## DAFTAR TABEL

<table>
<thead>
<tr>
<th>Tabel</th>
<th>Halaman</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Penilaian <em>Squat Jump</em> ..................................................................</td>
<td>46</td>
</tr>
<tr>
<td>2. Konveksi <em>Standing Broad</em> ................................................................</td>
<td>47</td>
</tr>
<tr>
<td>3. Norma Tes Duduk dan Jangkau .......................................................</td>
<td>49</td>
</tr>
<tr>
<td>4. Tsbel Anovo .....................................................................................</td>
<td>54</td>
</tr>
<tr>
<td>5. Hasil Perhitungan Data Tes Daya Tahan Tungkai, Power Tungkai, Panjang Tungkai, Kelentukan, Keseimbangan dan Reaksi</td>
<td>69</td>
</tr>
</tbody>
</table>