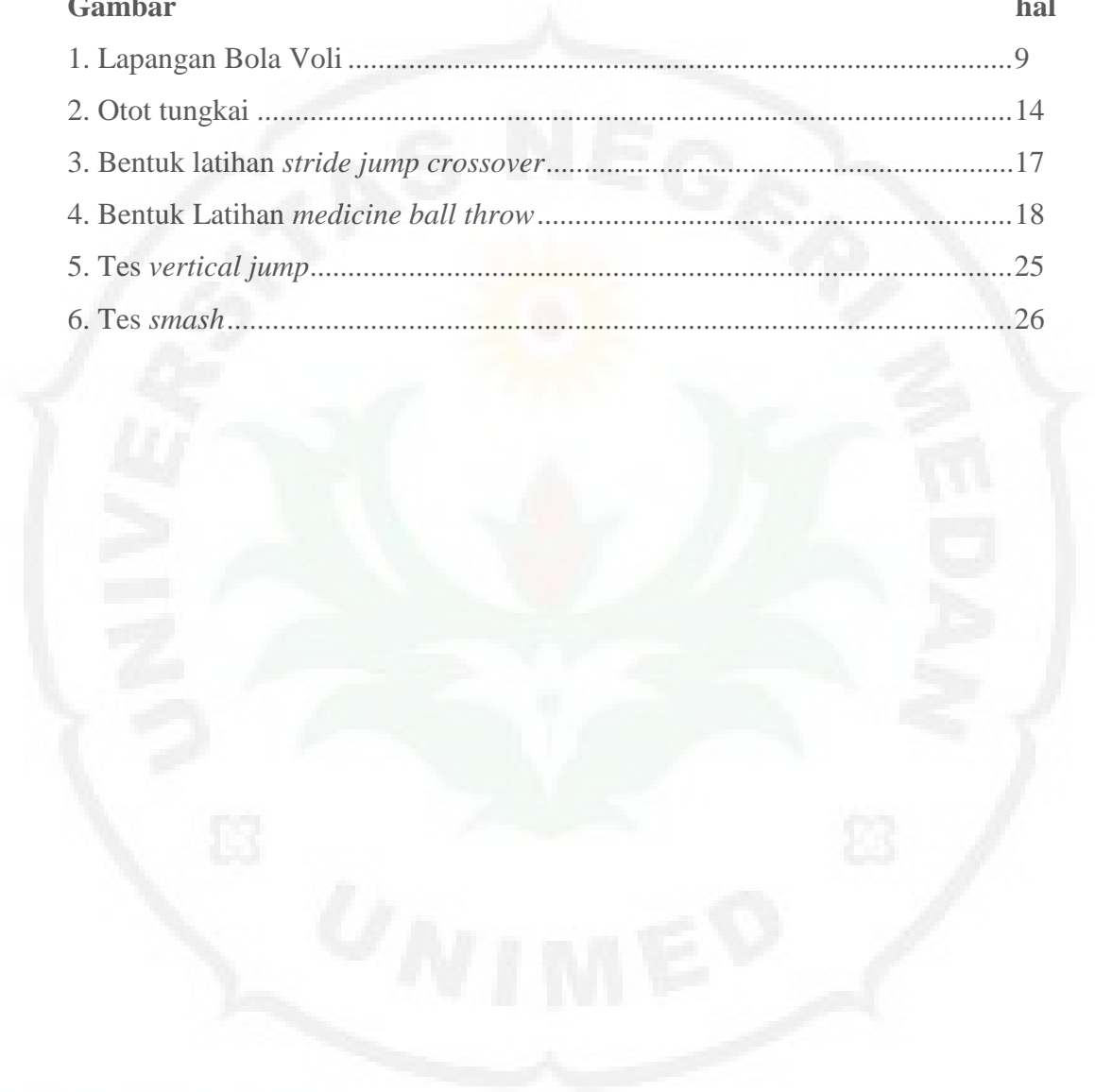


DAFTAR GAMBAR

Gambar	hal
1. Lapangan Bola Voli	9
2. Otot tungkai	14
3. Bentuk latihan <i>stride jump crossover</i>	17
4. Bentuk Latihan <i>medicine ball throw</i>	18
5. Tes <i>vertical jump</i>	25
6. Tes <i>smash</i>	26



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