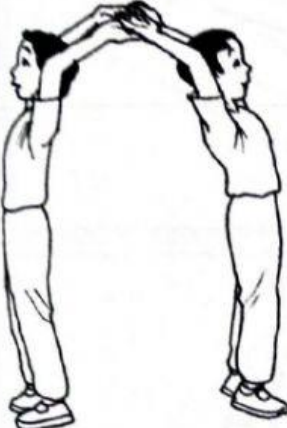
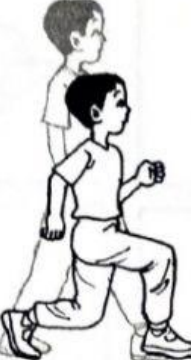
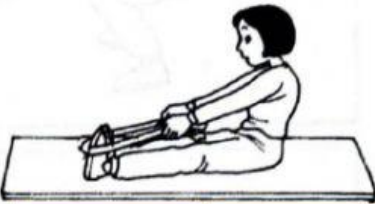


Nama :

Kelas :

1. Pilih teknik senaman regangan yang betul berdasarkan gambar dibawah

		
statik dinamik	statik dinamik	statik dinamik
		
statik dinamik	statik dinamik	statik dinamik