

DAFTAR LAMPIRAN

Lampiran 1	Lampiran Biodata Atlet Karate TAKO SMA Brigjen Katamso Medan.....	54
Lampiran 2	Data Pre-test Dan Post-test Latihan Resistance band.....	54
Lampiran 3	Data Pre-test Dan Post-test Latihan Medicine Ball.....	55
Lampiran 4	Rencana Program Latihan	56
Lampiran 5	Hasil Analisis Data	63
Lampiran 6	Absensi Sampel	66
Lampiran 7	Dokumentasi Penelitian.....	67
Lampiran 8	Surat- Surat.....	69

