

Hasil Penelitian Latihan Calf Raise

Data nilai sample *Calf Raise*

sample	sebelum	sesudah	selisih
1	31	49	18
2	33	49	16
3	29	45	16
4	25	40	15
5	22	36	14
6	23	37	14
7	27	42	15
8	20	34	14
9	30	48	18
10	21	36	15

Hasil Penelitian Latihan Calf Raise dan Active Isolated Stretching

Data nilai sample *Calf Raise* dan *Active Isolated Stretching*

sample	sebelum	sesudah	selisih
1	32	52	20
2	36	50	19
3	33	51	18
4	27	44	17
5	29	48	19
6	28	47	19
7	30	49	19
8	30	48	18
9	35	50	15
10	32	47	15