

## DAFTAR TABEL

			<b>Hal</b>
TABEL	4.1	Distribusi Usia	71
TABEL	4.2	Nilai Perlakuan I	73
TABEL	4.3	Nilai Perlakuan II	75
TABEL	4.4	Uji <i>Normalitas</i>	77
TABEL	4.5	intervensi <i>Sit-Up Exercise</i>	78
TABEL	4.6	Intervensi Core Stability Exercise	80
TABEL	4.7	Perbandingan Nilai I dan II	82