

## Lampiran 9. Dokumentasi Penelitian

### 1. Pengukuran Lingkar Perut

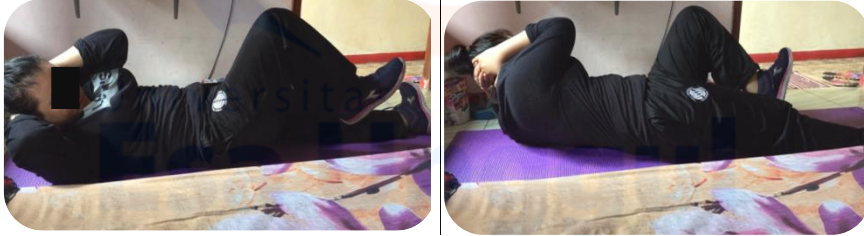


### 2. Pengukuran *Skinfold Caliper*



3. Latihan *Bicycle Crunch*, *Sit Up*, *Plank* (*Plank*, *Oblique Curls Up*, *Squat*)

*Bicycle Crunch*



*Sit Up*



*Plank*



*Oblique Curl Ups*



*Squat*

