswari *et al* 2015)
  - Prinsip reversibility

## INTENSITY

- Kualitas olahraga yang dilakukan
  - Zona latihan 60-85% (DNM)

*\*220-umur=100% (DNM)*

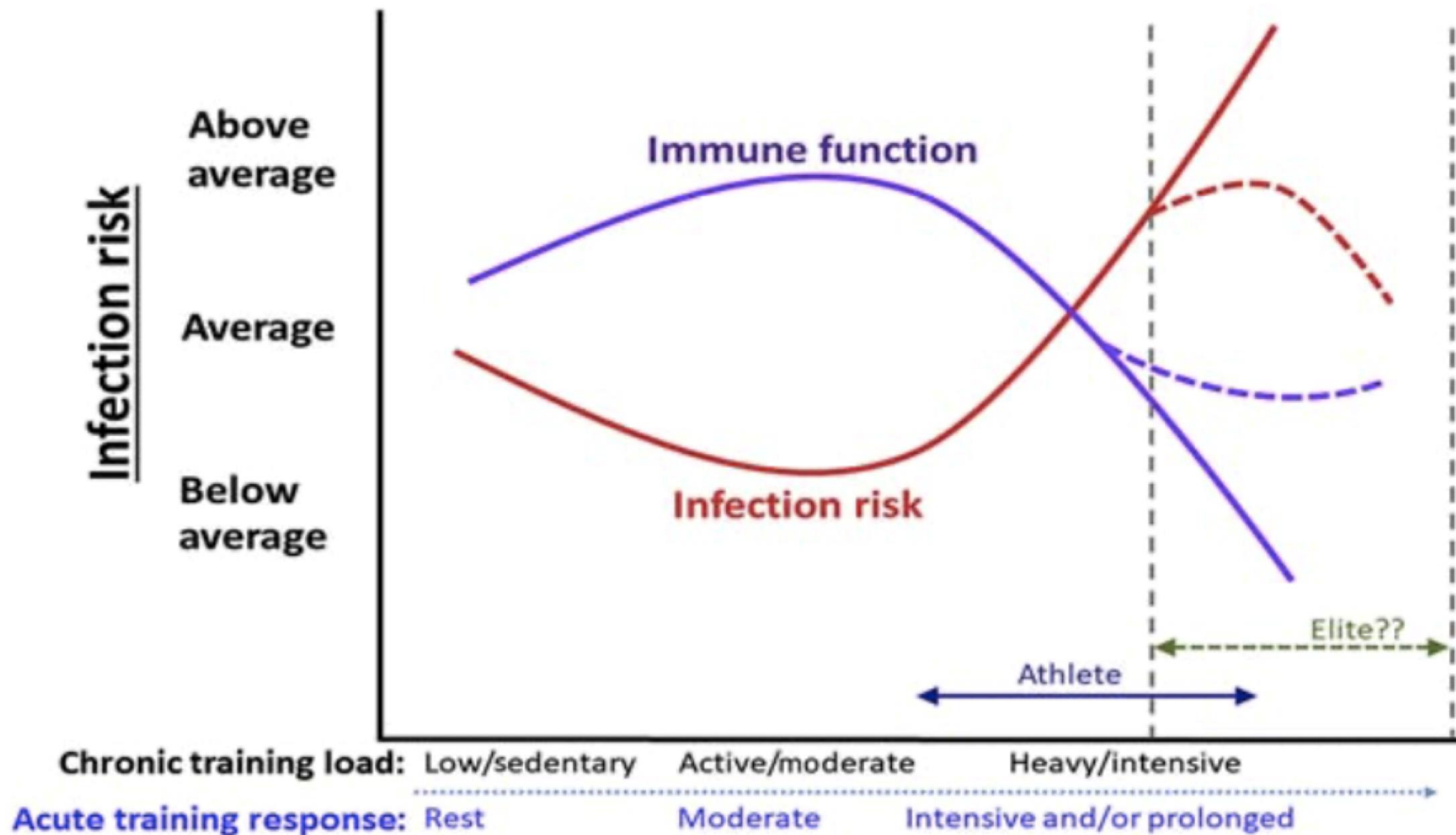
## TIME

- Berapa lama olahraga dilakukan
- Konvensional/colonial 1-2 jam/sesi
- Remaja Milenial 20-30 menit (HIIT)

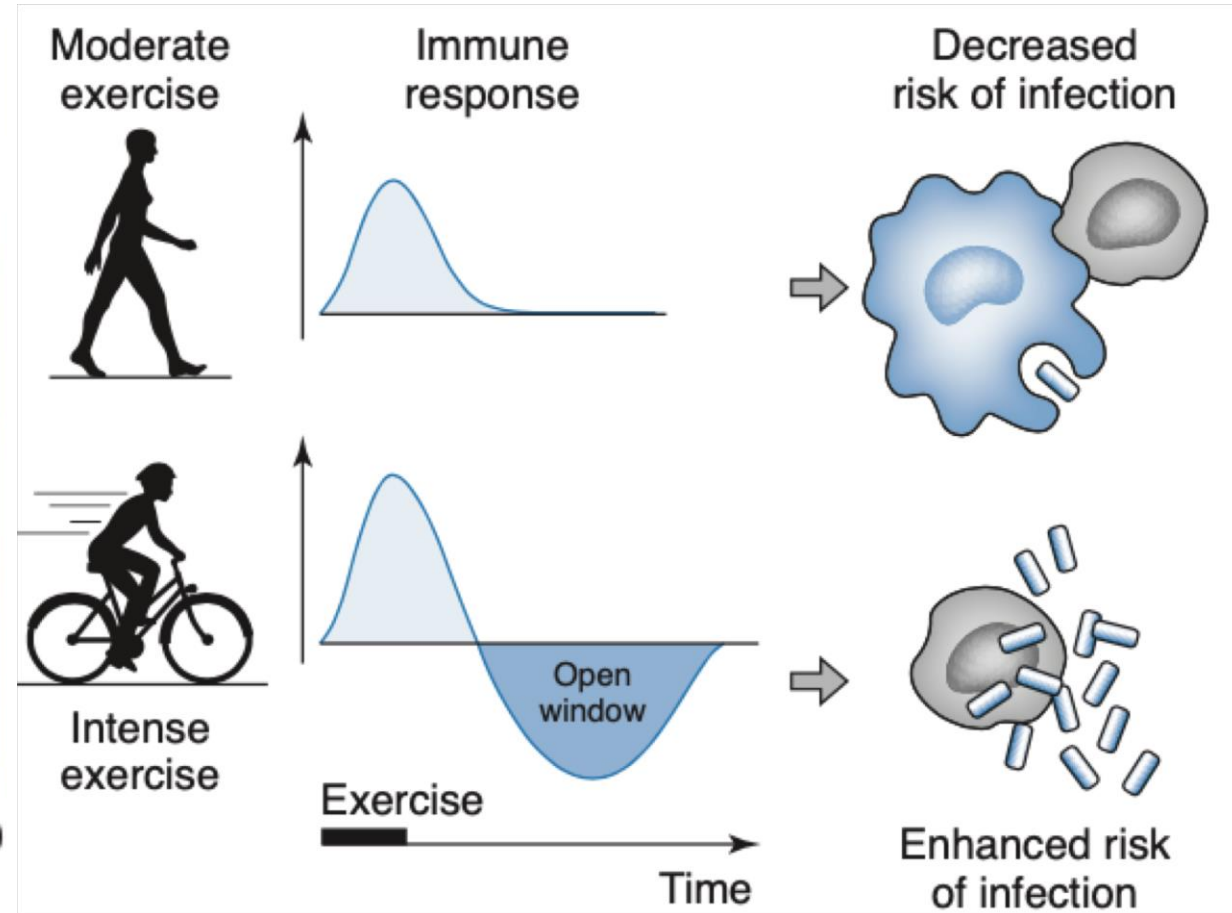
## TYPE

- Jenis Olahraga yang dilakukan dengan senang
- Walking, jogging, dancing, skipping, latihan fungsional, bootcamp dll





# ALASAN KENAPA LATIHAN INTENSITAS TINGGI KURANG DIREKOMENDASIKAN UNTUK SAAT INI



# AYO KITA LAKUKAN !!



**10** lunges



**10** deadlifts



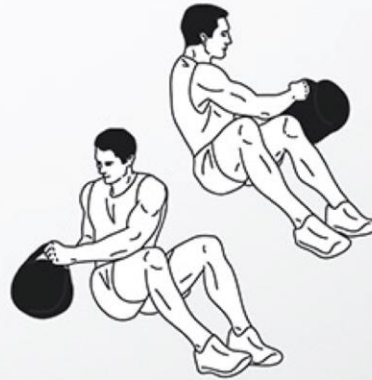
**10** squats



**10** upright rows



**10** staggered push-ups



**10** sitting twists



**30sec** arms to the front hold



**30sec** arms to sides hold



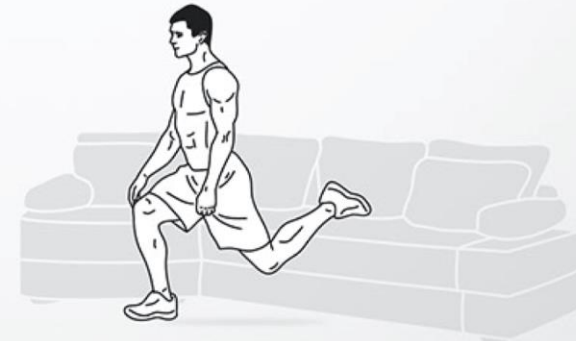
**30sec** tricep dip hold



**30sec** raised legs hold



**30sec** chest squeeze



**30sec** single leg squat hold

Klik Youtube: [Mury Kuswari](#)