

Senam Aerobik Meningkatkan Daya Tahan Jantung Paru dan Fleksibilitas (Aerobic Dance Increase the Cardiorespiratory Endurance and Flexibility)

Title	Senam Aerobik Meningkatkan Daya Tahan Jantung Paru dan Fleksibilitas (Aerobic Dance Increase the Cardiorespiratory Endurance and Flexibility)
Abstract	
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