

## SUMMARY

# PERBEDAAN PENAMBAHAN DUMBBELL STEP UP EXERCISE PADA SQUAT EXERCISE TERHADAP PENINGKATAN KEKUATAN OTOT QUADRICEPS FEMORIS PADA MAHASISWA UNIVERSITAS ESA UNGGUL JAKARTA

Created by Intan Harared

**Subject** : PERBEDAAN PENAMBAHAN , DUMBBELL STEP UP , EXERCISE

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