**USAHA PEMBERDAYAAN LANSIA SECARA FISIK MELALUI**

**PROGRAM PELATIHAN SENAM LANSIA BUGAR (SLB)**

Oleh

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**Abstract**

*Pengabdian pada Masyarakat* (PPM) in the purpose to creating pre *intruktur senam Lansia Bugar* (SLB) in subdistrict in the Gantiwarno of district and Klaten of regency. PPM has been did on July,16-17, 2010 in the sport building of Jabung subdistrict, Gantiwarno of district and Klaten of regency.

PPM in using of speaking, demonstrate, command and reciprocal methods. The practice has been did in 16 hour. Practicing such as physicall fitness of teory, gym of training principle, prevent of injury principle, and practical such as SLB. The instrument such as of reactive, participation, absent and eiger to a move and the technical truelly of SLB.

From the result of practice has been finded 5 people (12%) in excellent categories, 36 people (88%) in good categories. From in this practice, have been did competition with our subdistrict and the instantion to celebrating independence day of Klaten regency and also in celebrate independence day of RI as result : 1st winner is Unit Pendidikan Tingkat Daerah (UPTD), 2nd winner is Towangsan subdistrict, an 3rd winner is jabung subdistrict.

*Key words : senam, lansia, bugar*