Lampiran 1

**HASIL TES DAN PENGUKURAN**

TINGGI BADAN DAN BERAT BADAN

|  |  |  |  |
| --- | --- | --- | --- |
| **NO** | **NAMA** | **TINGGI BADAN (cm)** | **BERAT BADAN (kg)** |
| 1 | SFN | 154 | 65 |
| 2 | NP | 166 | 57 |
| 3 | EM | 164 | 51 |
| 4 | ANP | 150 | 50 |
| 5 | VLVP | 166 | 65 |
| 6 | DAP | 151 | 55 |
| 7 | I IST | 165 | 62 |
| 8 | VAB | 160 | 50 |
| 9 | AAZ | 150 | 51 |
| 10 | YAEP | 155 | 44 |
| 11 | ADF | 157 | 57 |
| 12 | NMH | 160 | 51 |
| 13 | CEFA | 164 | 51 |
| 14 | APP | 155 | 45 |
| 15 | AA | 153 | 50 |
| 16 | RYES | 151 | 53 |
| 17 | NPDS | 185 | 55 |
| 18 | LAW | 168 | 70 |
| 19 | AIAS | 166 | 70 |

Lampiran 2

**HASIL TES DAN PENGUKURAN**

KEKUATAN OTOT LENGAN

|  |  |  |  |
| --- | --- | --- | --- |
| **NO** | **NAMA** | **PUSH-UP 30 detik** | **KETERANGAN** |
| 1 | SFN | 30 | BAIK |
| 2 | NP | 26 | CUKUP |
| 3 | EM | 19 | SEDANG |
| 4 | ANP | 24 | CUKUP |
| 5 | VLVP | 30 | BAIK |
| 6 | DAP | 23 | CUKUP |
| 7 | I IST | 35 | BAIK |
| 8 | VAB | 25 | CUKUP |
| 9 | AAZ | 26 | CUKUP |
| 10 | YAEP | 10 | KURANG |
| 11 | ADF | 29 | BAIK |
| 12 | NMH | 35 | BAIK |
| 13 | CEFA | 16 | SEDANG |
| 14 | APP | 25 | CUKUP |
| 15 | AA | 26 | CUKUP |
| 16 | RYES | 25 | CUKUP |
| 17 | NPDS | 28 | BAIK |
| 18 | LAW | 28 | BAIK |
| 19 | AIAS | 27 | BAIK |

Lampiran 3

**HASIL TES DAN PENGUKURAN**

KEKUATAN OTOT PERUT

|  |  |  |  |
| --- | --- | --- | --- |
| **NO** | **NAMA** | **SIT-UP 30 detik** | **KETERANGAN** |
| 1 | SFN | 31 | BAIK |
| 2 | NP | 30 | BAIK |
| 3 | EM | 30 | BAIK |
| 4 | ANP | 20 | SEDANG |
| 5 | VLVP | 26 | BAIK |
| 6 | DAP | 25 | BAIK |
| 7 | I IST | 30 | BAIK |
| 8 | VAB | 28 | BAIK |
| 9 | AAZ | 28 | BAIK |
| 10 | YAEP | 27 | BAIK |
| 11 | ADF | 30 | BAIK |
| 12 | NMH | 30 | BAIK |
| 13 | CEFA | 30 | BAIK |
| 14 | APP | 25 | CUKUP |
| 15 | AA | 29 | BAIK |
| 16 | RYES | 22 | CUKUP |
| 17 | NPDS | 25 | CUKUP |
| 18 | LAW | 25 | CUKUP |
| 19 | AIAS | 26 | BAIK |

Lampiran 4

**HASIL TES DAN PENGUKURAN**

POWER OTOT TUNGKAI

|  |  |  |  |
| --- | --- | --- | --- |
| **NO** | **NAMA** | **VERTICAL JUMP (kg.m/dtk)** | **KETERANGAN** |
| 1 | SFN | 53,06 | SANGAT BAIK |
| 2 | NP | 41,17 | BAIK |
| 3 | EM | 47,74 | BAIK |
| 4 | ANP | 36,00 | CUKUP |
| 5 | VLVP | 59,80 | SANGAT BAIK |
| 6 | DAP | 52,71 | SANGAT BAIK |
| 7 | I IST | 58,04 | SANGAT BAIK |
| 8 | VAB | 40,68 | CUKUP |
| 9 | AAZ | 38,25 | CUKUP |
| 10 | YAEP | 34,57 | CUKUP |
| 11 | ADF | 41,45 | BAIK |
| 12 | NMH | 39,16 | CUKUP |
| 13 | CEFA | 39,87 | CUKUP |
| 14 | APP | 33,75 | CUKUP |
| 15 | AA | 51,06 | SANGAT BAIK |
| 16 | RYES | 38,80 | CUKUP |
| 17 | NPDS | 46,95 | BAIK |
| 18 | LAW | 46,67 | BAIK |
| 19 | AIAS | 55,00 | SANGAT BAIK |

Lampiran 5

**HASIL TES DAN PENGUKURAN**

KELINCAHAN

|  |  |  |  |
| --- | --- | --- | --- |
| **NO** | **NAMA** | **SHUTTLE RUN (detik)** | **KETERANGAN** |
| 1 | SFN | 13,43 | BAIK |
| 2 | NP | 14,25 | SEDANG |
| 3 | EM | 13,47 | BAIK |
| 4 | ANP | 13,76 | BAIK |
| 5 | VLVP | 14,95 | SEDANG |
| 6 | DAP | 13,13 | BAIK |
| 7 | I IST | 13,09 | BAIK |
| 8 | VAB | 13,90 | BAIK |
| 9 | AAZ | 15,22 | SEDANG |
| 10 | YAEP | 14,88 | SEDANG |
| 11 | ADF | 13,03 | BAIK |
| 12 | NMH | 17,05 | KURANG |
| 13 | CEFA | 14,82 | SEDANG |
| 14 | APP | 12,97 | BAIK |
| 15 | AA | 12,92 | BAIK |
| 16 | RYES | 13,83 | BAIK |
| 17 | NPDS | 14,06 | BAIK |
| 18 | LAW | 14,52 | SEDANG |
| 19 | AIAS | 13,97 | SEDANG |

Lampiran 6

**HASIL TES DAN PENGUKURAN**

KECEPATAN

|  |  |  |  |
| --- | --- | --- | --- |
| **NO** | **NAMA** | **SPRINT 30m (detik)** | **KETERANGAN** |
| 1 | SFN | 7,03 | KURANG SEKALI |
| 2 | NP | 7,31 | KURANG SEKALI |
| 3 | EM | 7,25 | KURANG SEKALI |
| 4 | ANP | 7,28 | KURANG SEKALI |
| 5 | VLVP | 7,61 | KURANG SEKALI |
| 6 | DAP | 7,53 | KURANG SEKALI |
| 7 | I IST | 7,03 | KURANG SEKALI |
| 8 | VAB | 6,84 | KURANG SEKALI |
| 9 | AAZ | 7,63 | KURANG SEKALI |
| 10 | YAEP | 7,72 | KURANG SEKALI |
| 11 | ADF | 7,38 | KURANG SEKALI |
| 12 | NMH | 8,43 | KURANG SEKALI |
| 13 | CEFA | 6,97 | KURANG SEKALI |
| 14 | APP | 7,00 | KURANG SEKALI |
| 15 | AA | 7,25 | KURANG SEKALI |
| 16 | RYES | 7,41 | KURANG SEKALI |
| 17 | NPDS | 7,62 | KURANG SEKALI |
| 18 | LAW | 7,77 | KURANG SEKALI |
| 19 | AIAS | 7,34 | KURANG SEKALI |

Lampiran 7

**HASIL TES DAN PENGUKURAN**

VO2Max

|  |  |  |  |
| --- | --- | --- | --- |
| **NO** | **NAMA** | **MFT** | **KETERANGAN** |
| 1 | SFN | 33,90 | CUKUP |
| 2 | NP | 27,80 | SANGAT KURANG |
| 3 | EM | 33,60 | CUKUP |
| 4 | ANP | 28,80 | KURANG |
| 5 | VLVP | 31,90 | CUKUP |
| 6 | DAP | 31,20 | CUKUP |
| 7 | I IST | 31,90 | CUKUP |
| 8 | VAB | 33,60 | CUKUP |
| 9 | AAZ | 33,30 | CUKUP |
| 10 | YAEP | 30,90 | KURANG |
| 11 | ADF | 35,60 | BAIK |
| 12 | NMH | 35,30 | BAIK |
| 13 | CEFA | 32,60 | CUKUP |
| 14 | APP | 39,90 | SANGAT BAIK |
| 15 | AA | 41,20 | SANGAT BAIK |
| 16 | RYES | 32,60 | CUKUP |
| 17 | NPDS | 31,90 | CUKUP |
| 18 | LAW | 27,40 | KURANG |
| 19 | AIAS | 37,60 | BAIK |

Lampiran 8

DESKRIPTIF PER VARIABEL

|  |
| --- |
| **Descriptive Statistics** |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| KEKUATAN OTOT LENGAN | 19 | 10,00 | 35,00 | 25,6316 | 5,91806 |
| Valid N (listwise) | 19 |  |  |  |  |

Lampiran 9

|  |
| --- |
| **Descriptive Statistics** |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| KEKUATAN OTOT PERUT | 19 | 20,00 | 31,00 | 27,2105 | 3,04738 |
| Valid N (listwise) | 19 |  |  |  |  |

Lampiran 10

|  |
| --- |
| **Descriptive Statistics** |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| POWER OTOT TUNGKAI | 19 | 33,75 | 59,80 | 44,9858 | 8,06575 |
| Valid N (listwise) | 19 |  |  |  |  |

Lampiran 11

|  |
| --- |
| **Descriptive Statistics** |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| KELINCAHAN | 19 | 12,92 | 17,05 | 14,0658 | 1,02336 |
| Valid N (listwise) | 19 |  |  |  |  |

Lampiran 12

|  |
| --- |
| **Descriptive Statistics** |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| KECEPATAN | 19 | 6,84 | 8,43 | 7,3895 | ,37001 |
| Valid N (listwise) | 19 |  |  |  |  |

Lampiran 13

|  |
| --- |
| **Descriptive Statistics** |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| VO2Max | 19 | 27,40 | 41,20 | 33,2105 | 3,62459 |
| Valid N (listwise) | 19 |  |  |  |  |

Lampiran 14

**Z Score**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **No** | **Z Push Up** | **Z Sit Up** | **Z Power Tungkai** | **Z Shuttle Run** | **Z Sprint** | **Z MFT** |
| 1 | ,73815 | 1,24352 | 1,00105 | -,62128 | -,97153 | ,19022 |
| 2 | ,06225 | ,91537 | -,47309 | ,18001 | -,21479 | -1,49273 |
| 3 | -1,12057 | ,91537 | ,34147 | -,58219 | -,37695 | ,10745 |
| 4 | -,27570 | -2,36614 | -1,11407 | -,29881 | -,29587 | -1,21683 |
| 5 | ,73815 | -,39723 | 1,83668 | ,86403 | ,59601 | -,36157 |
| 6 | -,44467 | -,72538 | ,95766 | -,91443 | ,37979 | -,55469 |
| 7 | 1,58302 | ,91537 | 1,61847 | -,95351 | -,97153 | -,36157 |
| 8 | -,10672 | ,25907 | -,53384 | -,16200 | -1,48504 | ,10745 |
| 9 | ,06225 | ,25907 | -,83511 | 1,12786 | ,65006 | ,02469 |
| 10 | -2,64134 | -,06908 | -1,29136 | ,79562 | ,89330 | -,63746 |
| 11 | ,56918 | ,91537 | -,43837 | -1,01214 | -,02560 | ,65924 |
| 12 | 1,58302 | ,91537 | -,72229 | 2,91608 | 2,81218 | ,57647 |
| 13 | -1,62749 | ,91537 | -,63426 | ,73699 | -1,13369 | -,16844 |
| 14 | -,10672 | -,72538 | -1,39302 | -1,07077 | -1,05261 | 1,84558 |
| 15 | ,06225 | ,58722 | ,75309 | -1,11963 | -,37695 | 2,20424 |
| 16 | -,10672 | -1,70984 | -,76692 | -,23041 | ,05548 | -,16844 |
| 17 | ,40020 | -,72538 | ,24352 | -,00566 | ,62303 | -,36157 |
| 18 | ,40020 | -,72538 | ,20881 | ,44384 | 1,02843 | -1,60308 |
| 19 | ,23123 | -,39723 | 1,24157 | -,09360 | -,13371 | 1,21103 |

Lampiran 15

**T Score**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **No** | **T Push Up** | **T Sit Up** | **T Power Tungkai** | **T Shuttle Run** | **T Sprint** | **T MFT** |
| 1 | 57,38 | 62,44 | 60,01 | 43,79 | 40,28 | 51,90 |
| 2 | 50,62 | 59,15 | 45,27 | 51,80 | 47,85 | 35,07 |
| 3 | 38,79 | 59,15 | 53,41 | 44,18 | 46,23 | 51,07 |
| 4 | 47,24 | 26,34 | 38,86 | 47,01 | 47,04 | 37,83 |
| 5 | 57,38 | 46,03 | 68,37 | 58,64 | 55,96 | 46,38 |
| 6 | 45,55 | 42,75 | 59,58 | 40,86 | 53,80 | 44,45 |
| 7 | 65,83 | 59,15 | 66,18 | 40,46 | 40,28 | 46,38 |
| 8 | 48,93 | 52,59 | 44,66 | 48,38 | 35,15 | 51,07 |
| 9 | 50,62 | 52,59 | 41,65 | 61,28 | 56,50 | 50,25 |
| 10 | 23,59 | 49,31 | 37,09 | 57,96 | 58,93 | 43,63 |
| 11 | 55,69 | 59,15 | 45,62 | 39,88 | 49,74 | 56,59 |
| 12 | 65,83 | 59,15 | 42,78 | 79,16 | 78,12 | 55,76 |
| 13 | 33,73 | 59,15 | 43,66 | 57,37 | 38,66 | 48,32 |
| 14 | 48,93 | 42,75 | 36,07 | 39,29 | 39,47 | 68,46 |
| 15 | 50,62 | 55,87 | 57,53 | 38,80 | 46,23 | 72,04 |
| 16 | 48,93 | 32,90 | 42,33 | 47,70 | 50,55 | 48,32 |
| 17 | 54,00 | 42,75 | 52,44 | 49,94 | 56,23 | 46,38 |
| 18 | 54,00 | 42,75 | 52,09 | 54,44 | 60,28 | 33,97 |
| 19 | 52,31 | 46,03 | 62,42 | 49,06 | 48,66 | 62,11 |

Lampiran 16

DESKRIPTIF T – SCORE

|  |
| --- |
| **Descriptive Statistics** |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| TPU | 19 | 23,59 | 65,83 | 50,0000 | 10,00000 |
| TSU | 19 | 26,34 | 62,44 | 50,0000 | 10,00000 |
| TPT | 19 | 36,07 | 68,37 | 50,0000 | 10,00000 |
| TKELC | 19 | 38,80 | 79,16 | 50,0000 | 10,00000 |
| TKECE | 19 | 35,15 | 78,12 | 50,0000 | 10,00000 |
| TVO2 | 19 | 33,97 | 72,04 | 50,0000 | 10,00000 |
| Valid N (listwise) | 19 |  |  |  |  |

Lampiran 17



Lampiran 18



Lampiran 19



Lampiran 20



Lampiran 21



Lampiran 22