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DAFTAR TABEL

BAB I

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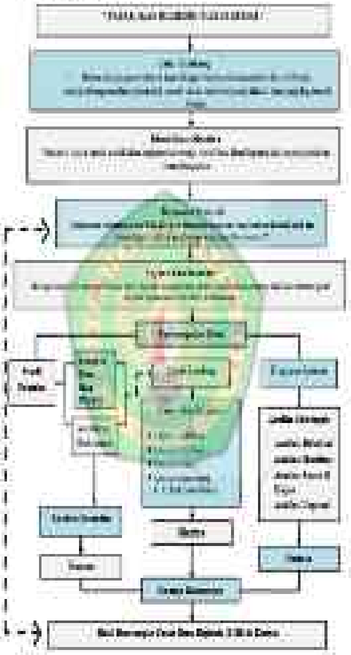

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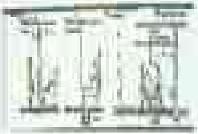

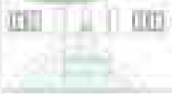

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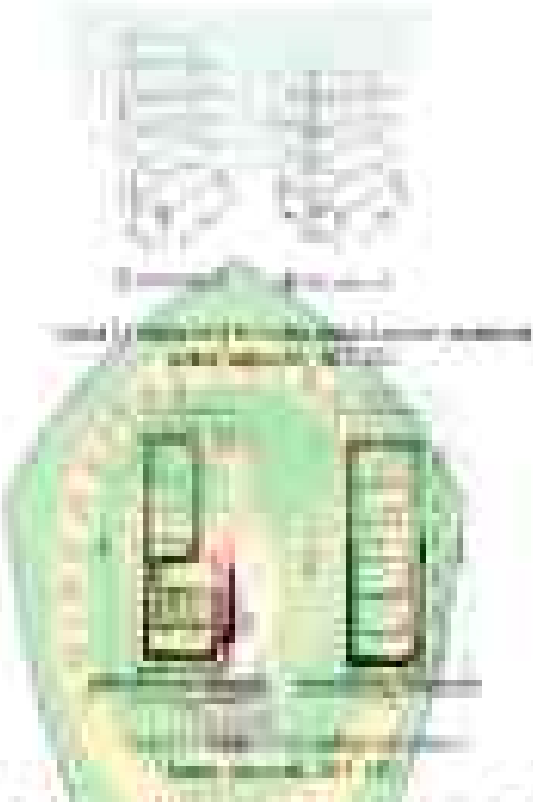

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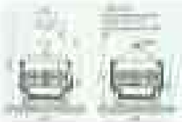

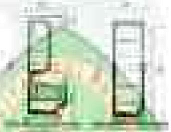

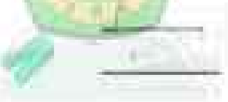

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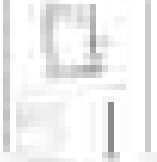
Table 2.1 Core Activation Exercises for Beginners

Exercise Name	Illustration	Description
Plank		Hold a straight line from head to heels, supported on forearms and toes, engaging the entire core.
Side Plank		Support body on one forearm and the side of one foot, keeping hips lifted and aligned.
Dead Bug		Lie on back, extend opposite arm and leg while keeping lower back pressed to the floor.

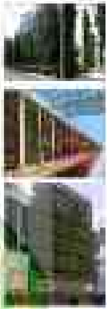
Source: Adapted from ACE Fitness Exercise Library and Personal Training Manual.

Balance Beam Exercises are another effective way to improve core stability and coordination. Unlike floor exercises, balance beam exercises challenge the core in a dynamic environment, requiring constant adjustments to maintain equilibrium. This makes them particularly beneficial for athletes who need to react quickly to changing conditions.

Table 2.2 Balance Beam Exercises

Exercise Name	Description	Progression	Illustration
Walking Forward	Walk heel-to-toe along the beam, keeping arms out for balance.	Increase speed or add arm movements.	
Single-Leg Stance	Stand on one leg, lifting the other knee to hip height.	Close eyes or perform on an unstable surface.	
Lateral Walk	Walk sideways along the beam, crossing feet over and under.	Increase speed or add resistance bands.	

Source: Compiled from NASM Essentials of Personal Fitness Training, 6th ed.



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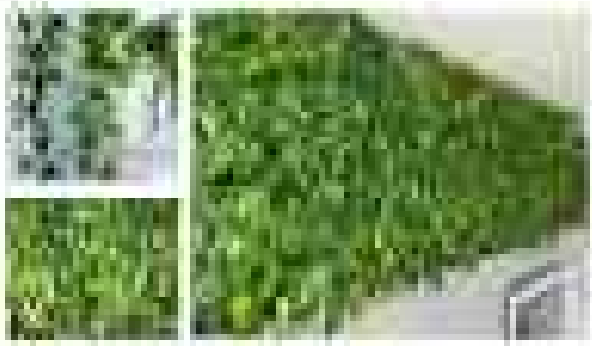

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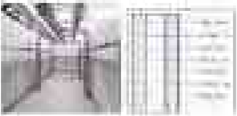

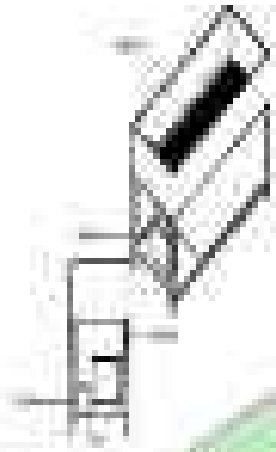

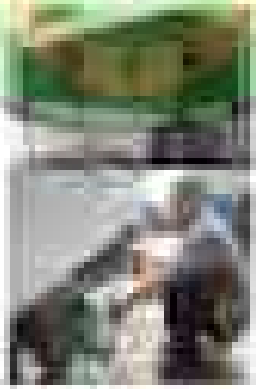

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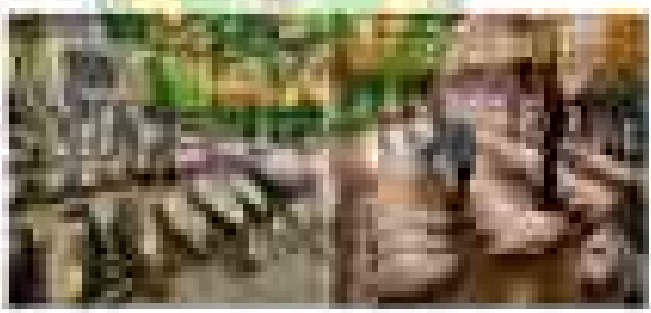

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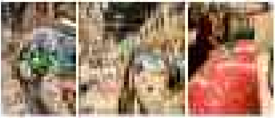

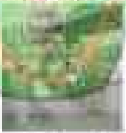

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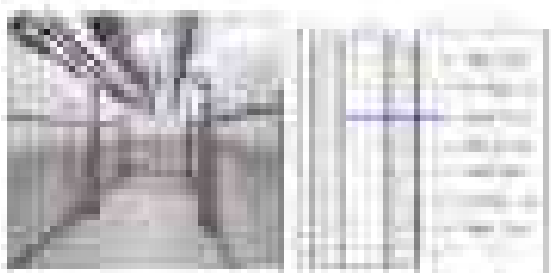

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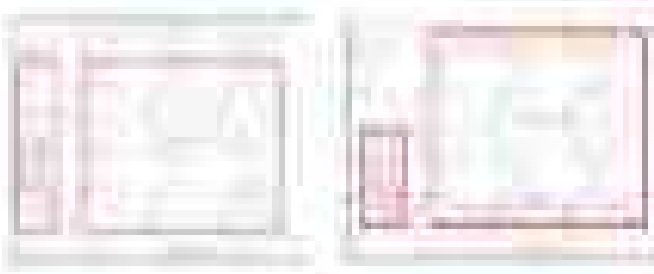

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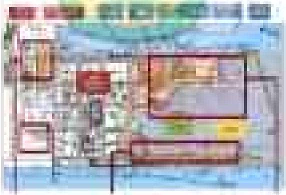

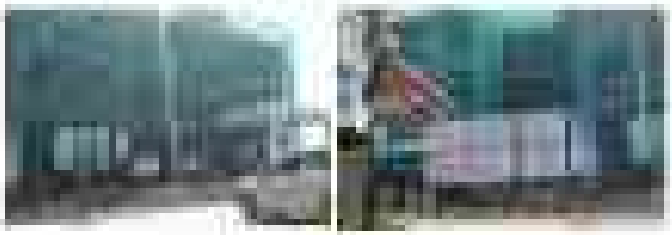

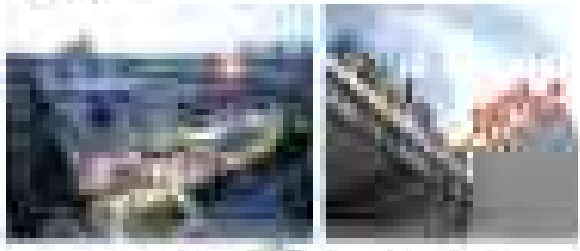

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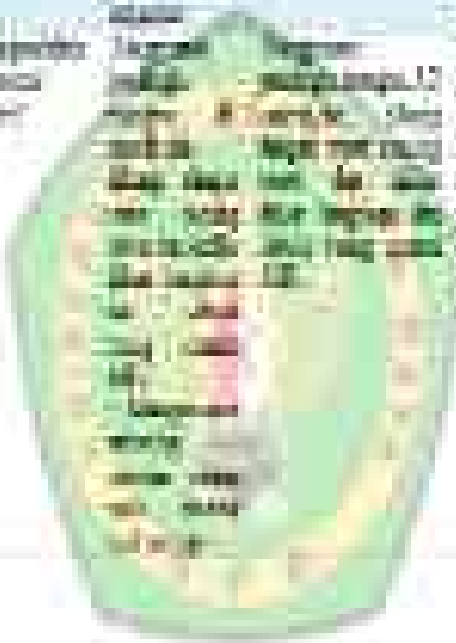

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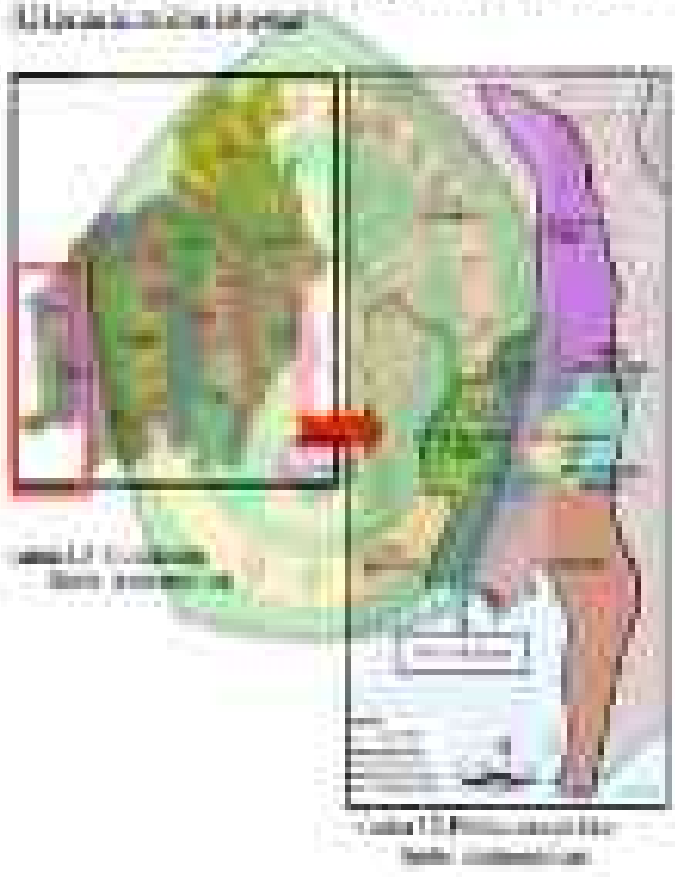

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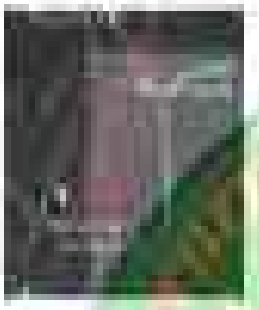

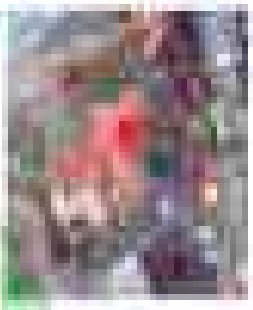

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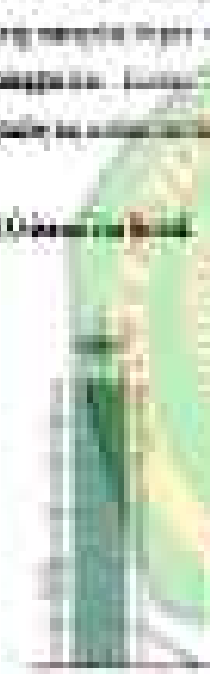

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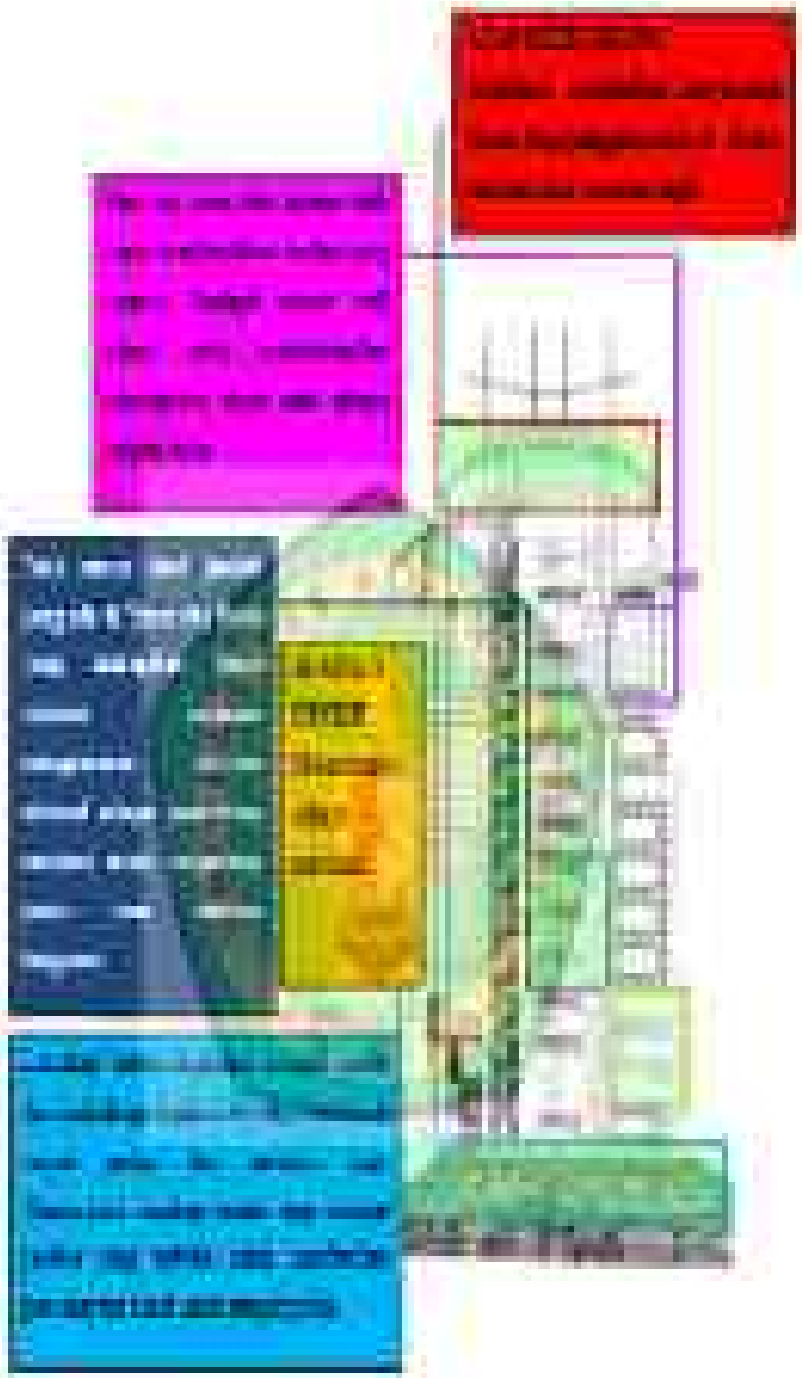

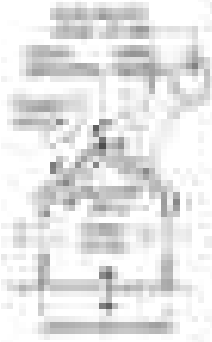

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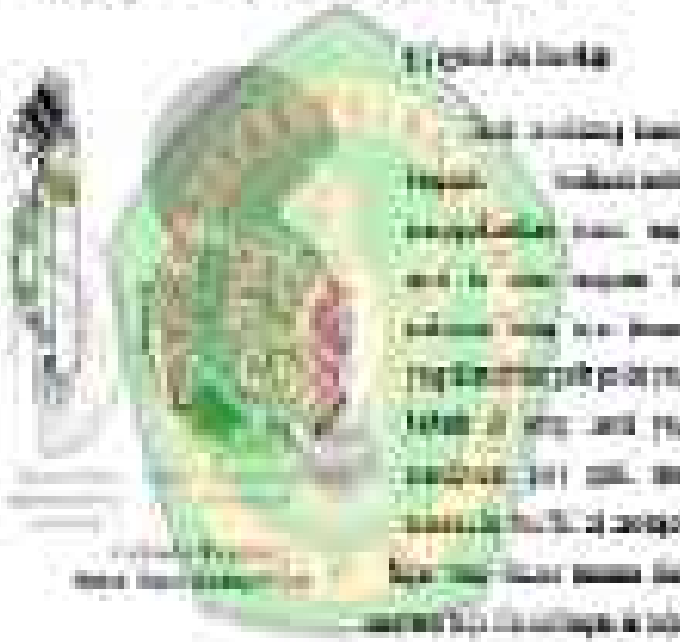

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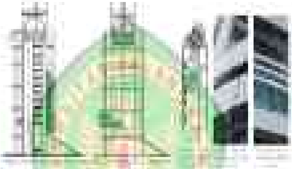

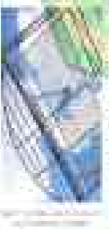

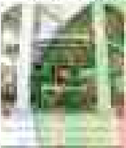

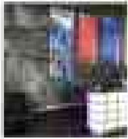

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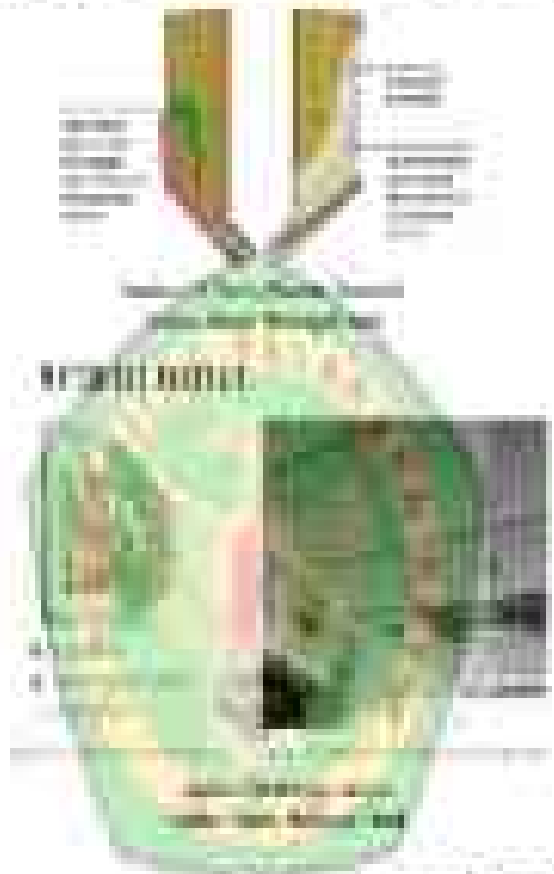

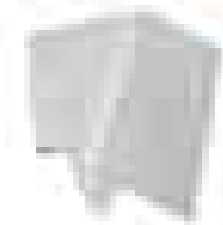

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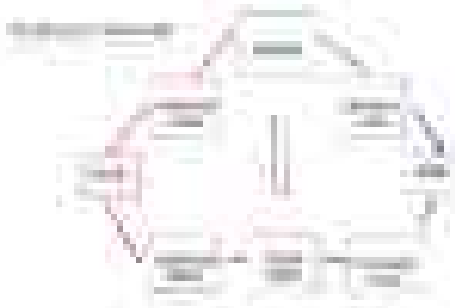

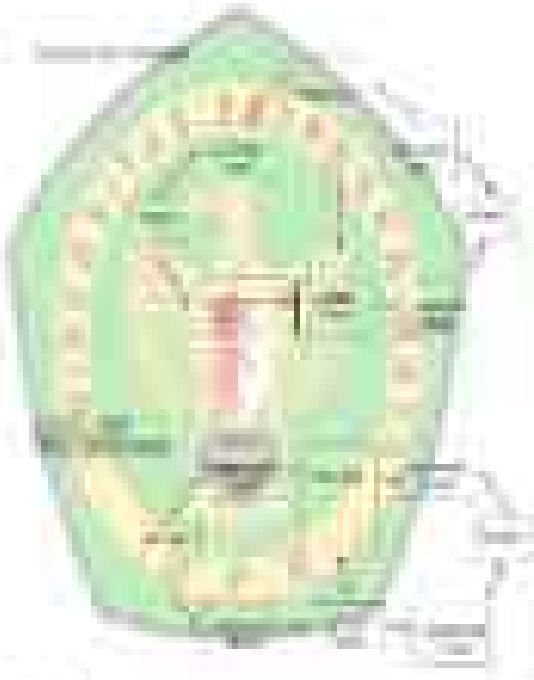

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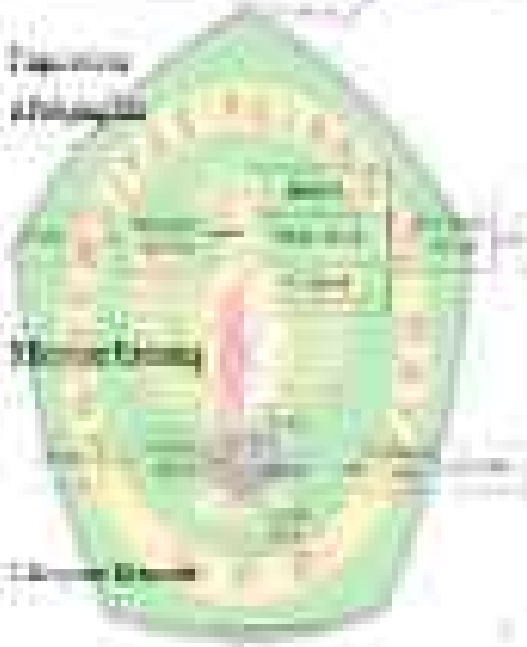

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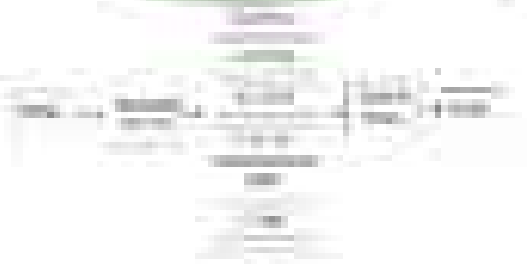

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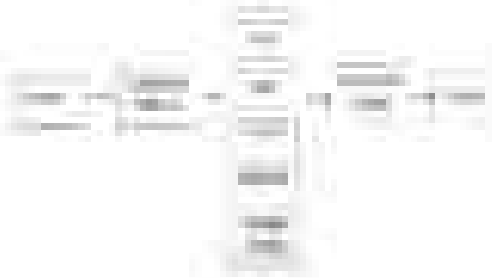

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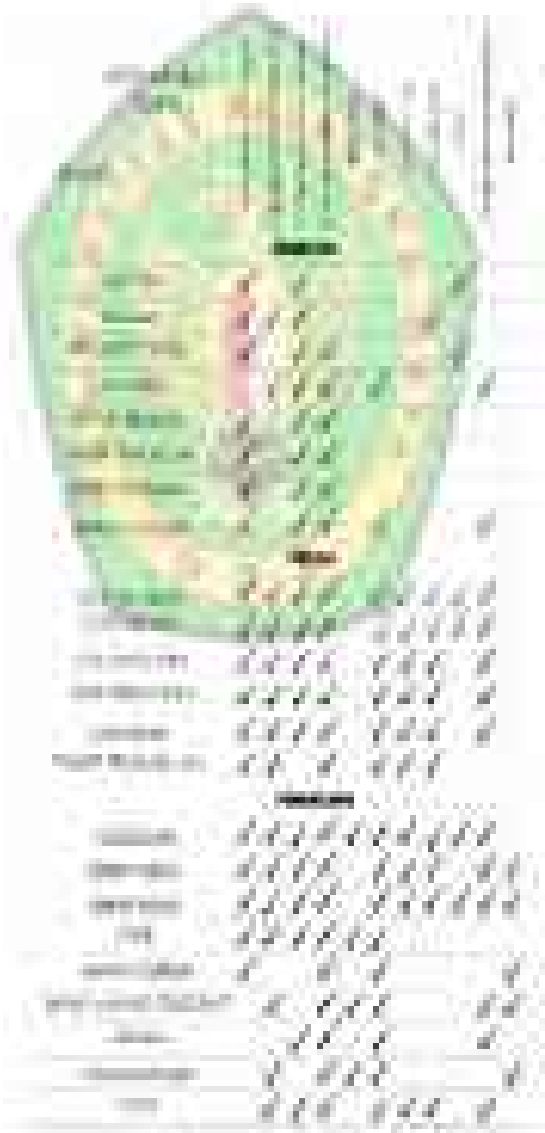

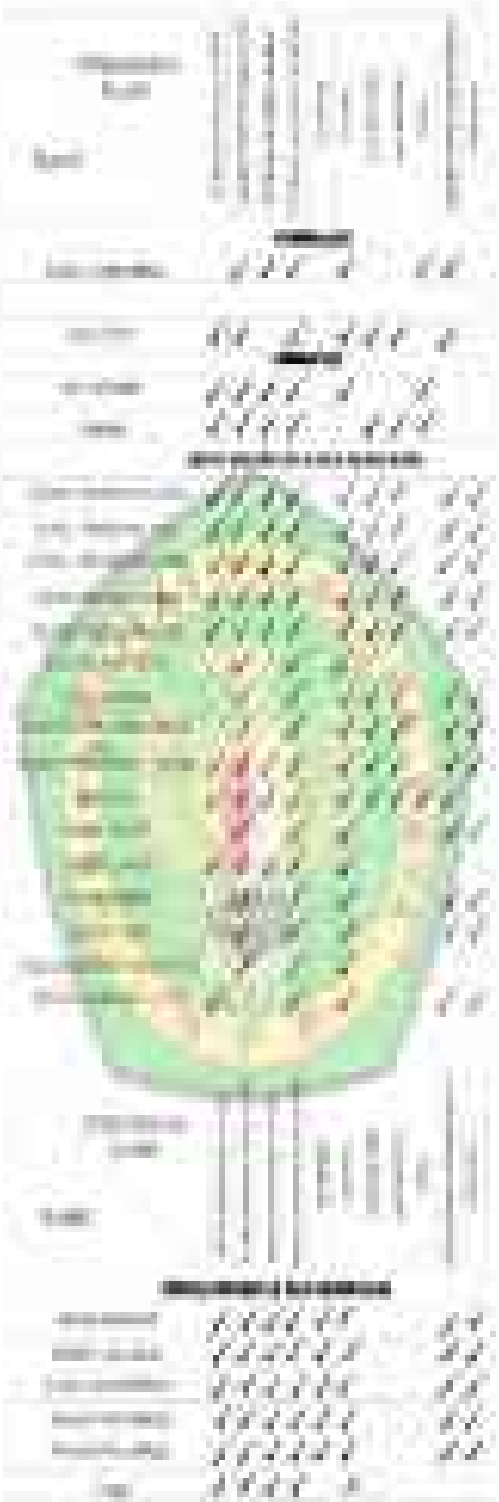

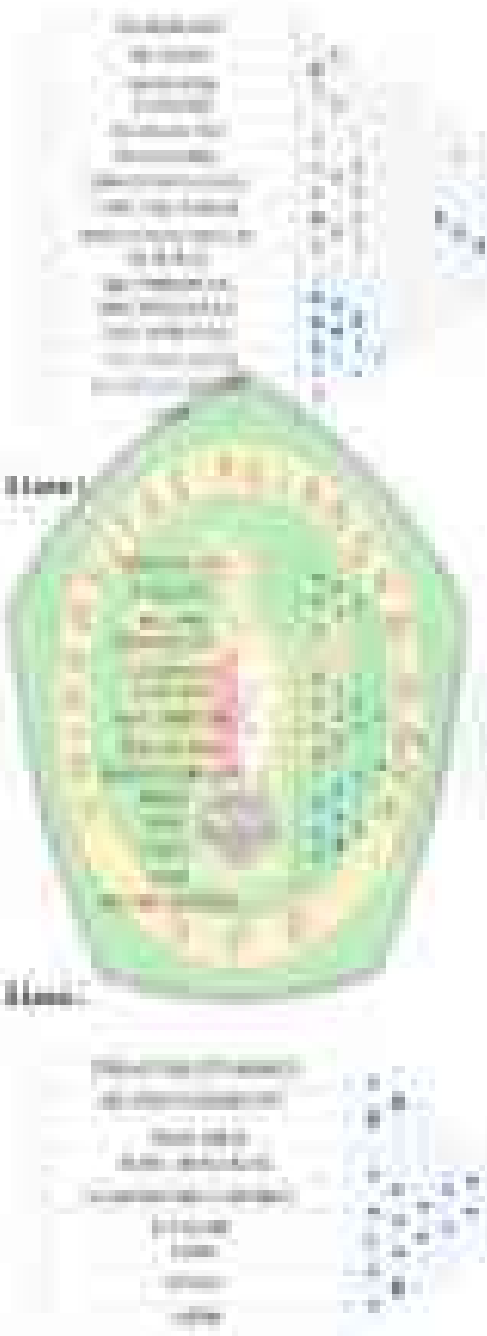

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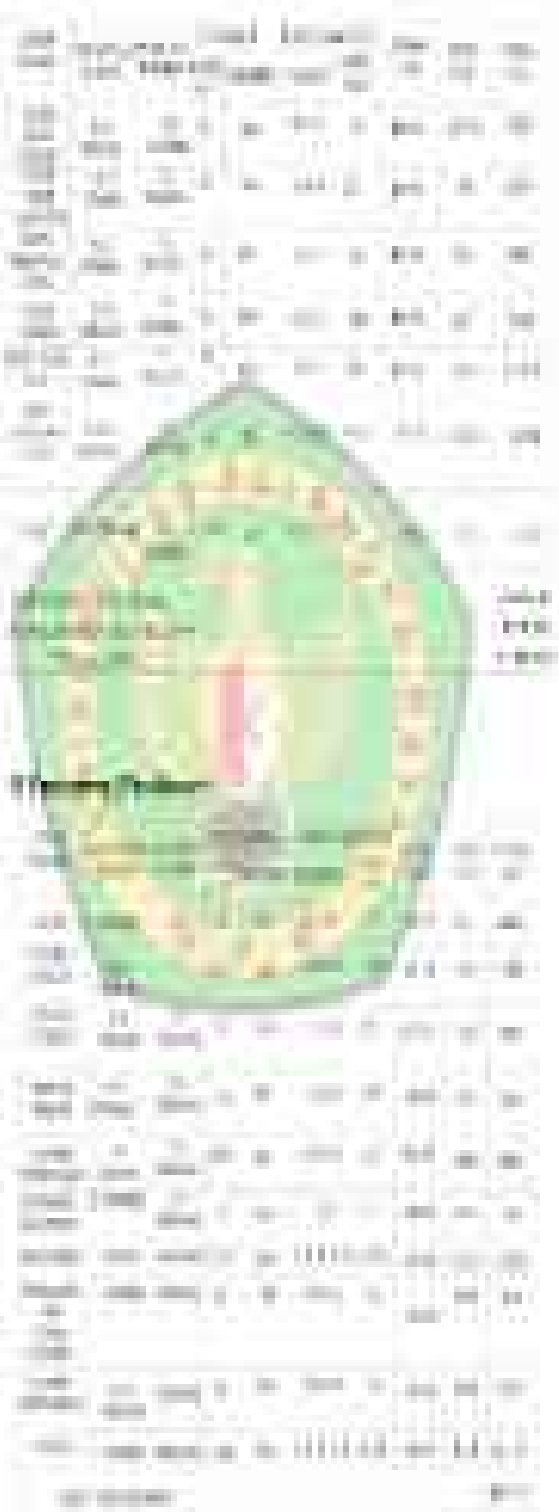

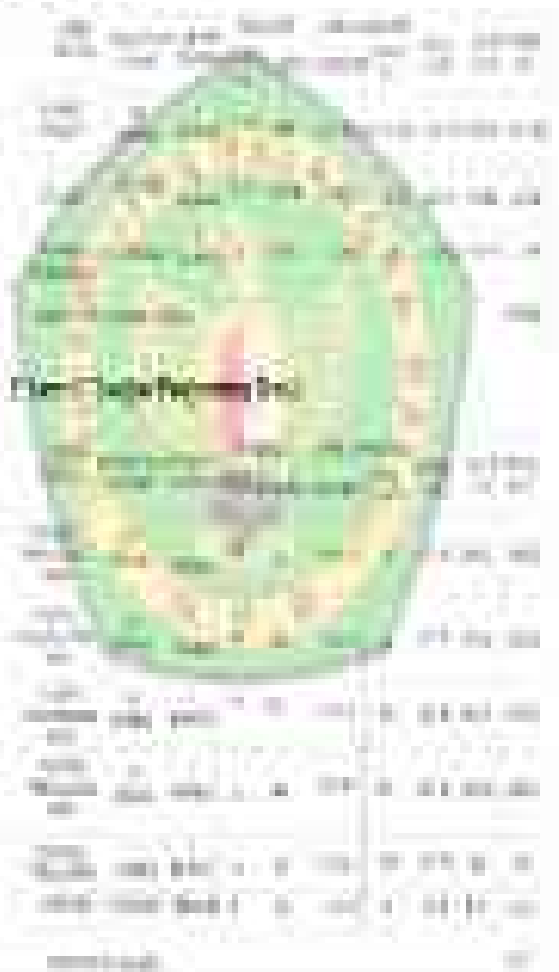

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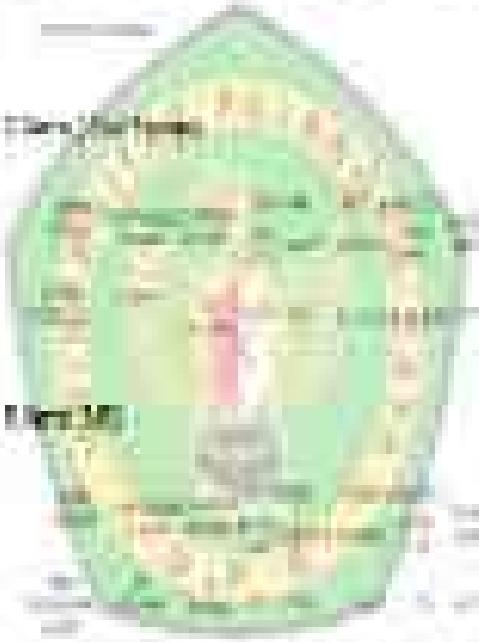

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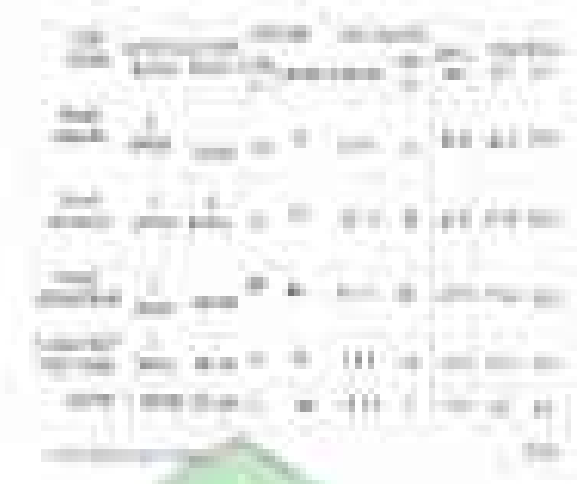

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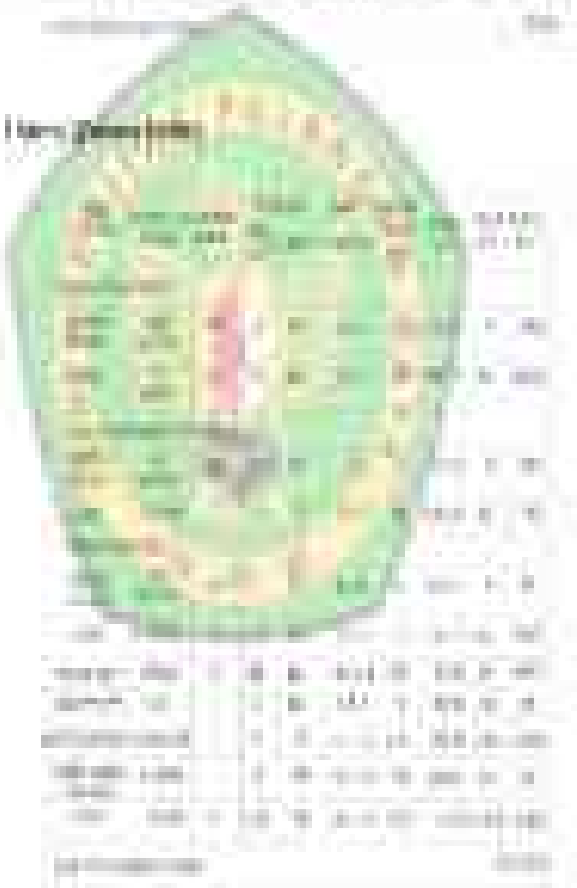

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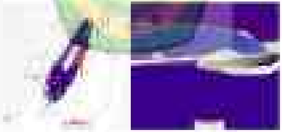

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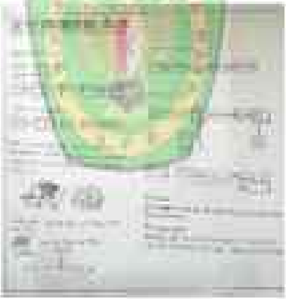

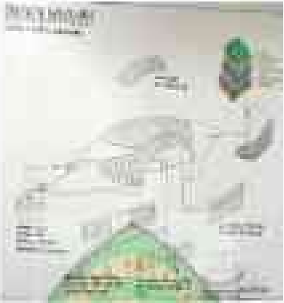

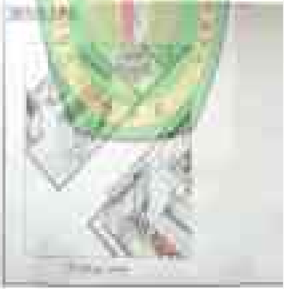

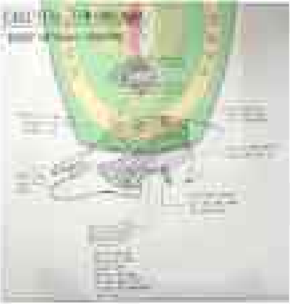

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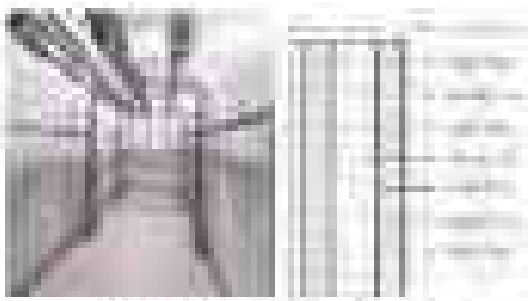

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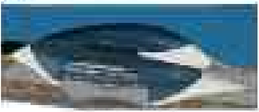

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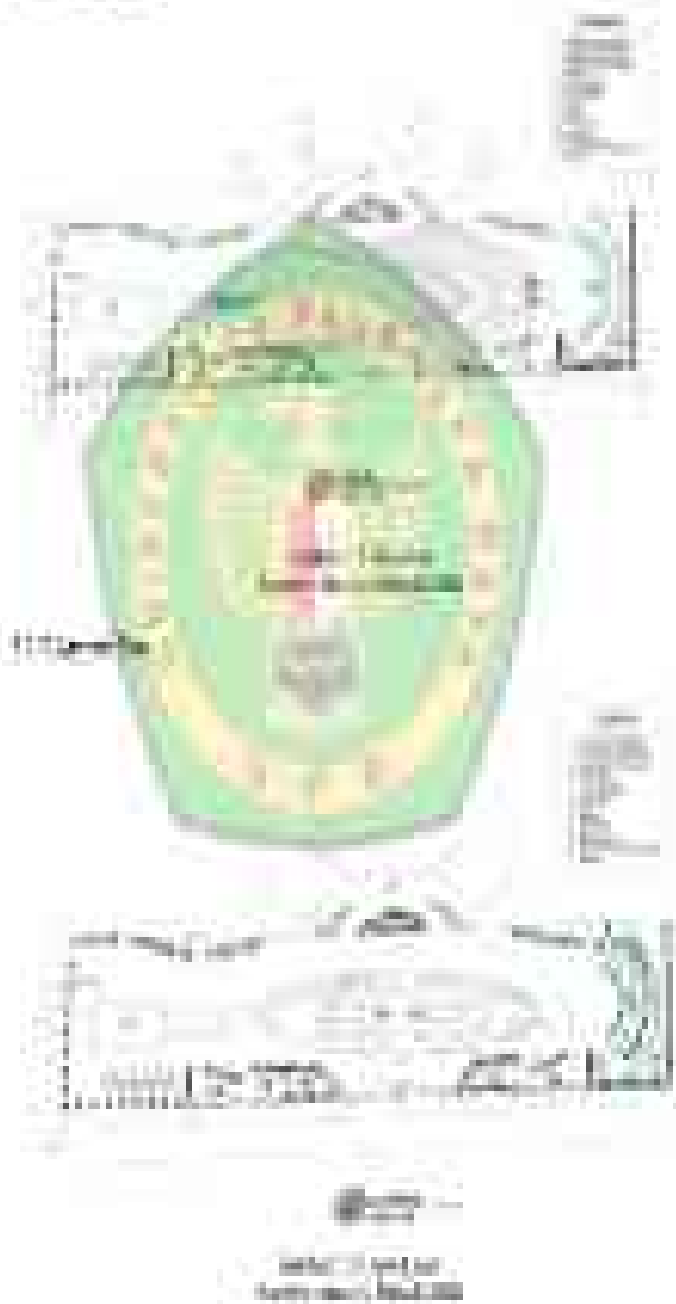

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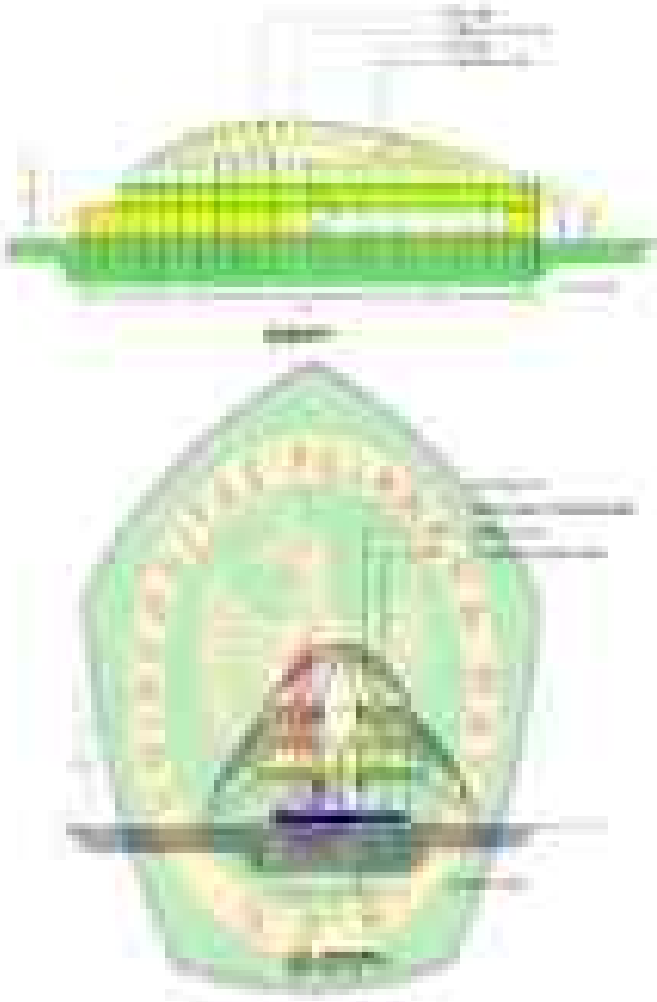

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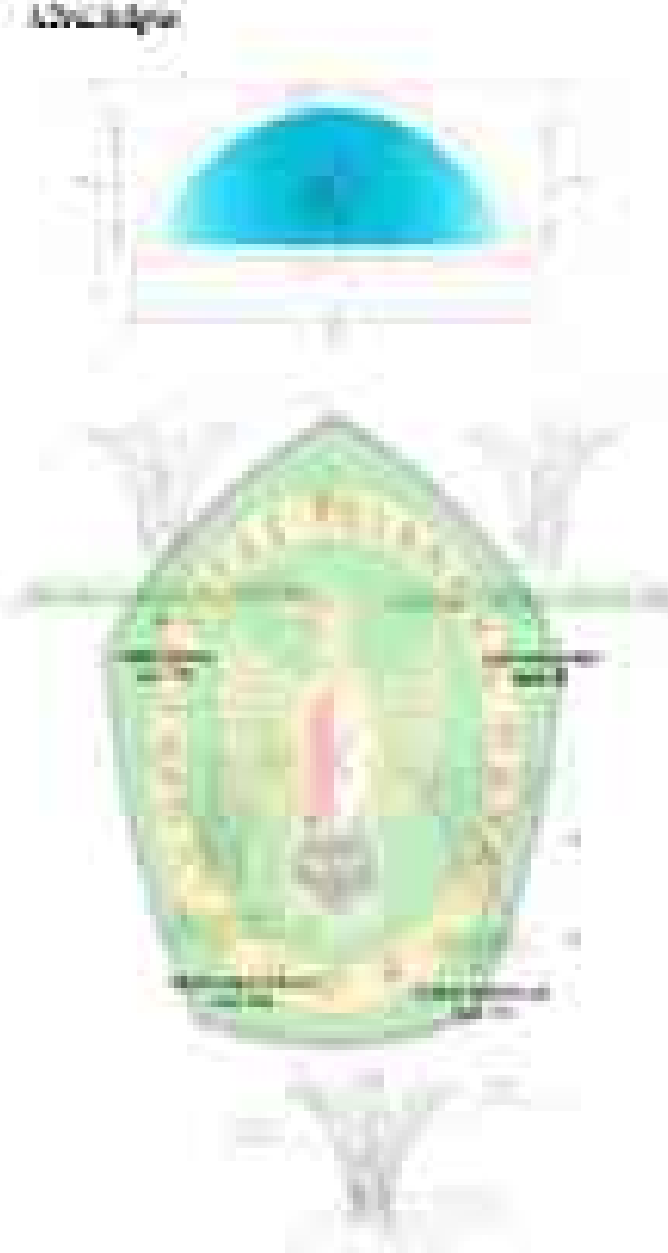

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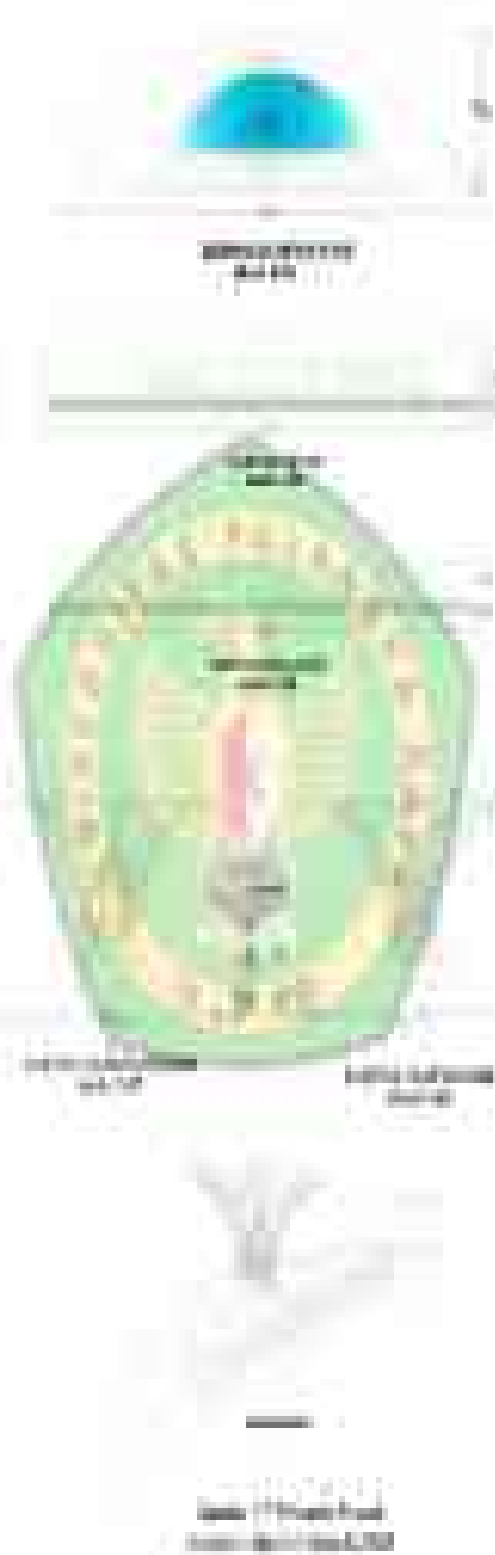

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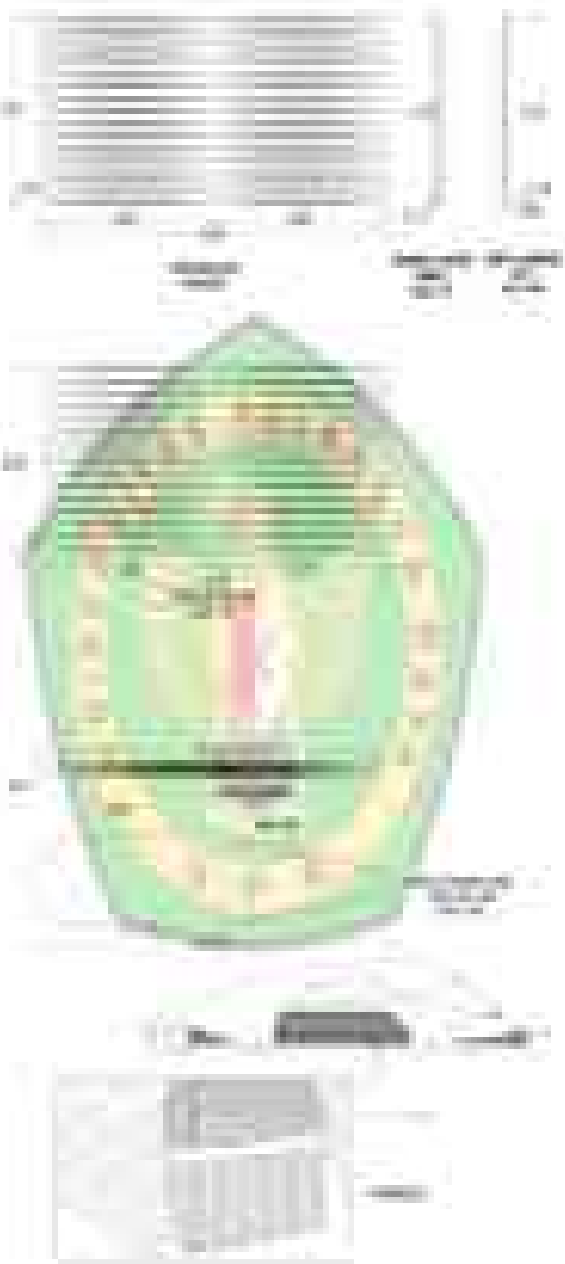

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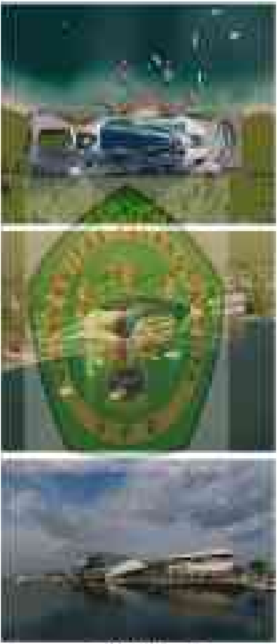

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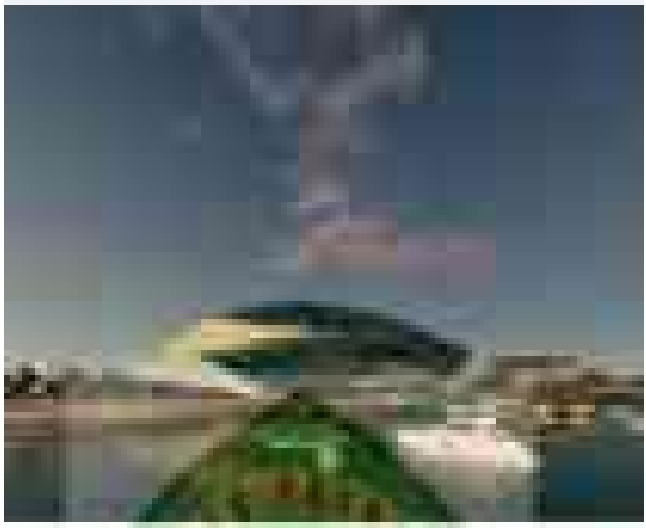

DAFTAR PUSTAKA

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