

DAFTAR GAMBAR

	Halaman
Gambar 2.1 Sistem Tangga.....	11
Gambar 2.2 Ukuran <i>Box Jump</i>	22
Gambar 2.3 <i>Jump to Box</i>	26
Gambar 2.4 <i>Depth Jump</i>	27
Gambar 2.5 <i>Split Squat Jump</i>	28
Gambar 3.1 Kerangka Variabel.....	38
Gambar 3.2 Desain Penelitian.....	39
Gambar 3.3 <i>Vertical Jump</i>	41