

## DAFTAR GAMBAR

	Halaman
Gambar 2.1 Skala Bourbonis .....	28
Gambar 2.2 Latihan I (Pelvic Tilting).....	33
Gambar 2.3 Latihan II (Single Knee To Chest).....	34
Gambar 2.4 Latihan III (Double Knee To Chest) .....	34
Gambar 2.5 Latihan IV (Partial Sit-Up) .....	35
Gambar 2.6 Latihan V (Hamstring stretch) .....	35
Gambar 2.7 Latihan VI (Hip Fleksor Stretch) .....	36
Gambar 2.8 LatihanVII (Squat) .....	36
Gambar 4.1 Denah Terminal Landungsari.....	50
Gambar 4.2 Denah Rumah Subyek.....	50