
Analysis of the perceptions of fitness studio members toward pound fit and trampoline exercises in the weight loss

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Abstract

This study examines the perceptions of fitness studio members in Jambi City toward Pound Fit exercise and trampoline exercise in the weight-loss process. The research used a descriptive qualitative method, with data collected through interviews with fitness studio members selected through purposive sampling. Data were analyzed using qualitative descriptive analysis, examining respondents' answers according to the research themes. The results indicate that fitness studio members in Jambi City generally hold positive perceptions of both Pound Fit and trampoline exercise in the weight-loss process. Members expressed varied yet complementary views regarding the two types of exercise. Perceptions of Pound Fit exercise tended to be favorable: most respondents considered it effective for promoting calorie burning and supporting weight loss, and its dynamic movements, adjustable intensity, and rhythmic musical accompaniment were seen as motivating factors that helped maintain exercise consistency. Pound Fit was also regarded as relatively easy to follow, allowing members to participate regularly and sustainably. Perceptions of trampoline exercise were likewise positive; it was viewed as enjoyable and similar to a recreational activity, which helped reduce boredom during workouts. Beyond contributing to calorie expenditure, trampoline exercise was perceived to improve balance, stamina, coordination, and core muscle strength, with its playful nature encouraging regular participation. Differences in preference were shaped by individual comfort, personal interest, and consistency: some members preferred Pound Fit, others favored trampoline exercise, and several believed that combining both produced more optimal results.

Keywords

members, perceptions, Pound Fit exercise, trampoline exercise, weight loss

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Introduction

Physical exercise is a form of physical activity undertaken for specific purposes, including the training of the body for both physical and mental health (Caspersen et al., 1985). Exercise also aims to improve fitness and support weight loss (Sitepu et al., 2020), and many people engage in it to achieve an ideal body shape (Putri & Syahrastani, 2018). Having an ideal body is a goal for many individuals, particularly women (Anjani, 2019). It is therefore unsurprising that, in pursuit of this goal, some individuals adopt approaches ranging from intense exercise and strict dieting to more extreme measures, such as the use of weight-loss drugs, without fully considering potential side effects.

Exercise provides numerous health benefits. Health is an inseparable part of human life, as it underlies the ability to carry out daily activities; without adequate health, individuals may experience physical limitations. Health can be understood as a dynamic balance shaped by genetic factors, environmental conditions, and daily lifestyle behaviors such as eating, drinking, sexual activity, work, rest, and emotional management. Pane (2015) identifies four key factors that significantly influence health: (1) consuming healthy food, (2) drinking sufficient water, (3) getting adequate sleep, and (4) maintaining regular physical activity. Alongside the rapid development of science, knowledge, and technology, lifestyle patterns have shifted in ways that have reduced physical activity levels and increased the prevalence of disease among people of productive age, including heart disease, diabetes, high cholesterol, and hypertension.

In today's digital era, many activities can be performed online, which has contributed to a decline in physical activity as individuals spend extended periods sedentary. This has long-term effects, as excess stored energy can increase fat accumulation and lead to obesity. Obesity is associated with a range of health problems, including hypertension, coronary heart disease, diabetes mellitus, respiratory disorders, low back pain, arthritis, infertility, and reduced psychosocial functioning (Saldin, 2019). Obesity is considered a multifactorial disease, resulting largely from the interaction of genetic and environmental factors, including physical activity, lifestyle, socioeconomic status, and nutritional behavior such as unhealthy eating patterns and the early introduction of solid foods to infants (Siti Muthoharoh, 2017).

Obesity has become a global public health issue that has drawn serious attention from international health organizations. According to the World Health Organization, 43% of adults worldwide were overweight and 16% were living with obesity in 2022, and obesity prevalence has more than doubled among adults since 1990 (World Health Organization, 2025). Obesity is associated not only with physical appearance but also with an increased risk of non-communicable diseases such as type 2 diabetes, cardiovascular disease, hypertension, stroke, and other metabolic disorders, placing a significant burden on public health systems and prompting many countries to promote physical activity as a primary prevention strategy. This issue is also relevant in Indonesia: data from the national Basic Health Research survey (Riskesdas) show that obesity prevalence among Indonesian adults reached 21.8% in 2018, an increase from previous survey years (Kementerian Kesehatan Republik Indonesia, 2018). This rise has been linked to increasingly sedentary lifestyles, high consumption of fast food, and limited awareness of the importance of regular exercise.

From a theoretical perspective, exercise behavior can be analyzed using the Health Belief Model (HBM), which holds that individuals are more likely to engage in health-related

behaviors when they perceive themselves as susceptible to illness and believe in the benefits of preventive action (Becker, 1974). In the context of obesity, a higher perceived health risk associated with excess body weight increases the likelihood of participating in physical activities such as gymnastics. The Theory of Planned Behavior (Ajzen, 1991) further explains that exercise intention is shaped by individual attitudes, social influence, and perceived behavioral control; the growing popularity of group exercise, ease of access, and the presence of fitness communities strengthen motivation and self-control in engaging in physical activity. Exercising at fitness clubs can become a lifestyle choice, as it allows individuals to improve both their health and their physical appearance (Sientia & Puruhita, 2012), and fitness clubs typically offer a range of exercise programs designed to support weight loss, often appealing to people seeking visible results. Another widely recommended approach to weight loss combines a healthy diet, regulated food intake and meal frequency, and participation in physical exercise such as gymnastics (Ninawati, 2017). Various forms of gymnastics, including aerobics, Zumba, Pound Fit, and trampoline exercise, have accordingly become accessible alternatives suited to modern lifestyles.

Gymnastics has recently gained widespread attention. Beyond its effectiveness for weight loss (Razy, 2019), gymnastics can be defined as a systematic physical training activity consisting of structured body movements designed to achieve specific goals (Sugiarti & Noor, 2008). Gymnastic movements can be adjusted to individual needs and incorporate elements of strength, speed, coordination, and rhythm (Listyarini, 2015), an adaptability that allows gymnastics to be practiced by people of all ages. It can be performed using body weight alone, as in aerobic exercise (Giriwijoyo & Sidik, 2010), or with equipment, including Tabata, Pound Fit, and trampoline exercise (Damayanti et al., 2024). In either form, gymnastics offers significant physical and mental health benefits and can be readily incorporated into daily life.

Zumba is a form of high-intensity interval training (HIIT) that combines short bursts of high-intensity cardiovascular exercise to promote fat burning and weight loss. By 2012, it was practiced by an estimated 12 million people across roughly 110,000 locations in 125 countries, and was ranked among the most popular global fitness trends of that year (Luetngen et al., 2012).

Pound Fit is a fitness program that combines aerobic exercise with drumming-inspired movements, in which participants use specialized drumsticks to perform dynamic, energetic movements synchronized with music (Damayanti et al., 2024). Research by Yanuar and Sulistyarto (2024) found that Pound Fit had become a popular choice among members of Atlas Sports Club Surabaya, reflecting its appeal and the enjoyable exercise experience it offers. Pound Fit is designed to improve cardiovascular fitness, strength, and coordination while also reducing stress and enhancing mood, making it an effective alternative to traditional exercise for weight loss. A separate study by Damayanti et al. (2024) further found that Pound Fit improved sleep quality among women aged 30 to 40, pointing to benefits for both physical and mental health.

Trampoline exercise is another form of equipment-based gymnastics, involving jumping movements assisted by a trampoline. At the elite competitive level, trampoline gymnasts can reach heights of up to approximately eight meters above the trampoline bed during routines that combine flips, twists, and aerial maneuvers (NBC Olympics, 2024). At the recreational level, trampoline exercise typically incorporates rhythmic movements accompanied by music to enhance motivation and coordination. To date, research specifically examining trampoline

exercise as a method for weight loss remains limited, indicating a gap in the existing literature that this study aims to help address.

Literature Review

Gymnastics

Gymnastics can be understood as a form of physical exercise that is deliberately selected and constructed, carried out consciously and in a planned manner, and systematically organized with the aim of improving physical fitness, developing skills, and instilling mental and spiritual values (Oksyalia et al., 2018; Putri, 2023). This definition emphasizes that gymnastics is not an incidental activity but a structured practice intended to shape individuals harmoniously, encompassing physical, mental, and social dimensions of development.

Weight loss

Body weight reflects the combined mass of tissues in the body, including bones, muscles, fat, and body fluids, and changes in body weight result from the conversion of consumed energy into fat stored under the skin. Weight gain refers to the excessive accumulation of fat in adipose tissue throughout the body (Rini et al., 2020). Body weight is a highly labile anthropometric parameter: under normal conditions, when health status is good and the balance between nutrient intake and nutritional needs is maintained, body weight develops in line with increasing age, whereas under abnormal conditions it may increase or decrease more rapidly than expected. Because of this variability, body weight should be monitored regularly so that early preventive nutritional interventions can address tendencies toward undesirable weight loss or gain, always evaluated in the context of an individual's weight history, lifestyle, and recent weight status (Rahma et al., 2021).

Body weight is also one of the parameters used to estimate overall body mass, with normal or ideal body weight achieved when height and weight are proportionate; the limits of normal body weight in adults are typically determined using ideal-body-weight reference values (Rafiq et al., 2022). As a measure commonly used to assess nutritional status, body weight is conventionally defined as the mass of the body weighed while wearing minimal clothing and without accessories, with a healthy body weight understood as one proportionate to height and measured using a scale calibrated in kilograms (Jaelani et al., 2018).

Body mass index (BMI)

A common way to determine whether a person is overweight is to assess body weight relative to height using the Body Mass Index (BMI), calculated by dividing a person's body weight in kilograms by the square of their height in meters. A widely used method for estimating ideal body weight in Indonesian clinical and fitness practice is the Broca-based formula:

$$\text{Ideal Body Weight (IBW)} = 90\% \times (\text{Height in cm} - 100)$$

For example, if a person's height is 175 cm, their ideal body weight would be $90\% \times (175 - 100) = 67.5$ kg. Using common clinical conventions, a person is generally considered overweight when their body weight exceeds their ideal body weight by 10%, and obese when it exceeds the ideal body weight by 20% or more. In the example above, a person with an ideal body weight of 67.5 kg would be classified as overweight at approximately 74.25 kg and obese at approximately 81 kg or above. Because this formula offers only a rough estimate, it is typically used alongside BMI and other anthropometric measures such as waist circumference rather than as a stand-alone diagnostic tool.

Methodology

Research design

This study used a qualitative method, specifically a phenomenological approach, to explore participants' personal experiences of how they perceived the effects of each type of exercise on the weight-loss process. According to Creswell (2013), phenomenological research describes the experiences or phenomena lived by individuals; describing these experiences requires the researcher to focus on what appears and emerges from what participants understand to be true, which is a defining characteristic of phenomenology.

Participants

Participants were selected using a purposive sampling technique, which is appropriate when the target sample must possess specific characteristics relevant to the study's objectives rather than characteristics shared by the general population. The total population for this study consisted of 21 active members of the GYM ROOBUS Center aerobic studio. From this population, participants were selected based on the following criteria:

- Participation in all aerobic exercise sessions
- Length of participation in the exercise program
- Ability to perform the required movements
- Level of participant engagement

Based on these criteria, seven individuals were initially selected as the sample. However, at the time the research was conducted, only five participants were willing to take part in the study: two of the originally selected participants declined to be interviewed, one was never available to be met following the field observation and consistently avoided contact, and the other showed no interest in participating. The final sample therefore consisted of five participants who met the established criteria.

Instruments

This study analyzed participants' perceptions of Pound Fit and trampoline exercise in the weight-loss process at a fitness studio in Jambi City, using a phenomenological approach that allows for an in-depth understanding of participants' subjective experiences and of how they interpret and feel about each type of exercise in the context of weight loss. Data were collected using semi-structured interviews, which provided participants with the opportunity

to share their personal experiences in depth. According to Creswell (2013), a phenomenological method is well suited to this purpose because it can uncover the meanings behind participants' experiences and provide deeper insight into the factors influencing the effectiveness of different types of exercise.

These methods were intended to provide in-depth, comprehensive data on how each type of exercise contributed to the weight-loss process, offering a holistic view of the study's main focus. The research questions and corresponding data sources are presented in Table 1.

Table 1. *Research questions and data sources*

No	Research Questions	Type of Data	Data Collection	Data Analysis Techniques	Theoretical Framework
1	How do participants experience Pound Fit and trampoline exercise in the process of weight loss?	Qualitative data: in-depth interviews	Semi-structured interviews, observation, documentation	Data triangulation	Phenomenological theory
2	What factors do participants consider important when choosing an effective type of exercise for weight loss?	Qualitative data: participants' perceptions	In-depth interviews regarding motivation and perceptions	Thematic analysis, manual coding	Health Belief Model
3	How do participants perceive the physical and psychological impacts of each type of exercise in supporting weight loss?	Qualitative data: participants' views and experiences	In-depth interviews, participatory observation	Thematic analysis, open coding	Self-Determination Theory
4	What motivations and barriers do participants face in participating in exercise programs for weight loss?	Qualitative data: motivation and barriers	In-depth interviews, reflective notes on motivation and barriers	Thematic analysis, open coding	Motivation theory

To explore how Pound Fit and trampoline exercise contributed to the weight-loss process, semi-structured interviews were conducted with participants to gather personal reflections on how each type of exercise influenced their weight-loss journey, including whether variation in exercise helped them stay motivated and whether it enhanced the effectiveness of their weight-loss efforts.

Data analysis

Phenomenological research aims to observe, understand, and provide a detailed account of events experienced by individuals within particular situations. As a form of qualitative

research, it seeks to examine phenomena that occur naturally, based on real situations as they unfold in the field; the researcher attempts to understand the meaning of events that are interrelated between individuals and their circumstances. Phenomenology can thus be described as the study of phenomena experienced by individuals, which are retold and analyzed to uncover meaningful patterns that can be further explained (Moleong, 2011).

Results

Participants' experiences with pound fit and trampoline exercise for weight loss

The first research question explores how participants' experiences in Pound Fit and trampoline exercise contributed to their weight-loss efforts. Analysis of participants' experiences indicates that involvement in these sessions enhanced motivation, helped establish regular exercise habits, and enabled participants to develop more meaningful and sustainable training strategies.

Three patterns emerged from participants' feedback: (1) participants experienced weight loss while engaging in Pound Fit and trampoline activities; (2) movement experiences were associated with improvements in stamina and physical endurance; and (3) participants observed changes in body shape, such as reductions in waist circumference and increased muscle tone.

Participants experienced weight loss while engaging in pound fit and trampoline activities

One of the most evident outcomes of the Pound Fit and trampoline program was weight loss among participants. The concrete, familiar sequence of movements gave participants a clear sense of training direction, reducing the confusion that often arises when starting a new physical activity. Familiarity with movement patterns and session structure (warm-up, core exercise, and cool-down) created a sense of comfort and allowed participants to focus directly on performing the exercises, which in turn enhanced consistency and the duration of physical activity. This consistency contributed to a sustained caloric deficit and weight loss. For example, the five participants explained:

“For approximately 10 years, before participating in Pound Fit and trampoline exercise, my body weight remained around 98–100 kilograms. After consistently joining Pound Fit and trampoline sessions, my weight decreased to 66 kilograms and has remained stable until now.” (PS1)

“Over a period of two years, without following a strict diet, my body weight decreased from 86 kg to 72 kg after regularly participating in Pound Fit and trampoline exercise.” (PS2)

“For more than one year, I managed to reduce my body weight from 65 kg to 62 kg without dieting, solely through consistent participation in Pound Fit and trampoline exercise.” (PS3)

“Before joining Pound Fit and trampoline exercise, my body weight was around 72 kg. It then gradually decreased to 70 kg and eventually reached 68 kg over more than one year of consistent exercise.” (PS4)

“During my first year of participating in Pound Fit and trampoline exercise, my body weight reached 69 kg, and it has since decreased to 62 kg as I have continued to exercise regularly.” (PS5)

These findings suggest that Pound Fit and trampoline exercise contribute positively to the weight-loss process among fitness studio members. Participants' experiences indicate that consistent involvement in both types of exercise enhances motivation, fosters sustainable exercise habits, and supports effective weight management without requiring strict dieting. The weight reduction experienced by participants occurred gradually and remained relatively stable alongside regular participation. In addition to weight loss, participants reported improvements in stamina and physical endurance, as well as positive changes in body composition, such as reduced waist circumference and increased muscle tone, suggesting that the benefits of these exercises extend beyond weight reduction to overall physical fitness. Combining both exercises may produce more optimal outcomes, as Pound Fit promotes rhythm and consistency, while trampoline exercise provides more comprehensive physical benefits.

Movement experiences were associated with improvements in stamina and physical endurance

The movement experiences gained through participation in Pound Fit and trampoline sessions were closely associated with improvements in stamina and physical endurance. Through active engagement in movements involving coordination, strength, agility, and balance, participants underwent meaningful physiological adaptation, including improvements in cardiovascular capacity, respiratory efficiency, and the strengthening of major muscle groups that support daily activities. The five participants described these changes as follows:

“After regularly participating in various types of exercise, my stamina and physical endurance increased significantly. Previously, I often felt easily fatigued and even had to undergo hospital treatment several times due to vertigo. After making gymnastics and physical exercise part of my routine, my condition became much healthier, stronger, and more energetic.” (PS1)

“My physical stamina has improved, as shown by my daily activities becoming easier, such as going up and down stairs without feeling easily tired, and my body no longer becoming short of breath quickly.” (PS2)

“After participating in various types of exercise such as aerobics, Zumba, Pound Fit, and trampoline exercise, my body feels lighter and healthier, and my physical endurance has improved. I have also noticed changes in my sleep patterns: previously I used to stay up late, but after exercising regularly my body feels tired earlier, allowing me to go to bed sooner, around 9 p.m., and my sleep quality has improved.” (PS3)

“Before exercising regularly, my body often felt easily fatigued even when performing light tasks. After actively participating in trampoline exercise, Zumba, and Pound Fit, I

experienced a drastic increase in stamina and am now able to carry out activities without quickly running out of energy.” (PS4)

“My body feels much fitter now, and I rarely get sick after regularly participating in trampoline exercise and aerobics. Even when I was ill for two weeks, I remained motivated to return to exercising because my body felt fresher afterward. In my view, exercise is no longer an obligation but a necessity for maintaining physical balance and daily energy.” (PS5)

Based on these experiences, regular participation in gymnastics activities, particularly Pound Fit and trampoline exercise, appears to contribute significantly to improvements in stamina and physical endurance. Participants reported reduced fatigue, an increased ability to perform daily activities, better sleep quality, and overall enhanced physical well-being, suggesting that consistent engagement in structured and varied exercise programs promotes positive physiological adaptation and a sustainable lifestyle practice that supports long-term health and vitality.

Participants observed changes in body shape, including reduced waist circumference and increased muscle tone

Changes in body shape were among the most visible indicators of the training program's success. Based on the interviews, most participants experienced noticeable changes in waist circumference, body composition, and muscle mass after regularly participating in the program over time, reflecting the body's physiological adaptation to a consistent activity load. Physiologically, a reduction in waist circumference indicates a decrease in visceral fat, which is commonly associated with an increased risk of metabolic diseases such as obesity, type 2 diabetes, and cardiovascular disease (Ross et al., 2020). Gymnastics activities that combine cardiovascular elements with muscle-strengthening exercises, such as Pound Fit and trampoline exercise, can effectively increase calorie expenditure and stimulate metabolic processes; this combination of aerobic exercise and body-weight resistance training not only supports weight loss but also promotes muscle toning, resulting in a more compact and proportional body shape. Participants described the changes in body shape they experienced as follows:

“My clothing size decreased drastically, and my waist circumference became smaller, while my body felt firmer after combining cardio and strength training. I previously wore XXL clothing, but now I wear size M.” (PS1)

“The waist area reduced the fastest, and my clothes became looser, although other areas such as the arms and hips changed more gradually.” (PS2)

“My abdomen, which was previously protruding, has become smaller. My clothing size changed from XL to L, although my skin initially felt slightly loose.” (PS4)

“Many of my work clothes had to be altered because my size changed from XL to M, especially since my waist circumference became much smaller.” (PS5)

These statements suggest that regular participation in structured exercise programs such as Pound Fit and trampoline exercise leads to noticeable changes in body shape, particularly

reductions in waist circumference and improvements in muscle tone. These physical changes were reflected not only in decreased clothing sizes but also in a firmer, more proportional body appearance, supporting the role of consistent exercise in achieving sustainable weight loss and improved body composition.

Important factors in choosing pound fit and trampoline exercise as a means of weight loss

The second research question concerns the factors participants considered important when choosing Pound Fit and trampoline exercise for weight loss. Analysis of participants' responses indicates that this choice was driven by a combination of physical, psychological, and social factors, and that Pound Fit and trampoline exercise were perceived not merely as forms of exercise but as meaningful training strategies that supported participants' consistency, motivation, and sustainability throughout the weight-loss process.

Three patterns emerged: (1) the effectiveness of calorie burning as a primary reason for choosing these exercises; (2) the sense of enjoyment associated with them; and (3) the selection of exercise based on individual needs and suitability.

The effectiveness of calorie burning as a primary reason for choosing pound fit and trampoline exercise

Participants' perception that Pound Fit and trampoline exercise are effective for supporting energy expenditure and weight loss was closely tied to their preference for these activities. Because both involve dynamic, high-intensity movements, they were seen as capable of burning a substantial number of calories, making them appealing to individuals seeking to improve physical fitness and achieve weight-loss goals. This perception is reflected in participants' statements:

“The effectiveness of calorie burning is a key factor in choosing Pound Fit and trampoline exercise, as these activities involve high-intensity movements that engage multiple muscle groups and significantly increase energy expenditure.” (PS1)

“I choose Pound Fit and trampoline because these exercises are effective in controlling excess calorie intake and reducing fat accumulation through consistent, intensive physical movement.” (PS2)

“My main motivation for participating in Pound Fit and trampoline exercise is their ability to burn the energy from daily food consumption, supporting the goal of achieving a slimmer, more proportionate body shape.” (PS3)

“Trampoline exercise is particularly effective because the repetitive jumping movements increase training intensity, accelerate energy expenditure, and support a faster weight-loss process.” (PS4)

“I find Pound Fit and trampoline more effective in increasing the number of calories burned, allowing my body to reach an ideal weight in a relatively shorter period of time.” (PS5)

In sum, the effectiveness of calorie burning emerges as a primary factor influencing participants' choice of Pound Fit and trampoline exercise. The high-intensity nature of these activities, combined with dynamic movements and the involvement of multiple muscle groups, is perceived to significantly increase energy expenditure, reinforcing participants' motivation and consistency in training.

The sense of enjoyment that supports participants' choice of pound fit and trampoline exercise

Beyond physical considerations, emotional factors such as enjoyment, comfort, and positive feelings significantly influenced participants' exercise preferences. Participants tended to choose Pound Fit and trampoline exercise because these activities provided a fun, engaging experience aligned with their personal interests, which in turn helped sustain motivation and consistency in training.

“Pound Fit and trampoline exercise feel enjoyable because they combine rhythmic movements with effective calorie burning, creating a fun and engaging workout experience.” (PS1)

“I feel happier and more motivated when engaging in Pound Fit and trampoline exercise, as the dynamic movements and jumping activities provide a sense of enjoyment during training.” (PS3)

“I chose trampoline exercise based on personal interest, as the jumping movements are challenging yet enjoyable, which increases my enthusiasm to exercise.” (PS4)

“Personal enjoyment and comfort during exercise are more important to me than external factors such as instructors or facilities, which is why I prefer Pound Fit and trampoline activities that align with my individual preferences.” (PS5)

These statements indicate that enjoyment is a crucial factor supporting participants' choice of Pound Fit and trampoline exercise. When exercise is perceived as enjoyable and aligned with individual interests, participants are more likely to sustain long-term participation, thereby enhancing the effectiveness of these activities as weight-loss strategies.

Selecting exercise based on individual needs and suitability

In addition to physical and emotional factors, suitability is an important driver of exercise choice. Participants tended to select a type of exercise based on how well it suited them, including factors such as the music, movements, instructor, or facilities, which played a major role in maintaining consistency. This is reflected in participants' statements:

“I choose Pound Fit and trampoline exercise not solely based on calorie expenditure, but primarily on personal interest and suitability, since selecting an exercise that matches my individual preferences is essential for long-term commitment.” (PS1)

“My choice of Pound Fit and trampoline exercise is adjusted to my specific physical needs and training goals, such as improving cardiovascular endurance through

trampoline movements and strengthening both upper and lower body muscles through Pound Fit.” (PS3)

In sum, the selection of Pound Fit and trampoline exercise is strongly influenced by participants' individual needs, personal interests, and suitability, rather than calorie expenditure alone. This alignment between exercise characteristics and individual needs enhances comfort, commitment, and long-term adherence.

Perceived physical and psychological impacts of pound fit and trampoline exercise

The third research question concerns participants' perceptions of the physical and psychological impacts of Pound Fit and trampoline exercise. Based on participants' accounts, these activities were understood not merely as forms of physical exercise but as activities that produced positive effects on physical condition—such as increased fitness and changes in body composition—as well as on psychological well-being, including improved mood, motivation, and self-confidence.

Three patterns emerged from participants' feedback: (1) perceived physical changes, such as weight loss and improvements in body shape, as the primary reason participants chose Pound Fit and trampoline exercise; (2) improvements in physical fitness, including increased endurance, strength, and overall physical performance; and (3) the role of Pound Fit and trampoline exercise in strengthening mental condition, particularly motivation, stress reduction, and psychological well-being.

Perceived physical changes as the primary reason for choosing pound fit and trampoline exercise

Participants reported noticeable physical transformations after regularly engaging in Pound Fit and trampoline exercise, which became a strong motivating factor in maintaining their commitment to the program. All five participants expressed similar perceptions regarding the physical benefits of these exercises, particularly reductions in body weight and waist circumference and improvements in body composition, which in turn reinforced their confidence in the exercises' effectiveness.

“After consistently participating in Pound Fit and trampoline exercise, I experienced significant body slimming, particularly around the waist area, which required me to change my clothing size due to substantial weight loss.” (PS1)

“My body weight gradually decreased after joining Pound Fit and trampoline sessions, with the most noticeable change occurring in the waist area.” (PS2)

“Regular participation in Pound Fit and trampoline exercise helped reduce my body weight while simultaneously improving muscle mass and lowering body fat percentage.” (PS3)

“Since joining the exercise program, I experienced a gradual and consistent reduction in body weight as a result of regular Pound Fit and trampoline training.” (PS4)

“After maintaining a routine of Pound Fit and trampoline exercise for an extended period, my body weight significantly decreased, and my overall body shape became more ideal.” (PS5)

These statements suggest that regular participation in Pound Fit and trampoline exercise has a positive impact on physical changes and body composition. Most participants experienced significant weight loss, particularly in the waist area, indicating a reduction in body fat; improvements in muscle mass reported by some participants suggest that these exercises support not only weight loss but also overall physical fitness and body shape.

Improvements in physical fitness, including endurance, strength, and overall performance

Improvements in physical fitness, including increased endurance, strength, and overall physical performance, emerged as an important benefit perceived by participants engaging in Pound Fit and trampoline exercise. These exercise types were considered effective in enhancing physical fitness due to their dynamic, relatively high-intensity movements, and participants perceived that regular involvement contributed to improvements in stamina, muscular strength, and overall body function.

The combination of rhythmic movements in Pound Fit and repetitive jumping in trampoline exercise was perceived to effectively stimulate cardiovascular endurance and muscular performance, leaving participants feeling healthier, more energetic, and physically stronger in daily life.

“Before regularly participating in Pound Fit and trampoline exercise, I often felt easily fatigued. After consistent training, my body feels healthier, stronger, and more energetic.” (PS1)

“My stamina has significantly improved, and daily activities such as climbing stairs no longer cause breathlessness. Regular trampoline exercise has also helped improve my physical recovery.” (PS2)

“Through consistent Pound Fit and trampoline training, my body feels lighter, less fatigued, and more comfortable when performing physically demanding activities.” (PS3)

“Previously, even light activities made me tired quickly. After regularly exercising with Pound Fit and trampoline, I am able to complete daily tasks without feeling easily exhausted.” (PS4)

“I feel more energetic and physically resilient. Even after experiencing illness, I was able to recover and regain my motivation to continue exercising.” (PS5)

These experiences suggest that regular participation in Pound Fit and trampoline exercise leads to meaningful improvements in physical fitness, including increased endurance, strength, and overall physical performance, with participants reporting higher energy levels, reduced fatigue, and enhanced physical resilience in daily activities.

The role of pound fit and trampoline exercise in strengthening mental condition

Participants reported that regular participation in Pound Fit and trampoline exercise contributed positively to their mental resilience and emotional regulation, helping them better manage stress, maintain emotional stability, and sustain motivation in daily life. The rhythmic movements in Pound Fit and the dynamic jumping in trampoline exercise were perceived to create a positive emotional experience, leaving participants feeling more relaxed, energized, and mentally refreshed, consistent with research highlighting the mental health benefits of regular physical activity (White et al., 2017).

“Before participating in Pound Fit and trampoline exercise, I was easily stressed and emotionally unstable. After exercising regularly, I feel calmer, more emotionally balanced, and less irritable.” (PS1)

“Pound Fit and trampoline exercise help reduce stress and improve mood, making me feel mentally refreshed in addition to being physically active.” (PS3)

“Although my motivation can fluctuate depending on mood, exercising through Pound Fit and trampoline makes me feel lighter, happier, and more motivated.” (PS4)

“When I do not exercise, my body feels tense and lethargic. Regular Pound Fit and trampoline sessions make me feel calmer, more energetic, and mentally refreshed.” (PS5)

These accounts suggest that Pound Fit and trampoline exercise play a meaningful role in strengthening mental condition and psychological well-being during the weight-loss process, helping participants stabilize emotions, reduce stress, and maintain motivation, while inactivity was associated with feelings of fatigue and discomfort.

Motivations and barriers participants face in pound fit and trampoline exercise

The fourth research question concerns the motivations and barriers participants experienced in participating in Pound Fit and trampoline exercise for weight loss. Based on participants' accounts, motivation to engage in physical exercise did not arise solely from the desire to lose weight, but also from intrinsic factors such as the desire to maintain health, build self-confidence, and experience the enjoyment of exercising.

External factors, including instructor support, motivating music, a positive class atmosphere, and social interaction with fellow participants, further strengthened this motivation, making the activities feel more enjoyable and encouraging participants to remain consistent. Two patterns emerged from participants' feedback: (1) the main motivation for choosing Pound Fit and trampoline exercise is the desire to maintain health and improve physical fitness; and (2) participants face several barriers when engaging in these exercises, including time constraints, financial limitations, physical condition, and dietary factors.

Primary motivation: the desire to maintain health and improve physical fitness

Participants' decisions to engage in Pound Fit and trampoline exercise were not driven solely by weight-loss goals, but by a broader motivation related to maintaining overall health

and enhancing physical fitness. These exercise types were perceived as structured, comprehensive activities that include warm-up, core movements, and cool-down sessions, often accompanied by music, instructor guidance, and a supportive class atmosphere, creating an exercise experience that is both physically effective and psychologically enjoyable.

“My main motivation for joining Pound Fit and trampoline exercise is to maintain my health. After realizing that my lifestyle was unhealthy, I wanted to improve it through regular and consistent exercise.” (PS1)

“I participate in Pound Fit and trampoline exercise to maintain my physical health. Before exercising regularly, I often felt tired, but after routine training, my body feels fresher and more energetic.” (PS2)

“I chose Pound Fit and trampoline because they help burn calories while also improving overall physical fitness through varied and engaging movements.” (PS3)

“My motivation is to maintain long-term health and physical fitness, rather than focusing solely on weight loss.” (PS4)

“I exercise to keep my body healthy and to perform daily activities without feeling easily fatigued. Maintaining fitness makes daily routines and responsibilities easier to manage.” (PS5)

These statements suggest that the primary motivation for choosing Pound Fit and trampoline exercise is the desire to maintain health and improve overall physical fitness. Participants perceived these exercises as activities that could be performed consistently and sustainably, contributing to increased energy, reduced fatigue, calorie burning, and improved physical strength, with motivation extending well beyond weight loss to encompass long-term health and daily functioning.

Barriers to participation: Time, cost, physical condition, and diet

Alongside motivating factors such as enjoyment, physical changes, and health benefits, participants also reported several practical obstacles affecting their consistency and long-term participation in Pound Fit and trampoline programs. These barriers generally emerged across four domains. First, time constraints, such as rotating work schedules and household responsibilities, often limited participants' ability to attend sessions regularly. Second, financial factors, including class fees, transportation costs, and equipment, could become burdensome, particularly when exercise outcomes were not immediately visible. Third, physical conditions such as fatigue, injuries, musculoskeletal discomfort, or temporary health issues sometimes required adjustments to exercise intensity, slowing adaptation and progress. Fourth, dietary factors, including difficulty controlling food intake and limited nutritional awareness, were perceived to negatively affect energy levels, recovery, and motivation.

“My main challenge is controlling my eating habits. Time and cost are manageable, but maintaining dietary discipline remains difficult.” (PS1)

“Limited time and occasional boredom are the main obstacles to participating consistently, although these can be addressed through varied Pound Fit and trampoline routines and family support.” (PS3)

“Scheduling conflicts with household responsibilities, combined with days when my physical condition is not optimal, often prevent me from exercising regularly.” (PS4)

“Dietary habits, particularly reducing sweet beverages, and time conflicts with other activities are the biggest challenges in maintaining consistent participation.” (PS5)

These statements suggest that the primary barriers to participation are related to time management, physical condition, dietary control, and motivational challenges such as boredom, rather than financial constraints alone. These barriers appear to be mitigated through varied and engaging exercise programs, disciplined dietary habits, effective time management, and strong support from family or social networks—factors that may be important for enhancing adherence and sustaining long-term participation.

Discussion

Taken together, the findings of this study suggest that Pound Fit and trampoline exercise can function as holistic, effective, and sustainable physical activity programs for supporting weight loss, improving physical fitness, and promoting healthier lifestyle behaviors among participants. Participation in Pound Fit and trampoline exercise appears to generate not only physical improvements but also positive psychological and social changes that interact with and reinforce one another throughout the weight-loss process. From a physical perspective, participants' consistent engagement in structured, varied sessions was perceived to increase overall energy expenditure through rhythmic, dynamic, and repetitive movements involving large muscle groups. Such characteristics align with current physical activity recommendations, which emphasize moderate- to vigorous-intensity exercise to support weight management and overall health (Bull et al., 2020; World Health Organization, 2025). Participants reported that these exercise patterns contributed to sustained calorie burning, weight reduction, and improvements in body shape when performed regularly.

However, the findings further suggest that successful weight loss is not determined solely by exercise intensity, but largely by long-term adherence, with psychological factors playing a central role in maintaining consistency. The availability of different exercise modalities, particularly Pound Fit and trampoline exercise, allowed participants to adjust their training according to personal preferences, mood, and physical condition, helping to reduce boredom and increase enjoyment—factors widely recognized as key determinants of exercise adherence (Carron et al., 1996; Rhodes & Kates, 2015). As a result, exercise participation gradually shifted from a goal-oriented effort to a habitual routine. Beyond weight loss, participants experienced notable improvements in physical fitness, including increased endurance, muscular strength, and functional capacity in daily activities, consistent with evidence that regular aerobic and mixed-mode exercise improves cardiovascular endurance, muscular fitness, and overall physical functioning (American College of Sports Medicine, 2021; Garber et al., 2011).

Anthropometric changes, particularly reductions in waist circumference and improvements in muscle tone, were perceived as clear indicators of exercise effectiveness. A decrease in waist circumference is widely recognized as an important marker of reduced central adiposity and improved metabolic health (Ross et al., 2020; Després, 2012). The combination of aerobic movement and resistance-based elements inherent in Pound Fit and trampoline

exercise appears to support fat loss while preserving or improving lean muscle mass, resulting in more balanced and functional body composition changes ([American College of Sports Medicine, 2021](#)).

Psychological outcomes emerged as one of the most prominent findings of this study. Early physical changes, such as weight loss and looser-fitting clothing, served as motivational feedback that enhanced participants' confidence and commitment to exercise; over time, exercise was no longer perceived as an obligation but as a form of self-care and emotional regulation. Participants reported improved mood, reduced stress, and greater emotional stability after exercising, findings consistent with research highlighting the mental health benefits of regular physical activity ([Biddle & Asare, 2011](#); [White et al., 2017](#)).

Environmental and social factors also appeared to play an important role in sustaining participation. A supportive exercise atmosphere, a comfortable training environment, and positive interactions with instructors and fellow participants enhanced motivation and a sense of belonging, with instructors perceived not only as facilitators of movement but also as sources of encouragement and guidance. Social support from peers and family further strengthened participants' commitment, consistent with evidence that supportive social environments enhance exercise adherence and long-term behavior change ([Carron et al., 1996](#); [Spink & Carron, 1994](#)). Overall, the findings suggest that Pound Fit and trampoline exercise extend beyond physical training, functioning as integrated interventions that support weight loss, physical fitness, psychological well-being, and social engagement. The combination of physical effectiveness, enjoyment, flexibility, and social support creates favorable conditions for long-term adherence, positioning Pound Fit and trampoline exercise as promising strategies for promoting healthier, more active lifestyles.

Conclusion

Based on the results of this study on the perceptions of fitness studio members in Jambi City regarding Pound Fit and trampoline exercise in the weight-loss process, it can be concluded that participants' perceptions of these exercise forms are generally positive. Most participants perceived Pound Fit and trampoline exercise as engaging, enjoyable physical activities, adaptable to different fitness levels and individual needs, and effective in supporting weight loss through dynamic movements, rhythmic music, and adjustable training intensity, which collectively contribute to increased calorie expenditure and improvements in physical fitness. Participants emphasized that motivation and consistency are key to achieving successful outcomes in weight loss and fitness improvement. The perceived physical benefits—weight reduction, improved body shape, increased endurance, and enhanced strength—encouraged participants to maintain regular participation, while a supportive exercise environment, including a comfortable studio atmosphere and guidance from instructors, played an important role in sustaining their discipline and commitment.

Psychological benefits were also reported by participants. Beyond physical improvements, participants experienced improved mood, reduced stress, increased self-confidence, and greater personal satisfaction after engaging in Pound Fit and trampoline exercise. These psychological outcomes appear to contribute to stronger intrinsic motivation and to indirectly support the sustainability of the weight-loss process. Pound Fit and trampoline exercise can therefore be considered effective, enjoyable, and appropriate forms

of physical activity worth recommending as primary options for weight-loss and fitness programs among the fitness community in Jambi City. Given the small, single-site sample used in this study, future research with larger and more diverse samples would help confirm and extend these findings.

Disclosure Statement

No potential conflicts of interest were reported by the authors.

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