

DAFTAR LAMPIRAN

Lampiran 1	Biodata Atlet.....	77
Lampiran 2.	Data Observasi Awal.....	78
Lampiran 3.	Program Latihan	79
Lampiran 4.	Pelaksanaan Latihan <i>Circuit training</i>	88
Lampiran 5.	Data <i>Pretest</i>	92
Lampiran 6.	Data <i>Posttest</i>	93
Lampiran 7.	Hasil Uji Data <i>Pretest</i> dan <i>Posttest</i>	94
Lampiran 8.	Uji Homogenitas.....	95
Lampiran 9	Uji Paired Sample T-Test	96
Lampiran 10	T tabel.....	97
Lampiran 11	Dokumentasi.....	98

