

## Barrier Jump Training to Leg Muscle Explosive Power

<b>Title</b>	Barrier Jump Training to Leg Muscle Explosive Power
<b>Abstract</b>	
<b>Authors</b>	PKR Tirtayasa, IGPNA Santika, M Subekti, IPG Adiatmika, R Festiawan
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<b>Author</b>	RIFQI FESTIAWAN, S.Pd, M.Pd.AIFO