

## DAFTAR SINGKATAN

ADP	: <i>Adenosin Di-Posfat</i>
APAs	: <i>Anticipatory Postural Adjustment</i>
ATP	: <i>Adenosin Tri-Posfat</i>
BOS	: <i>Base of Support</i>
COG	: <i>Center of Gravity</i>
LOG	: <i>Line of Gravity</i>
M	: <i>Musculus</i>
RM	: Repetisi Maksimal
WHO	: <i>World Health Organization</i>