

## DAFTAR GAMBAR

Gambar	Halaman
1. Tes 30 Meter .....	35
2. Tes vertical jump.....	36
3. Tes 300 Meter .....	38
4. Tes sit –up .....	39
5. Shuttle run 4 x 5 Meter .....	41
6. Tes sit and reach .....	43
7. Tes lari 15 Menit.....	45

UNIVERSITAS NEGERI MEDAN  
UNIMED

THE  
*Character Building*  
UNIVERSITY