

DAFTAR GAMBAR

Gambar 2. 1. <i>Sprint Interval</i>	19
Gambar 2. 2 <i>Burpees</i>	20
Gambar 2. 3 <i>Mountain Climbers</i>	20
Gambar 2. 4 <i>High Knees</i>	20
Gambar 2. 5 <i>Fartlek</i>	21
Gambar 2. 6 <i>Shuttle Interval</i>	21
Gambar 2. 7 Anatoni Otot Tungkai.....	29
Gambar 2. 8 Kerangka Berpikir	37
Gambar 3. 1 <i>Multistage Fitness Test</i>	44

