

## SUMMARY

# KOMBINASI ISOMETRIK HIP ADDUKSI PADA LATIHAN LEG PRESS TIDAK LEBIH EFEKTIF DARIPADA LATIHAN LEG PRESS UNTUK MENINGKATKAN STABILITAS LUTUT PADA KASUS CHONDROMALACIA PATELLA

Created by Imran Tarmizi Hadiwijaya

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### Contact Person :

Astrid Chrisafi (mutiaraadinda@yahoo.com)

Thank You,

Astrid ( astrid.chrisafi@esaunggul.ac.id )

Supervisor