

SUMMARY

PEMBERIAN LATIHAN STANDING DUMBBLE TRICEPS EXTENSION DAN LATIHAN PUSH UP LEBIH BAIK DARI PADA LATIHAN STANDING DUMBBLE TRICEPS EXTENSION DAN LATIHAN CABLE PUSHDOWN TERHADAP PENINGKATAN KEKUATAN OTOT TRICEPS PADA MAHASISWA

Created by TRISKA YULISTIN

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Contact Person :

Astrid Chrisafi (mutiaraadinda@yahoo.com)

Thank You,

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

Supervisor