

Master tabel

Tanggal	no	umur	keterangan	jenis kelamin	keterangan	pre test core	pos test core	Pre keseimbangan otot	post keseimbangan	keterangan
01/07 2019	1	72	2	P	1	0	1	16	40	2
01/07 2019	2	67	2	P	1	0	1	20	30	2
01/07 2019	3	72	2	P	1	0	0	12	20	1
01/07 2019	4	67	2	P	1	0	0	18	20	1
01/07 2019	5	65	1	P	1	0	0	14	14	1
01/07 2019	6	60	1	L	2	0	1	12	22	2
01/07 2019	7	62	1	L	2	0	0	10	10	1
01/07 2019	8	60	1	P	1	0	0	16	20	1
01/07 2019	9	70	2	P	1	0	0	18	20	1
01/07 2019	10	70	2	L	2	0	0	12	18	1
02/07 2019	11	68	2	P	1	0	0	10	20	1
02/07 2019	12	70	2	L	2	0	0	18	18	1
02/07 2019	13	70	2	P	1	0	0	16	18	1
02/07 2019	14	65	1	P	1	0	0	10	20	1
02/07 2019	15	77	3	P	1	0	0	10	12	1
02/07 2019	16	60	1	P	1	0	0	12	16	1
02/07 2019	17	62	1	P	1	0	0	16	18	1
02/07 2019	18	72	2	P	1	0	1	18	22	2
02/07 2019	19	70	2	P	1	0	1	16	26	2
02/07 2019	20	66	2	P	2	0	0	18	20	1
02/07 2019	21	60	1	P	1	0	1	20	21	2
03/07 2019	22	70	2	P	1	0	1	12	28	2
03/07 2019	23	88	3	P	1	0	1	12	30	2
03/07 2019	24	60	1	P	1	0	0	16	16	1
03/07 2019	25	70	2	P	1	0	1	18	28	2
03/07 2019	26	75	2	P	1	0	0	20	20	1

03/07 2019	27	65	1	P	1	0	1	18	28	2
03/07 2019	28	62	1	P	1	0	0	10	16	1
03/07 2019	29	63	1	P	1	0	1	20	28	2
03/07 2019	30	72	2	P	1	0	0	14	14	1
03/07 2019	31	71	2	P	1	0	1	20	24	2
03/07 2019	32	68	2	P	1	0	1	20	22	2
03/07 2019	33	60	1	P	1	0	0	18	18	1
04/07 2019	34	55	1	P	1	0	1	20	23	2
04/07 2019	35	66	2	P	2	0	0	12	12	1
04/07 2019	36	62	1	P	1	0	0	16	18	1
04/07 2019	37	69	2	P	2	0	0	18	18	1
04/07 2019	38	62	1	P	1	0	1	20	22	2
04/07 2019	39	70	2	P	1	0	1	20	26	2
04/07 2019	40	70	2	P	1	0	0	14	14	1
04/07 2019	41	73	2	P	2	0	1	16	22	2
04/07 2019	42	58	1	P	2	0	0	14	18	1
04/07 2019	43	69	2	P	2	0	0	14	18	1
04/07 2019	44	81	3	L	2	0	0	18	20	1
05/07 2019	45	62	1	L	2	0	0	16	20	1
05/07 2019	46	64	1	P	1	0	0	18	20	1
05/07 2019	47	58	1	L	2	0	0	12	18	1
05/07 2019	48	70	2	P	2	0	0	12	16	1
05/07 2019	49	66	2	P	1	0	0	18	18	1
05/07 2019	50	70	2	P	2	0	0	10	12	1
05/07 2019	51	68	2	P	2	0	0	12	12	1
05/07 2019	52	60	1	L	2	0	0	14	20	1
05/07 2019	53	63	1	P	2	0	0	16	19	1
05/07 2019	54	65	1	P	2	0	0	18	20	1
05/07 2019	55	58	1	P	2	0	1	18	39	2

Tanggal	no	umur	keterangan	jenis kelamin	keterangan	pre test rom	post tes rom	pre keseimbangan	post keseimbangan	keterangan
08/07 2019	1	72	2	p	1	0	1	16	40	2
08/07 2019	2	67	2	p	1	0	1	20	30	2
08/07 2019	3	72	2	P	1	0	0	12	28	2
08/07 2019	4	67	2	P	1	0	1	20	40	2
08/07 2019	5	65	1	P	1	0	1	14	14	1
08/07 2019	6	60	1	L	2	0	0	12	12	1
08/07 2019	7	62	1	L	2	0	1	20	22	2
08/07 2019	8	60	1	L	2	0	0	16	24	1
08/07 2019	9	70	2	P	1	0	0	18	40	1
08/07 2019	10	70	2	L	2	0	1	12	28	2
08/07 2019	11	68	2	L	2	0	1	10	22	2
09/07 2019	12	90	3	L	2	0	1	18	22	2
09/07 2019	13	70	1	P	1	0	1	16	30	2
09/07 2019	14	65	1	P	1	0	0	10	22	2
09/07 2019	15	77	3	P	1	0	1	10	28	2
09/07 2019	16	60	1	P	1	0	1	12	22	2
09/07 2019	17	62	1	P	1	0	0	16	26	2
09/07 2019	18	72	2	P	1	0	1	18	26	2
09/07 2019	19	70	2	P	1	0	1	20	40	2
09/07 2019	20	66	2	P	1	0	0	18	24	2
09/07 2019	21	60	1	P	1	0	1	20	28	2
09/07 2019	22	70	2	P	1	0	0	12	30	2
10/07 2019	23	88	3	P	1	0	1	12	24	2
10/07 2019	24	60	1	P	1	0	1	16	16	1
10/07 2019	25	70	2	P	1	0	1	16	26	2
10/07 2019	26	75	2	P	1	0	1	10	18	1
10/07 2019	27	65	1	P	1	0	1	10	22	2
10/07 2019	28	62	1	P	1	0	1	10	16	1

10/07 2019	29	63	1	P	1	0	0	12	18	1
10/07 2019	30	72	2	P	1	0	1	14	24	2
10/07 2019	31	71	2	P	1	0	0	12	12	1
10/07 2019	32	68	2	P	1	0	1	12	12	1
10/07 2019	33	60	1	P	1	0	1	18	39	2
11/07 2019	34	55	1	P	1	0	1	16	22	2
11/07 2019	35	66	2	P	1	0	1	12	28	2
11/07 2019	36	62	1	P	1	0	1	16	28	2
11/07 2019	37	69	2	P	1	0	1	18	30	2
11/07 2019	38	62	1	P	1	0	1	20	28	2
11/07 2019	39	60	1	P	1	0	1	10	12	1
11/07 2019	40	64	1	P	1	0	1	10	22	2
11/07 2019	41	73	2	P	1	0	1	12	22	2
11/07 2019	42	58	1	P	1	0	1	14	24	2
11/07 2019	43	79	3	P	1	0	0	14	26	2
12/07 2019	44	65	1	L	2	0	0	18	40	2
12/07 2019	45	62	1	p	1	0	1	14	20	1
12/07 2019	46	64	1	P	1	0	1	18	26	2
12/07 2019	47	58	1	L	2	0	1	12	22	2
12/07 2019	48	70	2	P	1	0	1	12	22	2
12/07 2019	49	64	1	P	1	0	1	18	28	2
12/07 2019	50	70	2	P	1	0	1	18	21	1
12/07 2019	51	68	2	P	1	0	1	18	28	2
12/07 2019	52	70	2	L	2	0	1	20	40	2
12/07 2019	53	72	2	P	1	0	0	16	26	2
12/07 2019	54	75	2	P	1	0	1	20	28	2
12/07 2019	55	77	2	p	1	0	1	20	40	2