

DAFTAR GAMBAR

| Gambar | Hal |
|--|-----|
| 1. Latihan <i>Alternate Leg Box Bound</i> | 14 |
| 2. Latihan Heavy Bag Thrust | 16 |
| 3. Mengukur Tinggi Raihan <i>Vertical Jump</i> | 21 |
| 4. Dokumen saat penelitian..... | 78 |

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