

Lampiran 10

A. Prosedur *balance board exercise*

1. *Side to side*



2. *Front back*



3. *One leg standing*



4. *One leg exercise with a dollyo kick*



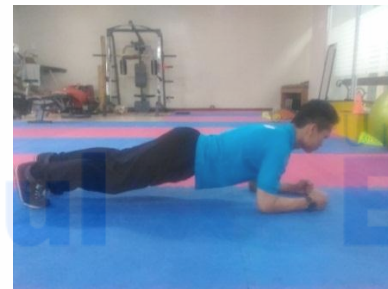
Gambar : *Balance Board Exercise*

Sumber : data pribadi

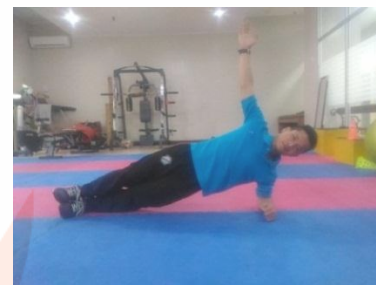
Tanggal pengambilan : 6 juni 2018

B. Prosedur *core stability exercise*

1. *Plank position*



2. *Oblique plank exercise*



3. *The hip bridge exercise*



4. *Lying spinal rotation*



5. *Abdominal cycling*



Gambar : *Core Stability Exercise*

Sumber : data pribadi

Tanggal pengambilan : 6 juni 2018