

DAFTAR GAMBAR

| Gambar | Halaman |
|--|---------|
| 1. Lintasan Lari <i>Bleep Test</i> | 20 |
| 2. <i>Hand Dynamometer</i> | 21 |
| 3. <i>Leg Dynamometer</i> | 22 |
| 4. Kerangka Berfikir | 27 |
| 5. Lintasan Lari <i>Bleep Test</i> | 33 |
| 6. Lintasan Lari 30 Meter..... | 34 |

UNIVERSITAS NEGERI
MEDAN
UNIMED

THE
Character Building
UNIVERSITY