

LAMPIRAN 1

Data Tes Awal dan Tes Akhir Kelompok *Single Leg Burpee* dan *Double Leg Burpee*

No	Kelompok <i>Single Leg Burpee</i>		Kelompok <i>Double Leg Burpee</i>	
	Tes Awal	Tes Akhir	Tes Awal	Tes Akhir
1	18	23	18	24
2	19	25	20	27
3	20	26	19	25
4	17	22	17	19
5	21	27	17	23
6	19	24	16	18
7	18	24	17	19
8	22	28	16	18
9	20	26	19	23
10	19	25	17	20

LAMPIRAN 2

Deskripsi Data Kelompok
Kelompok *Single Leg Burpee* dan *Double Leg Burpee*

Descriptives				
	Kelompok		Statistic	Std. Error
Tesawal	single leg bupee	Mean	19.3000	.47258
		95% Confidence Interval for Mean	Lower Bound	18.2309
			Upper Bound	20.3691
		5% Trimmed Mean	19.2778	
		Median	19.0000	
		Variance	2.233	
		Std. Deviation	1.49443	
		Minimum	17.00	
		Maximum	22.00	
		Range	5.00	
		Interquartile Range	2.25	
		Skewness	.360	.687
		Kurtosis	-.152	1.334
	double leg burpee..	Mean	17.6000	.42687
		95% Confidence Interval for Mean	Lower Bound	16.6343
			Upper Bound	18.5657
		5% Trimmed Mean	17.5556	
		Median	17.0000	
		Variance	1.822	
		Std. Deviation	1.34990	
		Minimum	16.00	
		Maximum	20.00	
		Range	4.00	
		Interquartile Range	2.25	
		Skewness	.583	.687
		Kurtosis	-.756	1.334
Tesakhir	single leg bupee	Mean	25.0000	.57735

	95% Confidence Interval for	Lower Bound	23.6939	
	Mean	Upper Bound	26.3061	
	5% Trimmed Mean		25.0000	
	Median		25.0000	
	Variance		3.333	
	Std. Deviation		1.82574	
	Minimum		22.00	
	Maximum		28.00	
	Range		6.00	
	Interquartile Range		2.50	
	Skewness		.000	.687
	Kurtosis		-.450	1.334
double leg burpee..	Mean		21.6000	1.01325
	95% Confidence Interval for	Lower Bound	19.3079	
	Mean	Upper Bound	23.8921	
	5% Trimmed Mean		21.5000	
	Median		21.5000	
	Variance		10.267	
	Std. Deviation		3.20416	
	Minimum		18.00	
	Maximum		27.00	
	Range		9.00	
	Interquartile Range		5.50	
	Skewness		.353	.687
	Kurtosis		-1.319	1.334

LAMPIRA 3

Data Hasil Uji Normalitas Tes Awal-Tes Akhir Kelompok *Single Leg Burpee* dan *Double Leg Burpee*

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Kelompok	Statistic	df	Sig.	Statistic	df	Sig.
Tesawal	single leg bupee	.180	10	.200*	.966	10	.854
	double leg burpee..	.272	10	.035	.896	10	.198
Tesakhir	single leg bupee	.108	10	.200*	.984	10	.982
	double leg burpee..	.191	10	.200*	.906	10	.254

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

LAMPIRAN 4

Data Hasil Uji Homogenitas Tes Awal dan Tes Akhir Kelompok *Single Leg Burpee* dan *Double Leg Burpee*

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
Tesawal	Based on Mean	.014	1	18	.908
	Based on Median	.048	1	18	.830
	Based on Median and with adjusted df	.048	1	17.939	.830
	Based on trimmed mean	.016	1	18	.899
Tesakhir	Based on Mean	7.230	1	18	.015
	Based on Median	7.200	1	18	.015
	Based on Median and with adjusted df	7.200	1	17.599	.015
	Based on trimmed mean	7.200	1	18	.015

LAMPIRAN 5

Data Paired Sample T-Test **Kelompok Single Leg Burpee dan Double Leg Burpee**

Paired Samples Test

		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
					Lower	Upper			
Pair 1	VAR00001 - VAR00002	-5.70000	.48305	.15275	-6.04555	-5.35445	-37.315	9	.000

Paired Samples Test

		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
					Lower	Upper			
Pair 1	VAR00001 - VAR00002	-4.00000	2.05480	.64979	-5.46992	-2.53008	-6.156	9	.000

LAMPIRAN 6

Data Hasil *Independent Sample T-Test* Kelompok *Single Leg Burpee* dan *Double Leg Burpee*

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2- tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
Tesawal	Equal variances assumed	.014	.908	2.669	18	.016	1.70000	.63683	.36206	3.03794
	Equal variances not assumed			2.669	17.817	.016	1.70000	.63683	.36108	3.03892
Tesakhir	Equal variances assumed	7.230	.015	2.915	18	.009	3.40000	1.16619	.94992	5.85008
	Equal variances not assumed			2.915	14.287	.011	3.40000	1.16619	.90347	5.89653

LAMPIRAN 7

Dokumentasi Penelitian





