

DAFTAR GAMBAR

	Halaman
Gambar 1. Sistem Tangga	9
Gambar 2. Gerakan <i>in in out out</i>	11
Gambar 3. Gerakan <i>Icky Shuffle</i>	12
Gambar 4. Gerakan <i>In Out /Jumping Jack</i>	13
Gambar 5. Gerakan <i>Sideways</i>	14
Gambar 6. Gerakan <i>Double Side Jump</i>	16
Gambar 7. Desain Penelitian	19
Gambar 8. Gerakan <i>Shuttle Run</i>	22