

## DAFTAR TABEL

Tabel 2.1. <i>Muscle activation during swing phase</i> .....	Error! Bookmark not defined.
Tabel 2.2. <i>Musculoskeletal assesment of m. Gluteus Medius for athlete</i> .Error! Bookmark not defined.	
Tabel 2.3. <i>Gluteus Medius strengthening program</i> .....	Error! Bookmark not defined.
Tabel 2.4. Pengaplikasian <i>gluteus exercise on bed</i> .....	Error! Bookmark not defined.
Tabel 2.5. Pengaplikasian <i>gluteus walking exercise</i> .....	Error! Bookmark not defined.
Tabel 3.1. <i>Gluteus exercise on bed</i> sesi I – III. ....	Error! Bookmark not defined.
Tabel 3.2. <i>Gluteus exercise on bed</i> sesi IV – VI.....	Error! Bookmark not defined.
Tabel 3.3. <i>Gluteus exercise on bed</i> sesi VII – IX. ....	Error! Bookmark not defined.
Tabel 3.4. <i>Gluteus exercise on bed</i> sesi X – XII.....	Error! Bookmark not defined.
Tabel 3.5. <i>Gluteus walking exercise</i> sesi I – III.....	Error! Bookmark not defined.
Tabel 3.6. <i>Gluteus walking exercise</i> sesi IV – VI.....	Error! Bookmark not defined.
Tabel 3.7. <i>Gluteus walking exercise</i> sesi VII – IX. ....	Error! Bookmark not defined.
Tabel 3.8. <i>Gluteus walking exercise</i> sesi X – XII.....	Error! Bookmark not defined.
Tabel 4.2. Distribusi Sampel Menurut Usia pada kelompok I & II.....	48
Tabel 4.3. Distribusi Sampel Menurut IMT pada kelompok I & II.....	49
Tabel 4.4. Pengukuran <i>Myoline Diers</i> sebelum & sesudah pada perlakuan I.....	51
Tabel 4.5. Pengukuran <i>Myoline Diers</i> sebelum & sesudah perlakuan II.....	53
Tabel 4.6. Beda Selisih <i>Myoline Diers</i> Kelompok Perlakuan I & II.....	55
Tabel 4.7. Hasil Uji Normalitas ( <i>Shapiro Wilk Test</i> ).....	57
Tabel 4.8. Uji Homogenitas Sebelum Perlakuan I & Sebelum Perlakuan II.....	58
Tabel 4.9. Nilai <i>Myoline Diers</i> Sebelum & Setelah Intervensi Kelompok I.....	59
Tabel 4.10. Nilai <i>Myoline Diers</i> Sebelum & Setelah Intervensi Kelompok I.....	60
Tabel 4.11. Nilai <i>Myoline Diers</i> Sebelum & Setelah Intervensi Kelompok II .....	60
Tabel 4.12 Selisih nilai <i>Myoline Diers</i> antara Kelompok I & II.....	61