

DAFTAR GAMBAR

	Halaman
Gambar 2.1 Lingkar Perut Wanita.....	8
Gambar 2.2 Anatomi Otot Perut.....	16
Gambar 2.3 <i>M. Rectus Abdominus</i>	17
Gambar 2.4 <i>M. Eksternal Abdominal Oblique</i>	17
Gambar 2.5 <i>M. Internal Abdominal oblique</i>	18
Gambar 2.6 <i>M. Transversus Abdominus</i>	18
Gambar 2.7 <i>Posisi Prone Plank exercise</i>	21
Gambar 2.8 <i>Side plank exercise</i>	22
Gambar 2.9 <i>leg lift exercise</i>	22
Gambar 2.10 <i>Posisi Bicycle crunch exercise</i>	23
Gambar 3.1 <i>Metline</i>	24
Gambar 2.9 Cara Mengukur Lingkar Perut	25