

**UNIVERSITI TEKNOLOGI MARA**

**EFFECT OF PUSH-UP PROGRAM ON  
STABLE AND UNSTABLE SURFACE**

**By**

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## **ABSTRACT**

This study was conducted in order to compare of performing push-up exercise on stable and unstable surface. 20 Negeri Sembilan Youth soccer players were selected to participate as subject for this study. This study was conducted with 6 weeks of training intervention and subjects were tested before and after the training intervention. 1-minute push-up test was selected for the pre and post-test. The outcome of this study is to see the difference in the result of both test. Independent Sample T-Test and Paired Sample T-Test analysis was used to see the significant of this study. The result shows that there was no significant difference in performing push-up on stable and unstable surface. Then, the result shows that there was a significant difference between pre and post-test among stable surface. Next, the result also shows that there was a significant difference between pre and post-test among unstable surface.

**Keywords:** Push-up, stable, unstable, soccer

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