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**Raffaela Di Napoli**



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web jan 17 2023 ada dua jenis gerakan senam ketangkasan dengan alat bantu yaitu lompat kangkang dan lompat jongkok keduanya menggunakan alat sederhana berupa peti loncat atau benda apapun yang dapat dipakai sebagai tumpuan dengan tinggi 120 cm bagi perempuan dan 136 cm untuk laki laki 1 lompat kangkang

**senam ketangkasan peralatan jenis manfaat lengkap - Sep 24 2022**

web mar 4 2023 senam ketangkasan atau senam artistik yaitu karena bentuk bentuk dari senam tersebut mempunyai aturan yang sesuai yuk langsung aja deh ke pembahasan yang lebih lengkap seperti berikut dibawah ini

*senam ketangkasan pengertian jenis dan manfaat kompas com - Oct 06 2023*

web dec 23 2021 berdasarkan pengertian di atas dapat diketahui bahwa ada dua jenis senam ketangkasan yakni senam dengan alat bantu dan tidak menggunakan alat bantu baca juga gerakan roll dalam senam lantai senam ketangkasan tanpa alat bantu berikut merupakan jenis senam ketangkasan tanpa alat adalah sikap lilin guling

[jenis jenis senam ketangkasan kompas com](#) - Sep 05 2023

web jun 2 2022 kompas com jenis senam ketangkasan dapat dibagi menjadi dua yakni senam ketangkasan menggunakan alat dan senam ketangkasan tanpa alat senam ketangkasan menggunakan alat dilakukan dengan bantuan alat bantu sedangkan senam ketangkasan tanpa alat dilakukan tanpa alat bantu atau murni gerakan tubuh

*5 macam macam senam ketangkasan untuk kesehatan tubuh* - May 01 2023

web baca teknik dasar bola voli peraturan dalam permainan bola voli macam macam olahraga air beserta penjelasannya seperti yang telah disebutkan diatas senam ketangkasan dibagi menjadi dua pertama adalah senam dengan menggunakan alat dan yang kedua adalah senam dengan tidak menggunakan alat