

## Lampiran 8

### Dokumentasi

Kelompok perlakuan 1 (*Core stability exercise*)

#### 1. *Plank*



#### 2. *Curl up*



#### 3. *Bridging*



Kelompok perlakuan 2 ( *Penambahan pilates exercise dan core stability exercise*)

1. Pelvic tilt to pelvic curl



2. Chest lift



3. Swan Prep



4. *Plank*



5. *Curl up*



6. *Bridging*

