

DAFTAR GAMBAR

Gambar 2.1 <i>Front Raise</i>	17
Gambar 2.2 <i>Lateral Raise</i>	18
Gambar 2.3 <i>Shoulder press</i>	18
Gambar 2.4 Anatomi otot yang terlibat pada latihan <i>front raise, lateral raise, dan shoulder press</i>	19
Gambar 2.5 <i>Overhand triceps</i>	20
Gambar 2.6 Anatomi otot <i>Overhead Triceps Extension</i>	21
Gambar 2.7 <i>Biceps curl</i>	22
Gambar 2.8 Anatomi otot <i>Biceps Curl</i>	22
Gambar 2.9 <i>Dumbbell classick wrist curl</i>	23
Gambar 2.10 Anatomi otot <i>Dumbbell Classic Wrist Curl</i>	24
Gambar 2.11 <i>Dumbbell extensor wrist curl</i>	25
Gambar 2.12 Anatomi otot <i>Dumbbell Extensor Curl</i>	25
Gambar 2.13 <i>Wrist Rotation</i>	26
Gambar 2. 14 Anatomi otot <i>Wrist Rotations</i>	27
Gambar 2. 15 Anatomi otot lengan	27
Gambar 3.1 <i>Grip Strength Dynamometer</i>	51