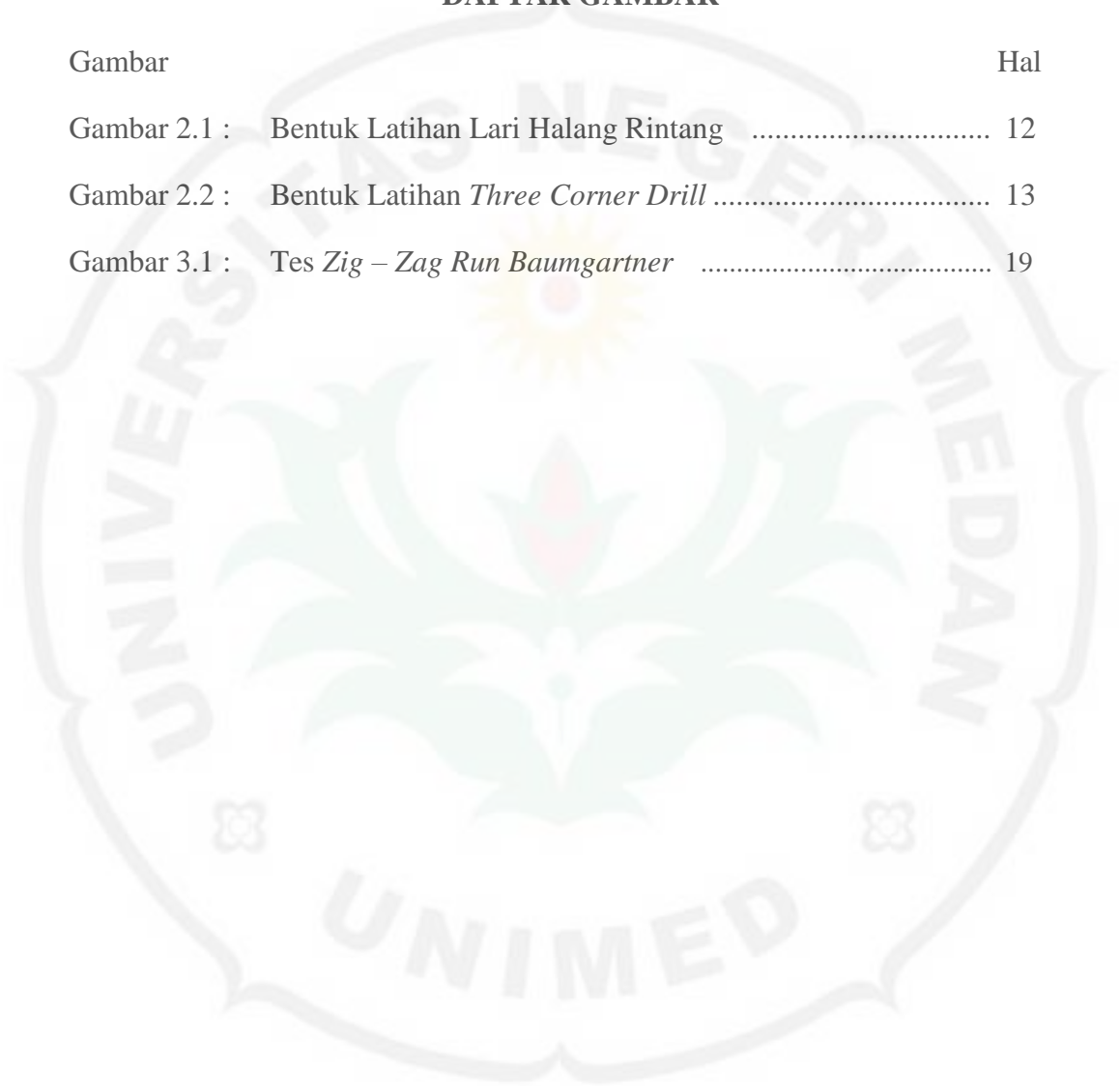


## DAFTAR GAMBAR

Gambar	Hal
Gambar 2.1 : Bentuk Latihan Lari Halang Rintang .....	12
Gambar 2.2 : Bentuk Latihan <i>Three Corner Drill</i> .....	13
Gambar 3.1 : Tes <i>Zig – Zag Run Baumgartner</i> .....	19



THE  
*Character Building*  
UNIVERSITY