
Training of Superset System Power and Set System to Improve the Strength of Limb

Title	Training of Superset System Power and Set System to Improve the Strength of Limb
Abstract	
Authors	JH Fauzi, JD Mulyani, A Prayoga
Journal Name	
Publish Year	2018
Citation	(not set)
Url	https://scholar.google.com/scholar?q=+intitle:"Training of Superset System Power and Set System to Improve the Strength of Limb"
Author	JAJANG DEDE MULYANI, S.Pd, M.Pd