

SUMMARY

PERBEDAAN PENGARUH METODE LATIHAN BEBAN TERHADAP KEKUATAN DAN DAYA TAHAN OTOT BICEPS BRACHIALIS DITINJAU DARI PERBEDAAN GENDER

Created by SYAHMIRZA INDRA LESMANA

Subject : PERBEDAAN PENGARUH METODE LATIHAN BEBAN TERHADAP KEKUATAN DAN DAYA TAHAN OTOT BICEPS BRACHIALIS DITINJAU DARI PERBEDAAN GENDER

Subject Alt : PERBEDAAN PENGARUH METODE LATIHAN BEBAN TERHADAP KEKUATAN DAN DAYA TAHAN OTOT BICEPS BRACHIALIS DITINJAU DARI PERBEDAAN GENDER

Keyword : : PERBEDAAN PENGARUH METODE LATIHAN BEBAN TERHADAP KEKUATAN DAN DAYA TAHAN OTOT BICEPS BRACHIALIS DITINJAU DARI PERBEDAAN GENDER

Description :

The aim of this research was to find out the difference influence of (1) De Lorme Method and Oxford Method to Increased Muscle Strength of Biceps Brachii,(2) The differences of the improvement of muscle strengthening between men and women,(3) De Lorme Method and Oxford Method to Increased Muscle endurance of Biceps Brachii,(4) The differences of the improvement of muscle endurance between men and women

Date Create : 12/12/2014

Type : Text

Format : pdf

Language : Indonesian

Identifier : UEU-Master-undergraduate_120905007

Collection : undergraduate_120905007

Call Number : 654.1 SILp

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