

## DAFTAR GAMBAR

|                                                                                                                      |    |
|----------------------------------------------------------------------------------------------------------------------|----|
| Gambar 2. 1 <i>Heavy Bag Thrust</i> .....                                                                            | 20 |
| Gambar 2. 2 <i>Resistance Band</i> .....                                                                             | 22 |
| Gambar 3. 1 Rancangan Penelitian .....                                                                               | 28 |
| Gambar 4. 1 Grafik <i>Pre-Test</i> Dan <i>Post-Test Medicine Ball Trow</i> Kelompok<br><i>Heavy Bag Thrust</i> ..... | 32 |
| Gambar 4. 2 Grafik <i>Pre-Test</i> Dan <i>Post-Test Medicine Ball Trow</i> Kelompok<br><i>Resistance Band</i> .....  | 33 |

