

## DAFTAR LAMPIRAN

Halaman

Lampiran 1. Kisi – Kisi Ahli Materi .....	135
Lampiran 2. Lembar Penilaian Ahli Materi .....	136
Lampiran 3. Lembar Penilaian Ahli Konten .....	138
Lampiran 4. Lembar Penilaian Pengguna Jasa .....	143
Lampiran 5. Latihan <i>Body Weight Training</i> .....	146
Lampiran 6. Hasil Pretest Angket Member .....	158
Lampiran 7. Hasil Pretest Angket Member .....	159
Lampiran 8. <i>Qr Code</i> dan <i>Screen Shoot</i> Tampilan Layar <i>Website</i> .....	158

