

DAFTAR GAMBAR

Gambar 2.1	Stabilisasi Global Muscle.....	21
Gambar 2.2	Stabilisasi Core Muscle.....	22
Gambar 2.3	Otot-otot punggung	25
Gambar 2.4	Intra Abdominal Pressure (IAP).....	28
Gambar 2.5	Lumbar Corset.....	30
Gambar 2.6	Gerak Menendang Fase <i>Preparation</i>	33
Gambar 2.7	Gerak Menendang Fase <i>Kicking</i>	35
Gambar 2.8	Gerak Menendang Fase <i>Follow Through</i>	36
Gambar 2.9	The Plank/Prone Bridge.....	39
Gambar 2.10	The Side Plank/Lateral Bridge.....	40
Gambar 2.11	The Hip Bridge/Supine Bridge.....	41
Gambar 2.12	The V-Sit.....	42
Gambar 2.13	The Bicycle Crunch.....	43
Gambar 3.1	Tes Menembak Bola ke Gawang.....	53