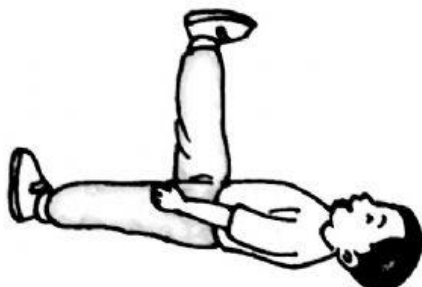


B. Kenal pasti jenis regangan bagi aktiviti di bawah. Kemudian, lakukan aktiviti regangan tersebut. **SP 3.3.1 TP 1**

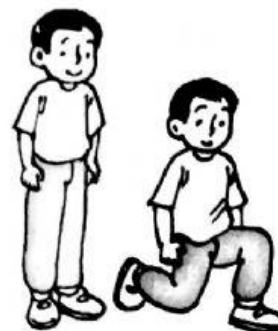
Regangan statik

Regangan dinamik

1.



4.



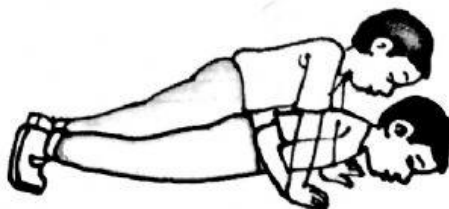
2.



5.



3.



6.

