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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

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jenis jenis senam ketangkasan kompas com - Sep 05 2023

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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
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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