



[JO] Submission

Acknowledgement Eksternal



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Fajar Ari Widiyatm... 22/12/2022



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### Submission

Authors: Andre Yogaswara, Ahad Agaflin Dhuha, Pandu Kresnapati, Rara Sima Kusuma Wardani  
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Title and Abstract

Title	Analisis Latihan Dumbbell Wrist Terhadap Backhand Overhead Lob Pemain Bulutangkis
Abstract	The aim of the study was to ascertain its impact, and to compare the efficiency of wrist exercises

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