

## SUMMARY

### MINI BAND SERIES EXERCISE LEBIH BAIK DARI PADA GLUTE CONTROL EXERCISE UNTUK MENINGKATKAN STABILISASI HIP

Created by Dwiko Rahman Wahid

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#### **Contact Person :**

Astrid Chrisafi (mutiaraadinda@yahoo.com)

Thank You,

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

Supervisor