

## DAFTAR GAMBAR

Gambar 2.1	Fase <i>Pre-eliminary</i> .....	15
Gambar 2.2	Fase <i>Backswing</i> .....	18
Gambar 2.3	Fase <i>Critical Instant (a)</i> .....	20
Gambar 2.4	Fase <i>Critical Instant (b)</i> .....	20
Gambar 2.5	Fase <i>Follow Through (a)</i> .....	22
Gambar 2.6	Fase <i>Follow Through (b)</i> .....	23
Gambar 2.7	Lengan <i>Follow Through</i> .....	24
Gambar 2.8	Posisi pijakan kaki ( <i>stance</i> ) .....	41
Gambar 2.9	Eyes on target ( <i>aiming</i> ) .....	42
Gambar 2.10	Posisi elbow .....	43
Gambar 2.11	<i>Follow through</i> .....	44
Gambar 2.12	Posisi awal push-up.....	51
Gambar 2.13	Posisi akhir push-up .....	51
Gambar 2.14	Posisi awal Arm curl.....	52
Gambar 2.15	Posisi akhir Arm curl.....	52
Gambar 2.16	Posisi awal Bench dip Press.....	53
Gambar 2.17	Posisi akhir Bench dip Press .....	53
Gambar 2.18	Posisi awal Two arm press.....	55
Gambar 2.19	Posisi akhir Two arm press.....	55
Gambar 2.20	Latihan Shoulder & Upper Back.....	60
Gambar 2.21	Latihan Shoulder Rotators, Chest & Biceps.....	60
Gambar 2.22	Latihan Rotator Cuff muscles.....	62
Gambar 2.23	Latihan Triceps.....	63
Gambar 3.1	Titik-titik untuk melakukan <i>Set-shoot</i> .....	75