Lampiran 2

Variabel

a.   Distribusi data kekuatan otot inti (*core muscle*)

Rentang   = data terbesar – data terkecil

                             = 15 –9

                             = 6

Banyak kelas= 1 + (3,3) log n

                             = 1 + (3,3) log 20

                             = 1 + (3,3) 1,301

                             = 1 + 4,293

                             = 5,293   = 6 kelas

Panjang Kelas $= \dfrac{rentang}{banyak\,kelas}$

                             $= \dfrac{6}{6}$

                             = 1

Nilai Tengah $= \dfrac{Batas\ atas + Batas\ Bawah}{2}$

                             $= \dfrac{15,5 + 8,5}{2}$

                             = 12

b.   Distribusi data denyut nadi

Rentang   = data terbesar – data terkecil

                             = 120 – 80

                             = 40

Banyak Kelas   = 1 + (3,3) log n

                             = 1 + (3,3) log 20

                             = 1 + (3,3) 1,301

                             = 1 + 4,293

                             = 5,293   = 6 kelas

Panjang Kelas $= \dfrac{rentang}{banyak kelas}$

$= \dfrac{40}{6}$

$= 6,6 \quad = 7$

Nilai Tengah $= \dfrac{Bata\ satas + Batas\ Bawah}{2}$

$= \dfrac{120,5 + 79,5}{2} \quad = 100$

c.   Distribusi data hasil tembakan

Rentang   = data terbesar – data terkecil

= 10– 8

= 2

Banyak Kelas   = 1 + (3,3) log n

= 1 + (3,3) log 20

= 1 + (3,3) 1,301

= 1 + 4,293

= 5,293   = 6 kelas

Panjang Kelas $= \dfrac{rentang}{banyak kelas}$

$= \dfrac{2}{6}$

=0,33 =0,5

Nilai Tengah $= \dfrac{Batas\ atas + Batas\ Bawah}{2}$

$= \dfrac{10,5 + 7,5}{2} = \ 9$

Lampiran 3

Tabel 4 : Data mentah hasil tes kekuatan otot inti (*core muscle*) (X_1) dengan

skor, tes denyut nadi (X_2) dengan skor dan hasil tembakan (Y) dengan skor

X_1	X_2	Y
9	94	8
11	97	10
10	88	9
14	97	10
11	98	9
10	90	10
12	80	10
13	99	10
10	96	9
11	100	10
11	94	10
10	95	10
13	95	10
12	90	10
10	120	9
11	99	10
12	87	10
10	110	8
9	82	10
15	100	10
224	**1911**	**192**

Tabel 5 : Data mentah hasil tes kekuatan otot inti (*core muscle*) (X_1) dengan skor, tes denyut nadi latihan (X_2) dengan skor dan tes hasil tembakan (Y) dengan skor

X_1	X_2	Y	X_1^2	X_2^2	Y^2	X_1Y	X_2Y	X_1X_2
9	94	8	81	8836	64	72	752	846
11	97	10	121	9409	100	110	970	1067
10	88	9	100	7744	81	90	792	880
14	97	10	196	9409	100	140	970	1358
11	98	9	121	9604	81	99	882	1078
10	90	10	100	8100	100	100	900	900
12	80	10	144	6400	100	120	800	960
13	99	10	169	9801	100	130	990	1287
10	96	9	100	9216	81	90	864	960
11	100	10	121	10000	100	110	1000	1100
11	94	10	121	8836	100	110	940	1034
10	95	10	100	9025	100	100	950	950
13	95	10	169	9025	100	130	950	1235
12	90	10	144	8100	100	120	900	1080
10	120	9	100	14400	81	90	1080	1200
11	99	10	121	9801	100	110	990	1089
12	87	10	144	7569	100	120	870	1044
10	110	8	100	12100	64	80	880	1100
9	82	10	81	6724	100	90	820	738
15	100	10	225	10000	100	150	1000	1500
224	**1911**	**192**	**2558**	**184099**	**1852**	**2161**	**18300**	**21406**

Lampiran 4

Langkah- langkah perhitungan :

Perhitungan hasil pengukuran kekuatan otot inti (core muscle) (X_1), denyut nadi latihan (X_2) dan hasil tembakan(Y)

    A. Menghitung rata-rata, dan simpangan baku

        a. Variabel kekuatan otot inti (core muscle) (X_1)

Diketahui : $\Sigma x_1 = 224$ $\Sigma x_1^2 = 2558$ n = 20

    1. Rata- rata x_1

$$= \frac{\Sigma x_1}{n}$$

$$= \frac{224}{20}$$

$$= \textbf{11,2}$$

    2. Simpangan baku

$$= \frac{\sqrt{n\Sigma x_1^2 - (\Sigma x_1)^2}}{n(n-1)}$$

$$= \frac{\sqrt{20.2558 - (224)^2}}{20(20-1)}$$

$$= \frac{\sqrt{51160 - 50176}}{380}$$

$$= \frac{\sqrt{984}}{380}$$

$$= \sqrt{2{,}589} = \textbf{1,609}$$

3. Varians   = 2,589

b. Variabel denyut nadi latihan (X_2)

Diketahui : $\Sigma x_2 = 1911$ $\Sigma x_2{}^2 = 184099$ n = 20

1. Rata-rata x_2 $= \dfrac{\Sigma x_2}{n}$

                 $= \dfrac{1911}{20}$

                 $= \mathbf{95.55}$

2. Simpangan baku $= \dfrac{\sqrt{n\Sigma x_2{}^2 - (\Sigma x)^2}}{n(n-1)}$

                 $= \dfrac{\sqrt{20.184099 - (1911)^2}}{20(20-1)}$

                 $= \dfrac{\sqrt{3681980 - 3651921}}{380}$

                 $= \dfrac{\sqrt{30059}}{380}$

                 $= \sqrt{79,102} = \mathbf{8,893}$

3. Varians   = 79,102

c. Variabel hasil tembakan (Y)

Diketahui : Σ Y = 192   Σ Y² = 1852   n = 20

1. Rata- rata Y $= \dfrac{\Sigma Y}{n}$

$$= \dfrac{192}{20}$$

$$= \mathbf{9,6}$$

2. Simpangan baku $= \dfrac{\sqrt{n\Sigma Y^2 - (\Sigma Y)^2}}{n(n-1)}$

$$= \dfrac{\sqrt{20.1852 - (192)^2}}{20(20-1)}$$

$$= \dfrac{\sqrt{37040 - 36864}}{380}$$

$$= \dfrac{\sqrt{176}}{380}$$

$$= \sqrt{0,463} = \mathbf{0,680}$$

3. Varians $= 0,463$

Lampiran 5

Mencari Persamaan Regresi

1. Regresi Y ke X_1

   Diketahui : $\Sigma\ x_1 = 224$ $\Sigma\ Y = 192$

   $\Sigma\ x_1{}^2 = 2558$ $\Sigma\ Y^2 = 1852$

   $n = 20$ $\Sigma x_1 Y = 2161$

   a. $= \dfrac{(\Sigma Y)(\Sigma X_1{}^2) - (\Sigma X_1)(\Sigma X_1 Y)}{n(\Sigma X_1{}^2) - (\Sigma X_1)^2}$

   $= \dfrac{(192)(2558) - (224)(2161)}{20(2558) - (224)^2}$

   $= \dfrac{491136 - 484064}{51160 - 50176}$

   $= \dfrac{7072}{984}$

   $= \mathbf{7,186}$

   b. $= \dfrac{n(\Sigma X_1 Y) - (\Sigma X_1)(\Sigma Y)}{n(\Sigma X_1{}^2) - (\Sigma X_1)^2}$

   $= \dfrac{20(2161) - (224)(192)}{20(2558) - (224)^2}$

   $= \dfrac{43220 - 43008}{51160 - 50176}$

$$= \frac{212}{984}$$

$$= \mathbf{0,215}$$

Jadi persamaan regresi Y terhadap X_1 adalah Y = 9,739 + 2,285X_1

2. Regresi Y ke X_2

   Diketahui : $\Sigma\ x_2$ = 1911 Σ Y = 192

   $\Sigma\ x_2{}^2$ = 184099 Σ Y² = 1852

   n = 20 $\Sigma x_2 Y$ = 18300

a. $$= \frac{(\Sigma Y)(\Sigma X_2{}^2) - (\Sigma X_2)(\Sigma X_2 Y)}{n(\Sigma X_2{}^2) - (\Sigma X_2)^2}$$

$$= \frac{(192)(184099) - (1911)(18300)}{20(184099) - (1911)^2}$$

$$= \frac{35347008 - 34971300}{3681980 - 3651921}$$

$$= \frac{375708}{30059}$$

$$= \mathbf{12,499}$$

b. $$= \frac{n(\Sigma X_2 Y) - (\Sigma X_2)(\Sigma Y)}{n(\Sigma X_2{}^2) - (\Sigma X_2)^2}$$

$$= \frac{20(18300) - (1911)(192)}{20(184099) - (1911)^2}$$

$$= \frac{266000 - 366912}{3681980 - 3651921}$$

$$= \frac{-912}{30059} = \mathbf{-0.03}$$

Jadi persamaan regresi Y terhadap X_2 adalah Y = 12,499 + (-0,03)X_2

3. Regresi ganda Y atas X_1 dan $X_2 \rightarrow \hat{Y} = b_0 + b_1x_1 + b_2x_2$ dicari dengan rumus berikut :

$b_0 = \bar{Y} - b_1x_1 - b_2x_2$

$b_1 = \dfrac{(\sum X_2^2)(\sum X_1 Y) - (\sum X_1 X_2)(\sum X_2 Y)}{(\sum X_1^2)(X_2^2) - (\sum X_1 X_2)^2}$

$b_2 = \dfrac{(\sum X_1^2)(\sum X_2 Y) - (\sum X_1 X_2)(\sum X_1 Y)}{(\sum X_1^2)(X_2^2) - (\sum X_1 X_2)^2}$

Dimana :

$$\Sigma Y^2 = \Sigma Y^2 - \frac{(\Sigma Y)^2}{n}$$

$$\Sigma X_1{}^2 = \Sigma X_1{}^2 - \frac{(\Sigma X_1)^2}{n}$$

$$\Sigma X_2{}^2 = \Sigma X_2{}^2 - \frac{(\Sigma X_2)^2}{n}$$

$$\Sigma X_1 Y = \Sigma X_1 Y - \frac{(\Sigma X_1)(\Sigma Y)}{n}$$

$$\Sigma X_2 Y = \Sigma X_2 Y - \frac{(\Sigma X_2)(\Sigma Y)}{n}$$

$$\Sigma X_1 X_2 = \Sigma X_1 X_2 - \frac{(\Sigma X_1)(\Sigma X_2)}{n}$$

Diketahui :

$\bar{Y}$ =9,6 ΣY = 192 ΣY^2 = 1852 $\Sigma X_1 X_2$= 21406

X_1 = 11,2 ΣX_1 = 224 ΣX_1^2 = 2558 $\Sigma X_1 Y$ = 2161

X_2 = 95,55 ΣX_2 = 1911 ΣX_2^2 = 184099 $\Sigma X_2 Y$ = 18300

Jadi :

$$\Sigma Y^2 = \Sigma Y^2 - \frac{(\Sigma Y)^2}{n}$$

$$= 1852 - \frac{(192)^2}{20}$$

$$= 1852 - 1843,2$$

$$= \mathbf{8,8}$$

$$\Sigma X_1 Y = \Sigma X_1 Y - \frac{(\Sigma X_1)(\Sigma Y)}{n}$$

$$= 2161 - \frac{(224)(192)}{20}$$

$$= 2161 - 2150,4$$

$$= \mathbf{10,6}$$

$$\Sigma X_2 Y = \Sigma X_2 Y - \frac{(\Sigma X_2)(\Sigma Y)}{n}$$

$$= 18300 - \frac{(1911)(192)}{20}$$

$$= 18300 - 18345,6$$

$$= \mathbf{-45,6}$$

$$\Sigma X_1{}^2 = \Sigma X_1{}^2 - \frac{(\Sigma X_1)^2}{n}$$

$$= 2558 - \frac{(224)^2}{20}$$

$$= 2558 - 2508,8$$

$$= \mathbf{49,2}$$

$$\Sigma X_2{}^2 = \Sigma X_2{}^2 - \frac{(\Sigma X_2)^2}{n}$$

$$= 184099 - \frac{(1911)^2}{20}$$

$$= 184099 - 182596{,}05$$

$$= \mathbf{1502,95}$$

$$\Sigma X_1 X_2 = \Sigma X_1 X_2 - \frac{(\Sigma X_1)(\Sigma X_2)}{n}$$

$$= 21406 - \frac{(224)(1911)}{20}$$

$$= 21406 - 21403{,}2$$

$$= \mathbf{2,8}$$

$$b_1 = \frac{(\Sigma X_2^2)(\Sigma X_1 Y) - (\Sigma X_1 X_2)(\Sigma X_2 Y)}{(\Sigma X_1^2)(\Sigma X_2^2) - (\Sigma X_1 X_2)^2}$$

$$= \frac{(1502{,}95)(10{,}6) - (2{,}8)(-45{,}6)}{(49{,}2)(1502{,}95) - (2{,}8)^2}$$

$$= \frac{15931{,}27 + 127{,}68}{73945{,}14 - 7{,}84}$$

$$= \frac{16058{,}95}{73937{,}3}$$

$$= \mathbf{0,217}$$

$$b_2 = \frac{(\Sigma X_1^2)(\Sigma X_2 Y) - (\Sigma X_1 X_2)(\Sigma X_1 Y)}{(\Sigma X_1^2)(\Sigma X_2^2) - (\Sigma X_1 X_2)^2}$$

$$= \frac{(49,2)(-45,6) - (2,8)(10,6)}{(49,2)(1502,95) - (2,8)^2}$$

$$= \frac{-2243,52 - 29,68}{73945,14 - 7,84}$$

$$= \frac{-2273,2}{73937,3}$$

$$= \mathbf{-0,03}$$

$b_0 = \bar{Y} - b_1 x_1 - b_2 x_2$

$= 9,6 - (0,217.11,2) - (-0,03.95,55)$

$= 9,6 - 2,4304 + 2,8665$

$= 10,0361$

Jadi persamaan regresi ganda Y atas X_1 dan X_2 adalah Y = 10,0361 + 0,217X_1 + (-0,03)X_2

Lampiran 6

Mencari koefisien korelasi, uji keberartian koefisien korelasi

1. Koefisien korelasi ry_1

$$r = \frac{n\Sigma X_1 Y - (\Sigma X_1)(\Sigma Y)}{\sqrt{(n\Sigma X_1{}^2 - (\Sigma X_1)^2)(n\Sigma Y^2 - (\Sigma Y)^2)}}$$

$$= \frac{20.2161 - (224)(192)}{\sqrt{(20.2558 - (224)^2)(20.1852 - (192)^2)}}$$

$$= \frac{43220 - 43008}{\sqrt{(51160 - 50176)(37040 - 36864)}}$$

$$= \frac{212}{\sqrt{173184}}$$

$$= \mathbf{0,509}$$

2. Uji keberartian koefisien korelasi

$$th = \frac{r\sqrt{n-2}}{\sqrt{1-r^2}}$$

$$= \frac{0,509\sqrt{20-2}}{\sqrt{1-(0,509)^2}}$$

$$= \frac{2,159}{\sqrt{0,741}}$$

$$= \mathbf{2,51}$$

Tabel dk   = n - 2

            = 20 - 2

            = 18

T tabel $= dk : 1 - X$

            $= 18 : 1 - 0,05$

            $= 18 : 0,95$

            $= 1,734$

Berarti :

T table dengan X=0,05 dk=18 diperoleh table sebesar 1,734, karena t-hitung =2,51 > t-tabel = 1,734 dengan demikian kita tolak H_o berarti koefisien korelasi 0,509 adalah signifikan.

3. Koefisien korelasi ry$_2$

$$r = \frac{n \Sigma X_2 Y - (\Sigma X_2)(\Sigma Y)}{\sqrt{(n \Sigma X_2{}^2 - (\Sigma X_2)^2)(n \Sigma Y^2 - (\Sigma Y)^2)}}$$

$$= \frac{20.18300 - (1911)(192)}{\sqrt{(20.184099 - (1911)^2)(20.1852 - (192)^2)}}$$

$$= \frac{366000 - 366912}{\sqrt{(3681980 - 3651921)(37040 - 36864)}}$$

$$= \frac{-912}{\sqrt{5290384}}$$

$$= \boldsymbol{-0,396}$$

4. Uji keberartian koefisien korelasi

$$th = \frac{r\sqrt{n-2}}{\sqrt{1-r^2}}$$

$$= \frac{-0,396\sqrt{20-2}}{\sqrt{1-(-0,396)^2}}$$

$$= \frac{-1,68}{0,91}$$

$$= \boldsymbol{-1,846}$$

Tabel dk = n - 2

= 20 - 2

= 18

T tabel = $dk : 1 - X$

= $18 : 1 - 0,05$

= $18 : 0,95$

= $1,734$

Berarti :

T table dengan X=0,05 dk=18 diperoleh table sebesar 1,734, karena t-hitung = 1,846> t-tabel = 1,734 dengan demikian kita tolak H_o berarti koefisien korelasi 0,396 adalah signifikan.

5. Mencari ry_{1-2} (koefisien korelasi ganda)

JK (Reg) $= b_1 \sum x_1 y + b_2 \sum x_2 y$

$= 0{,}217.10{,}6 + (-0{,}03). -45{,}6$

$= 2{,}3002 + 1{,}368$

$= \mathbf{3,6682}$

Ry_{12} $= \sqrt{JK \frac{(Reg)}{\sum Y^2}}$

$= \sqrt{\frac{3{,}6682}{8{,}8}}$

$= \sqrt{0{,}416}$

$= \mathbf{0,644}$

6. Uji keberartian koefisien korelasi ganda

$$F = \frac{r^2/k}{1-r^2/n-k-1}$$

$$= \frac{(0,644)^2/2}{(1-0,644^2)/20-2-1}$$

$$= \frac{0,414/2}{0,586/17}$$

$$= \frac{0,207}{0,034}$$

$$= 6,08$$

F table dicari dengan melihat daftar distribusi F dengan cacah predikator = 2 sebagai pembilang dan (n-k-1) = 17 sebagai penyebut didapat F table sebesar 3,59 karena F-hitung = 6,08 > F-tabel 3,59 , maka koefisien korelasi ganda $Ry_{12 =}$ 0,644 adalah signifikan.

Lampiran 7

Tabel 6 : Distribusi t

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dk	α Untuk Uji Dua Pihak					
	0,50	0,20	0,10	0,05	0,02	0,01
	α Untuk Uji Satu Pihak					
	0,25	0,10	0,05	0,025	0,01	0,005
1	1,000	3,078	6,314	12,706	31,821	63,657
2	0,816	1,886	2,920	4,303	6,965	9,925
3	0,765	1,638	2,353	3,182	4,541	5,841
4	0,741	1,533	2,132	2,776	3,747	4,604
5	0,727	1,476	2,015	2,571	3,365	4,032
6	0,718	1,440	1,943	2,447	3,143	3,707
7	0,711	1,415	1,895	2,365	2,998	3,499
8	0,706	1,397	1,860	2,306	2,896	3,355
9	0,703	1,383	1,833	2,262	2,821	3,250
10	0,700	1,372	1,812	2,228	2,764	3,169
11	0,697	1,363	1,796	2,201	2,718	3,106
12	0,695	1,356	1,782	2,178	2,681	3,055
13	0,694	1,350	1,771	2,160	2,650	3,012
14	0,692	1,345	1,761	2,145	2,624	2,977
15	0,691	1,341	1,753	2,132	2,623	2,947
16	0,690	1,337	1,746	2,120	2,583	2,921
17	0,689	1,333	1,740	2,110	2,567	2,898
18	0,688	1,330	1,734	2,101	2,552	2,878
19	0,688	1,328	1,729	2,093	2,539	2,861
20	0,687	1,325	1,725	2,086	2,528	2,845
21	0,686	1,323	1,721	2,080	2,518	2,831
22	0,686	1,321	1,717	2,074	2,508	2,819
23	0,685	1,319	1,714	2,069	2,500	2,807
24	0,685	1,318	1,711	2,064	2,492	2,797
25	0,684	1,316	1,708	2,060	2,485	2,787
26	0,684	1,315	1,706	2,056	2,479	2,779
27	0,684	1,314	1,703	2,052	2,473	2,771
28	0,683	1,313	1,701	2,048	2,467	2,763
29	0,683	1,311	1,699	2,045	2,462	2,756
30	0,683	1,310	1,697	2,042	2,457	2,750
40	0,681	1,303	1,684	2,021	2,423	2,704
60	0,679	1,296	1,671	2,000	2,390	2,660
120	0,677	1,289	1,658	1,980	2,358	2,617
	0,674	1,282	1,645	1,960	2,326	2,576

Lampiran 8

Tabel 7 : Distribusi F

Titik Persentase Distribusi F untuk Probabilita = 0,05														

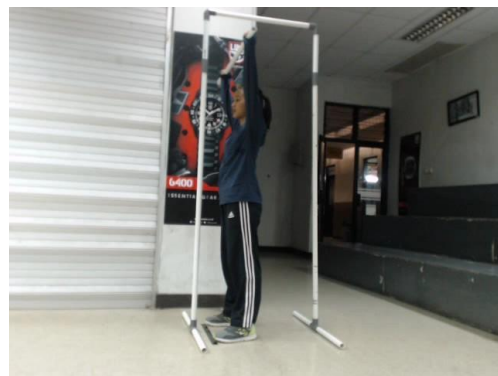| df untuk penyebut (N2)	df untuk pembilang (N1)														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	161	199	216	225	230	234	237	239	241	242	243	244	245	245	246
2	18.51	19.00	19.16	19.25	19.30	19.33	19.35	19.37	19.38	19.40	19.40	19.41	19.42	19.42	19.43
3	10.13	9.55	9.28	9.12	9.01	8.94	8.89	8.85	8.81	8.79	8.76	8.74	8.73	8.71	8.70
4	7.71	6.94	6.59	6.39	6.26	6.16	6.09	6.04	6.00	5.96	5.94	5.91	5.89	5.87	5.86
5	6.61	5.79	5.41	5.19	5.05	4.95	4.88	4.82	4.77	4.74	4.70	4.68	4.66	4.64	4.62
6	5.99	5.14	4.76	4.53	4.39	4.28	4.21	4.15	4.10	4.06	4.03	4.00	3.98	3.96	3.94
7	5.59	4.74	4.35	4.12	3.97	3.87	3.79	3.73	3.68	3.64	3.60	3.57	3.55	3.53	3.51
8	5.32	4.46	4.07	3.84	3.69	3.58	3.50	3.44	3.39	3.35	3.31	3.28	3.26	3.24	3.22
9	5.12	4.26	3.86	3.63	3.48	3.37	3.29	3.23	3.18	3.14	3.10	3.07	3.05	3.03	3.01
10	4.96	4.10	3.71	3.48	3.33	3.22	3.14	3.07	3.02	2.98	2.94	2.91	2.89	2.86	2.85
11	4.84	3.98	3.59	3.36	3.20	3.09	3.01	2.95	2.90	2.85	2.82	2.79	2.76	2.74	2.72
12	4.75	3.89	3.49	3.26	3.11	3.00	2.91	2.85	2.80	2.75	2.72	2.69	2.66	2.64	2.62
13	4.67	3.81	3.41	3.18	3.03	2.92	2.83	2.77	2.71	2.67	2.63	2.60	2.58	2.55	2.53
14	4.60	3.74	3.34	3.11	2.96	2.85	2.76	2.70	2.65	2.60	2.57	2.53	2.51	2.48	2.46
15	4.54	3.68	3.29	3.06	2.90	2.79	2.71	2.64	2.59	2.54	2.51	2.48	2.45	2.42	2.40
16	4.49	3.63	3.24	3.01	2.85	2.74	2.66	2.59	2.54	2.49	2.46	2.42	2.40	2.37	2.35
17	4.45	3.59	3.20	2.96	2.81	2.70	2.61	2.55	2.49	2.45	2.41	2.38	2.35	2.33	2.31
18	4.41	3.55	3.16	2.93	2.77	2.66	2.58	2.51	2.46	2.41	2.37	2.34	2.31	2.29	2.27
19	4.38	3.52	3.13	2.90	2.74	2.63	2.54	2.48	2.42	2.38	2.34	2.31	2.28	2.26	2.23
20	4.35	3.49	3.10	2.87	2.71	2.60	2.51	2.45	2.39	2.35	2.31	2.28	2.25	2.22	2.20
21	4.32	3.47	3.07	2.84	2.68	2.57	2.49	2.42	2.37	2.32	2.28	2.25	2.22	2.20	2.18
22	4.30	3.44	3.05	2.82	2.66	2.55	2.46	2.40	2.34	2.30	2.26	2.23	2.20	2.17	2.15
23	4.28	3.42	3.03	2.80	2.64	2.53	2.44	2.37	2.32	2.27	2.24	2.20	2.18	2.15	2.13
24	4.26	3.40	3.01	2.78	2.62	2.51	2.42	2.36	2.30	2.25	2.22	2.18	2.15	2.13	2.11
25	4.24	3.39	2.99	2.76	2.60	2.49	2.40	2.34	2.28	2.24	2.20	2.16	2.14	2.11	2.09
26	4.23	3.37	2.98	2.74	2.59	2.47	2.39	2.32	2.27	2.22	2.18	2.15	2.12	2.09	2.07
27	4.21	3.35	2.96	2.73	2.57	2.46	2.37	2.31	2.25	2.20	2.17	2.13	2.10	2.08	2.06
28	4.20	3.34	2.95	2.71	2.56	2.45	2.36	2.29	2.24	2.19	2.15	2.12	2.09	2.06	2.04
29	4.18	3.33	2.93	2.70	2.55	2.43	2.35	2.28	2.22	2.18	2.14	2.10	2.08	2.05	2.03
30	4.17	3.32	2.92	2.69	2.53	2.42	2.33	2.27	2.21	2.16	2.13	2.09	2.06	2.04	2.01
31	4.16	3.30	2.91	2.68	2.52	2.41	2.32	2.25	2.20	2.15	2.11	2.08	2.05	2.03	2.00
32	4.15	3.29	2.90	2.67	2.51	2.40	2.31	2.24	2.19	2.14	2.10	2.07	2.04	2.01	1.99
33	4.14	3.28	2.89	2.66	2.50	2.39	2.30	2.23	2.18	2.13	2.09	2.06	2.03	2.00	1.98
34	4.13	3.28	2.88	2.65	2.49	2.38	2.29	2.23	2.17	2.12	2.08	2.05	2.02	1.99	1.97
35	4.12	3.27	2.87	2.64	2.49	2.37	2.29	2.22	2.16	2.11	2.07	2.04	2.01	1.99	1.96
36	4.11	3.26	2.87	2.63	2.48	2.36	2.28	2.21	2.15	2.11	2.07	2.03	2.00	1.98	1.95
37	4.11	3.25	2.86	2.63	2.47	2.36	2.27	2.20	2.14	2.10	2.06	2.02	2.00	1.97	1.95
38	4.10	3.24	2.85	2.62	2.46	2.35	2.26	2.19	2.14	2.09	2.05	2.02	1.99	1.96	1.94
39	4.09	3.24	2.85	2.61	2.46	2.34	2.26	2.19	2.13	2.08	2.04	2.01	1.98	1.95	1.93
40	4.08	3.23	2.84	2.61	2.45	2.34	2.25	2.18	2.12	2.08	2.04	2.00	1.97	1.95	1.92
41	4.08	3.23	2.83	2.60	2.44	2.33	2.24	2.17	2.12	2.07	2.03	2.00	1.97	1.94	1.92
42	4.07	3.22	2.83	2.59	2.44	2.32	2.24	2.17	2.11	2.06	2.03	1.99	1.96	1.94	1.91
43	4.07	3.21	2.82	2.59	2.43	2.32	2.23	2.16	2.11	2.06	2.02	1.99	1.96	1.93	1.91
44	4.06	3.21	2.82	2.58	2.43	2.31	2.23	2.16	2.10	2.05	2.01	1.98	1.95	1.92	1.90
45	4.06	3.20	2.81	2.58	2.42	2.31	2.22	2.15	2.10	2.05	2.01	1.97	1.94	1.92	1.89

Lampiran 9

Dokumentasi

(Atlet PPLM Menembak Jakarta)

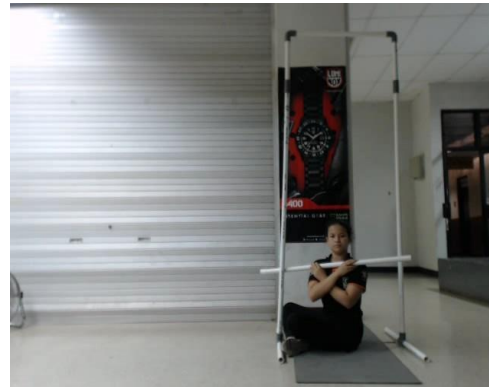(Melakukan Tes Hasil Tembakan)

(Melakukan Tes Hasil Tembakan)
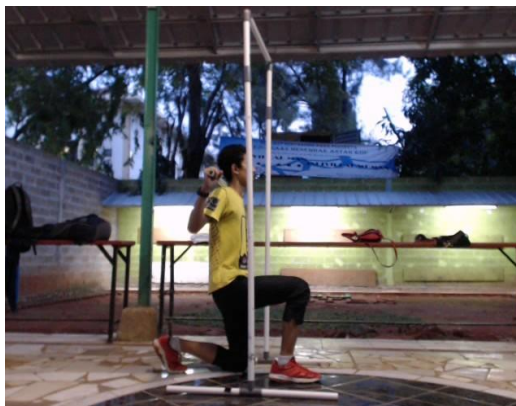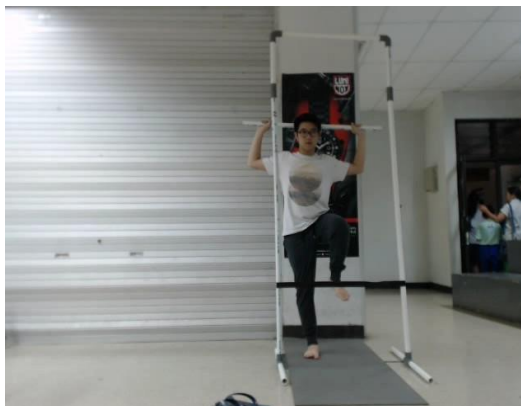

(Melakukan Tes *Core Muscle*)

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