

DAFTAR LAMPIRAN

| | Halaman |
|--|---------|
| Lampiran 1 Program Latihan <i>Single Leg Puss Off</i> | 63 |
| Lampiran 2 Program Latihan <i>Medicine Ball Overhead Throw</i> | 66 |
| Lampiran 3 Program Latihan <i>Dumble Wrist Curl</i> | 69 |
| Lampiran 4 Lampiran Data Penelitian | 72 |
| Lampiran 5. Uji Statistik Deskriptif..... | 74 |
| Lampiran 6. Absensi Kehadiran Atlet..... | 79 |
| Lampiran 7. Tabel R | 80 |
| Lampiran 8. Dokumentasi Penelitian..... | 81 |

