

Lampiran 1

NO	NAMA	SEX (F/L)	UMUR (th)	TB (cm)	BB (kg)	\bar{X} % HADIR	\bar{X} NADI (menit)		Nilai Fis. Exerc
							AWAL	AKHIR	
1	Ydh	L	26	173	51	55.6	80	140	48
2	Dwk	L	20	165	52	55.6	83	107	66
3	Sgl	L	19	173	48	100	60	130	60
4	Ssk	P	21	150	50	66.7	89	100	58
5	Ttt	P	19	164	45	77.8	100	140	64
6	Etl	P	20	150	45	66.7	80	98	62
7	Pin	L	22	162	45	77.8	86	140	60
8	Isk	L	17	173	73	88.9	86	140	46
9	Ell	P	21	165	67	66.7	80	130	58
10	Mny	P	22	156	50	100	68	110	74
11	Eby	P	21	155	49	100	84	120	58
12	Dws	P	22	155	45	77.8	80	120	73
13	Uld	P	19	164	75	88.9	85	120	62
14	Eks	P	19	164	48	77.8	80	110	56
15	Anl	P	18	160	57	77.8	80	120	64
16	Am	P	20	160	50	88.9	80	120	64
17	Agp	L	19	166	55	77.8	80	120	68
18	Lto	P	18	160	47	77.8	84	126	62
19	Why	P	19	166	54	88.9	80	120	54
20	Nrn	P	20	150	40	55.6	92	138	62
21	Snr	L	26	165	65	55.6	84	124	50
22	Mga	L	23	180	62	88.9	85	140	56
23	Edr	L	22	163	65	66.7	85	147	56
24	Gta	L	22	173	65	77.8	89	139	68
25	Ast	P	22	160	53	88.9	80	96	66
26	Htt	P	19	150	45	77.8	84	136	50
27	Nur	P	20	150	50	88.9	84	136	64
28	Nrt	P	22	156	43	55.6	84	136	56
29	Plr	P	21	150	58	77.9	72	96	66
30	Sry	F	19	155	41	66.7	76	96	56
31	Mns	P	23	157	45	55.6	76	100	64
32	Skr	P	22	154	43	66.7	84	105	50
33	Nng	P	19	161	55	66.7	84	120	54
34	Fjl	P	22	160	42	100	80	120	74
35	Lgt	P	19	155	45	100	79	97	62
36	Rtn	P	19	145	41	77.8	80	100	68
37	Rnd	P	19	153	47	88.9	80	90	58
38	Mrd	P	20	147	38	100	90	100	66
39	Ynd	P	19	155	50	100	76	116	58
40	krm	L	21	158	64	88.9	84	146	58
41	hrm	L	22	160	61	100	86	138	73
42	war	P	20	156	47	77.8	80	146	54
43	rda	P	20	148	47	77.8	80	136	58
44	awb	L	18	163	55	88.9	82	140	58
45	rsd	L	19	173	68	100	90	146	66
46	aam	L	18	163	58	100	80	120	64
47	mbd	L	20	170	63	55.6	80	130	62