

## DAFTAR GAMBAR

Gambar 2. 1 Rangkaian Gerakan <i>Front Handspring</i> .....	15
Gambar 2. 2 Variasi Latihan 1 ( <i>pectoral stretch</i> ).....	19
Gambar 2. 3 Variasi Latihan 2 ( <i>camel stretch</i> ).....	19
Gambar 2. 4 Variasi Latihan 3 ( <i>plought</i> ).....	20
Gambar 2. 5 Variasi Latihan 4 ( <i>cobra stretch asissted</i> ).....	21
Gambar 3. 1 Desain penelitian <i>one group pre-test and post-test</i> .....	29
Gambar 4. 1 Hasil <i>pre-test</i> dan <i>post-test front handspring</i> .....	35

