

## DAFTAR LAMPIRAN

Lampiran	Halaman
1. Data Data <i>Pre-Test</i> dan <i>Post-Test</i> hand grip dynamometer, Push Dynamometer, leg dynamometer dan ( <i>Jublish depan</i> ) .....	39
2. Perhitungan Data <i>Pre-Test</i> dan <i>Post-Test</i> .....	60
3. Uji Normalitas Data <i>Pre-Test</i> dan <i>Post-Test</i> .....	64
4. Uji Homogenitas Data <i>Pre-Test</i> dan <i>Post-Test</i> .....	69
5. Pengujian Hipotesis.....	72
6. Program latihan <i>Hand Grip</i> .....	101
7. Program latihan <i>Twster Bar</i> .....	104
8. Program latihan <i>Squat</i> .....	107
9. Program Latihan Squat.....	110
9. Dokumentasi.....	113