

## LAMPIRAN 1

Deskripsi Data Tes Awal Overhead Throw  
Kelompok Sit-up Stand-up and Throw

Descriptives					
	Kelompok		Statistic	Std. Error	
Tesawal	SIT-UP STAND-UP AND THROW	Mean	302.350 0	12.1612 6	
		95% Confidence Interval for Mean	Lower Bound	276.896 2	
			Upper Bound	327.803 8	
		5% Trimmed Mean	301.222 2		
		Median	284.500 0		
		Variance	2957.92 4		
		Std. Deviation	54.3868 0		
		Minimum	231.00		
		Maximum	394.00		
		Range	163.00		
		Interquartile Range	103.00		
		Skewness	.442	.512	
		Kurtosis	-1.301	.992	
Tesakhir	SIT-UP STAND-UP AND THROW	Mean	304.450 0	12.1290 2	

95% Confidence Interval for Mean	Lower Bound	279.063 7	
	Upper Bound	329.836 3	
5% Trimmed Mean		303.277 8	
Median		286.500 0	
Variance		2942.26 1	
Std. Deviation		54.2426 1	
Minimum		234.00	
Maximum		396.00	
Range		162.00	
Interquartile Range		103.75	
Skewness		.446	.512
Kurtosis		-1.308	.992

## LAMPIRAN 2

### Data Hasil Uji Normalitas Tes Awal Overhead Throw Kelompok Sit-up Stand-up and Throw

Tests of Normality						
Kelompok	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.

Tesawal	SIT-UP STAND-UP AND THROW	.168	20	.140	.906	20	.162
Tesakhir	SIT-UP STAND-UP AND THROW	.169	20	.136	.904	20	.149
a. Lilliefors Significance Correction							

### LAMPIRAN 3

Data Paired Sample T-test Tes Awal-Akhir Overhead Throw  
Kelompok Sit-up Stand-up and Throw

Paired Samples Test									
		Paired Differences					t	d f	Sig. (2- tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Tesawar I- Tesakhi r	-2.100 00	.44721	.10000	-2.309 30	-1.890 70	-21.00 0	1 9	.000

## LAMPIRAN 4

### Dokumentasi Penelitian



