

DAFTAR GAMBAR

Gambar 2.1. <i>Running phase; foot strike and mid support.</i>	Error! Bookmark not defined.
Gambar 2.2. <i>Running phase; take off.</i>	Error! Bookmark not defined.
Gambar 2.3. <i>Contact Phase of Running Cycle.</i>	Error! Bookmark not defined.
Gambar 2.4. <i>Running phase; follow through and forward swing.</i>	Error! Bookmark not defined.
Gambar 2.5. <i>Running phase; floating and foot descend.</i>	Error! Bookmark not defined.
Gambar 2.6. <i>Swing phase of running cycle.</i>	Error! Bookmark not defined.
Gambar 2.7. Otot – otot ekstremitas bawah sisi posterior.	Error! Bookmark not defined.
Gambar 2.8. Anatomi otot besar dilihat dari sisi posterior tubuh.	Error! Bookmark not defined.
Gambar 2.9. <i>Gluteal muscle.</i>	Error! Bookmark not defined.
Gambar 2.10. <i>Side – lying hip abduction exercise (bent knee turnout).</i>	26
Gambar 2.11. <i>Squat lateral band walk exercise.</i>	27
Gambar 2.12. <i>Myoline Diers (Muscle Strength Test).</i>	38
Gambar 3.1. <i>Myoline Diers Validity and Reliability.</i>	47