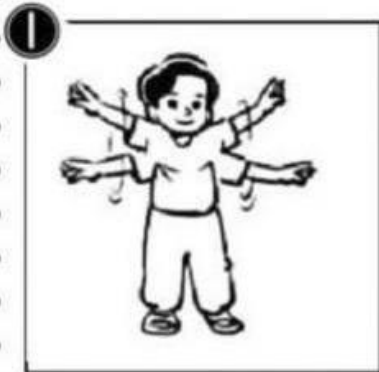


SENAMAN CERIA

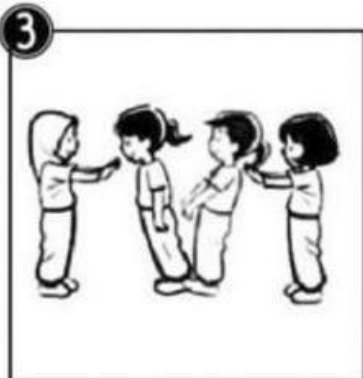
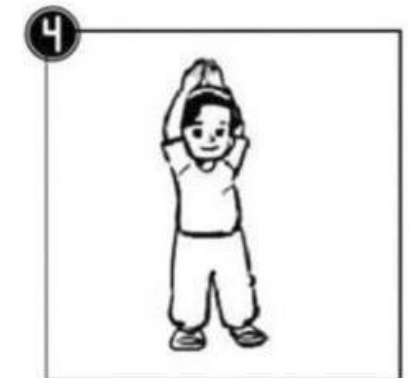
- Pergerakan Bukan Lokomotor -

Padankan rajah dengan jenis pergerakan bukan lokomotor yang betul.



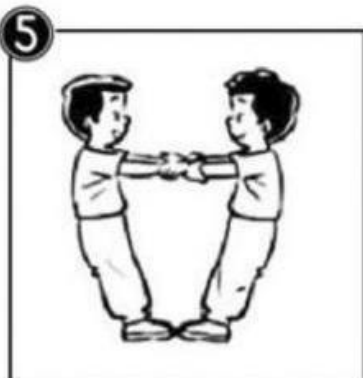
Meregang

Menolak dan mengimbang



Mengayun

Mengilas



Membongkok

Memusing



Menarik

Membuai

