

DAFTAR LAMPIRAN

1. Lampiran 1 Surat Izin Observasi
2. Lampiran 2 Surat Izin Penelitian
3. Lampiran 3 Kuesioner Penelitian
4. Lampiran 4 Fortofolio Penilaian Tingkat Pemahaman Member
Fitnes Menggunakan Alat Latihan Beban
5. Lampiran 5 Data Penelitian
6. Lampiran 6 Dokumentasi Penelitian

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