

DAFTAR GAMBAR

Gambar 2..1 Mars (Tampak samping)**Error! Bookmark not defined.**

Gambar 2.2 Kick (Tampak samping).....**Error! Bookmark not defined.**

Gambar 2.3 Front Back (Tampak samping.....**Error! Bookmark not defined.**

Gambar 2.4 V-Step (Tampak depan).....**Error! Bookmark not defined.**

Gambar 2.5 Step touch (Tampak depan)**Error! Bookmark not defined.**

Gambar 2.6 Two side double step (Tampak depan)**Error! Bookmark not defined.**

Gambar 2.7 Grive fine (Tampak depan)**Error! Bookmark not defined.**

Gambar 2.8 Foreward (Tampak depan)**Error! Bookmark not defined.**

Gambar 2.9 Front lunges (Tampak samping)**Error! Bookmark not defined.**

Gambar 2.10 Side lunges (Tampak depan).....**Error! Bookmark not defined.**

Gambar 2.11 Back Lunges (Tampak samping).....**Error! Bookmark not defined.**

Gambar 2.12 Back Kick (Tampak samping)**Error! Bookmark not defined.**

Gambar 2.13 Move in Place (Tampik samping),**Error! Bookmark not defined.**

Gambar 2.14 Tup Front (Tampak samping).....**Error! Bookmark not defined.**

Gambar 2.15 Tup Side (Tampak samping)**Error! Bookmark not defined.**

Gambar 2.16 Front cross-back cross (Tampak depan)**Error! Bookmark not defined.**

Gambar 2.17 Squat (Tampak depan)**Error! Bookmark not defined.**

Gambar 2.18 Cha-cha step (Tampak depan).....**Error! Bookmark not defined.**

Gambar 2.19 High knee (Tampak Samping)**Error! Bookmark not defined.**

Gambar 2.20 Cross High Knee (Tamping samping)**Error! Bookmark not defined.**

Gambar 2.21 Leg Curl (Tampak Samping)**Error! Bookmark not defined.**

Gambar 2.22 Leg Up**Error! Bookmark not defined.**

Gambar 4.1 Diagram Persentase Motivasi Ibu-Ibu dalam Mengikuti Senam Ritmik Berdasarkan Indikator Kebutuhan**Error! Bookmark not defined.**

Gambar 4.2 Diagram Motivasi Ibu-Ibu Dalam Mengikuti Senam Ritmik Dari**Error! Bookmark not defined.**

Kebutuhan Fisiologis**Error! Bookmark not defined.**

Gambar 4.3 Diagram Motivasi Ibu-Ibu Dalam Mengikuti Senam Ritmik Dari**Error! Bookmark not defined.**

Kebutuhan Rasa Aman.....**Error! Bookmark not defined.**

Gambar 4.4 Diagram Motivasi Ibu-Ibu Dalam Mengikuti Senam Ritmik Dari**Error! Bookmark not defined.**

Kebutuhan Sosial**Error! Bookmark not defined.**

Gambar 4.5 Diagram Motivasi Ibu-Ibu Dalam Mengikuti Senam Ritmik Dari
Kebutuhan Penghargaan**Error! Bookmark not defined.**

Gambar 4.6 Diagram Motivasi Ibu-Ibu Dalam Mengikuti Senam Ritmik Dari
Kebutuhan Aktualisasi Diri.....**Error! Bookmark not defined.**





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