

DAFTAR GAMBAR

Halaman

Gambar 2.1 Serabut Otot	18
Gambar 2.2 Tendon	19
Gambar 2.3 Ligamen	19
Gambar 2.4 Tulang	22
Gambar 2.5 Otot-otot <i>hamstring</i>	23
Gambar 2.6 <i>Golgi Tendon</i> Organ.....	25
Gambar 2.7 <i>Long Sitting Exercise</i>	35
Gambar 2.8 Pemendekan dan Pemanjangan Otot	37
Gambar 2.9 <i>Push Wall Squad</i>	38
Gambar 2.10 <i>Sit and Reach Test Box</i>	41
Gambar 2.11 <i>Sit and Reach Test</i>	42
Gambar 3.1 <i>Sit and Reach Test</i>	54
Gambar 3.2 <i>Long Sitting Exercise</i>	55
Gambar 3.3 <i>Push Wall Squad</i>	55