

DAFTAR TABEL

Tabel 1.1 Data <i>Test Smash Attack Intrument</i>	7
Tabel 1.2 Data <i>Test Vertical Jump</i>	7
Tabel 2.1 Intensitas Latihan Kekuatan Otot.....	21
Tabel 2.2 Parameter Latihan Beban	24
Tabel 3.1 Daftar Jumlah Sampel <i>ClubBina Putri Tahun 2023</i>	51
Tabel 3.2 Desain Penelitian.....	52
Tabel 3.3 Penilaian <i>Vertical Jump</i>	56
Tabel 3.4 Penilaian <i>Smash attack Test Instrument</i>	56
Tabel 4.1 RangkumanHasilDatapenelitian <i>Pre-testdan Post-test Vertical</i>	60
Tabel 4.2 RangkumanHasilDatapenelitian <i>Pre-testdan Post-test Smash</i>	60
Tabel 4.3 Hasil Uji Normalitas <i>TestVertical Jump</i>	61
Tabel 4.4 Hasil Uji Normalitas <i>Smash Attack Intrument</i>	61
Tabel 4.5 Hasil Uji Homogenitas <i>Vertical Jump</i>	62
Tabel 4.6 Hasil Uji Homogenitas <i>Smash Attack Intrument</i>	62

