DAFTAR GAMBAR

Gambar 2.1 Struktur Otot Skelet.....9
Gambar 2.2 Struktur Sarkomer 11
Gambar 2.3 CircuitTraining.....19
Gambar 2.4 Kerangka Berpikir 31
Gambar 3.1 Desain Experiment One Group Pretest-Posttest.....34
Gambar 3.2 Pelaksanaan Harvard Step Test 38

UNIVERSITAS NEGERI MEDAN
UNIMED
THE Character Building UNIVERSITY