# LAMPIRAN 4

# Dokumentasi Penelitian

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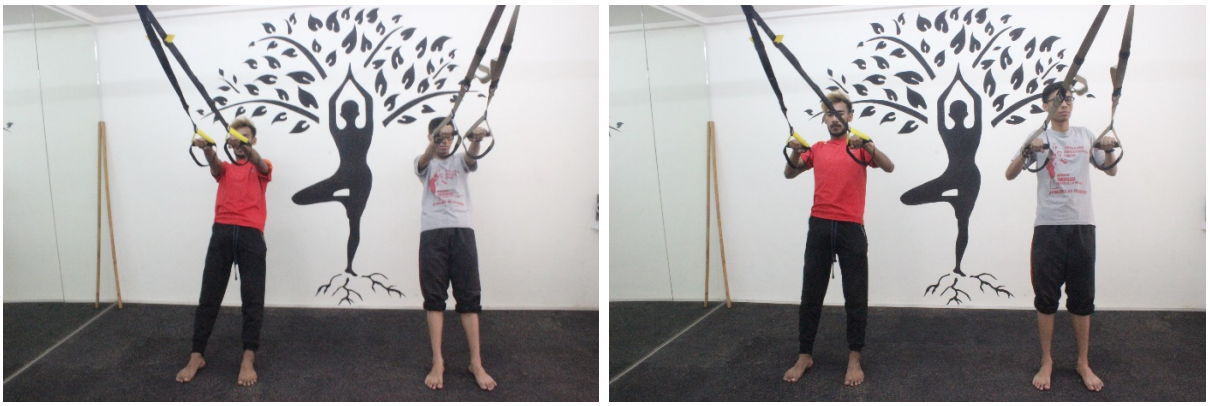
Gambar 1.  Bicep Pull Up

Gambar 2. Rowing



Gambar 3. High Row

Gambar 4. One Arm Bicep Curl

Gambar 5. Tricep Pull

Gambar 6. One Arm Bicep Pull Up

Gambar 7. TRX Push Up

Gambar 8. Push Up

Gambar 9. Diamond Push-Up

Gambar 10. Power Pull

Gambar 11. Bicep Hug

Gambar 12. Bicep Curl

Gambar 13. Tricep Extension

Gambar 14. Pronated Bicep Curl

Gambar 15. Latter T

Gambar 16 : Latter Y

Gambar 17 : Latter I / TRX Pullovers

Gambar 18 : Power Pull