

Lampiran 2

no	sebelum senam		setelah senam		selisih vo2max
	jarak meter	vo2max ml/kgBB/menit	jarak meter	vo2max ml/kgBB/menit	
1	1500	31.9	1850	36.9	5.0
2	825	22.2	1000	24.8	2.6
3	850	22.6	900	23.3	0.7
4	825	22.2	960	24.2	2.0
5	1450	31.2	2000	39.1	7.9
6	800	21.9	990	24.6	2.7
7	1000	24.8	1900	37.7	12.9
8	990	24.6	2000	39.1	14.5
9	800	21.9	1010	24.9	3.0
10	825	22.2	900	23.3	1.1
11	1450	31.2	1500	31.9	0.7
12	1400	30.5	1550	32.6	2.1
13	1010	24.9	1010	24.9	0.0
14	850	22.6	1200	27.6	5.0
15	850	22.6	990	24.6	2.0
16	1510	32.1	1600	33.4	1.3
17	1000	24.8	1200	27.6	2.8
18	790	21.7	960	24.2	2.5
19	1600	33.4	1680	34.5	1.1
20	1030	25.2	2100	40.5	15.3
21	790	21.7	1150	26.9	5.2
22	1050	25.5	1850	36.9	11.4
23	1850	36.9	2850	51.3	14.4
24	1550	32.6	2150	41.2	8.6
25	800	21.9	1250	28.3	6.4
26	1500	31.9	2300	43.4	11.5
27	1500	31.9	2250	42.7	10.8
28	1400	30.5	2350	44.1	13.6
29	850	22.6	875	23.0	0.4
30	750	21.2	900	23.3	2.1
31	780	21.6	900	23.3	1.7
32	1030	25.2	1400	30.5	5.3
33	1020	25.0	1500	31.9	6.9
34	1450	31.2	1450	31.2	0.0
35	750	21.2	850	22.6	1.4
36	810	22.0	1600	33.4	11.4
37	800	21.9	1200	27.6	5.7
38	1000	24.8	1100	26.2	1.4
39	820	22.2	900	23.3	1.1
40	1870	37.2	2890	51.8	14.6
41	1000	24.8	2200	42.0	17.2
42	1900	37.7	2800	50.6	12.9
43	1350	29.8	1900	37.7	7.9
44	1450	31.2	1950	38.4	7.2
45	1850	36.9	2790	50.4	13.5
46	1350	29.8	1400	30.5	0.7
47	800	21.9	1050	25.5	3.6