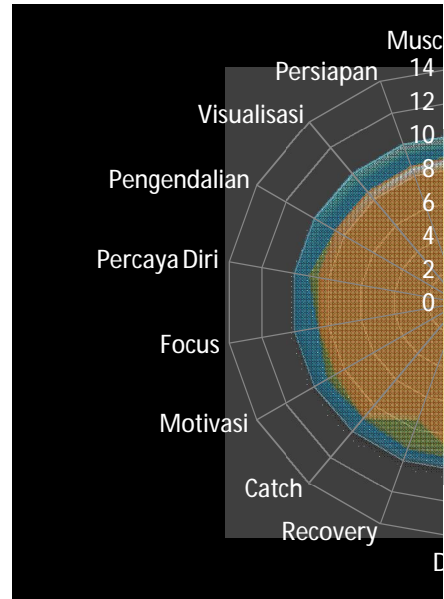
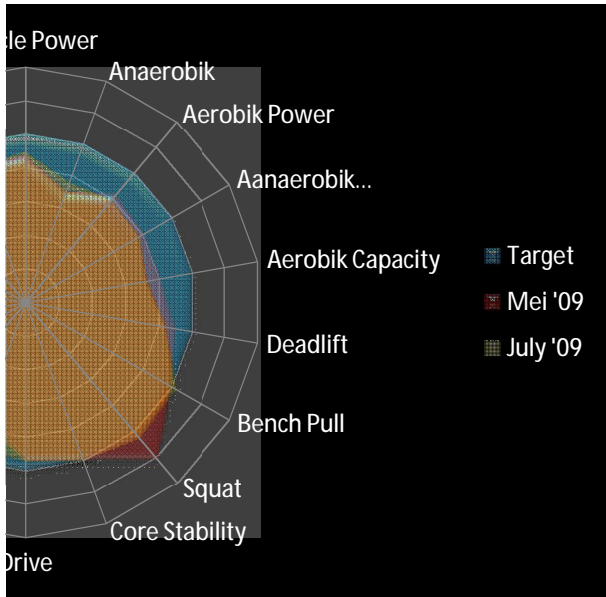


| Elemen               | Target | Mei '09 | July '09 |
|----------------------|--------|---------|----------|
| Muscle Power         | 10     | 9       | 9        |
| Anaerobik            | 10     | 7       | 8        |
| Aerobik Power        | 10     | 8       | 8        |
| Aanaerobik Threshold | 10     | 8       | 8        |
| Aerobik Capacity     | 10     | 8       | 7        |
| Deadlift             | 10     | 9       | 8        |
| Bench Pull           | 10     | 10      | 10       |
| Squat                | 10     | 12      | 11       |
| Core Stability       | 10     | 10      | 10       |
| Drive                | 10     | 9       | 9        |
| Recovery             | 10     | 8       | 9        |
| Catch                | 10     | 9       | 9        |
| Motivasi             | 10     | 9       | 9        |
| Focus                | 10     | 9       | 9        |
| Percaya Diri         | 10     | 9       | 9        |
| Pengendalian         | 10     | 9       | 9        |
| Visualisasi          | 10     | 9       | 9        |
| Persiapan            | 10     | 9       | 9        |



| Physical Perfo |                              |                                 |
|----------------|------------------------------|---------------------------------|
| No.            | Key Performance Faktor (KPF) | Ideal (World Class Performance) |
| 1              | Muscle Power                 | 455                             |
| 2              | Anaerobik Capacity           | 402                             |
| 3              | Aerobik Power                | 263                             |

|   |                         |           |    |
|---|-------------------------|-----------|----|
| 4 | Aanaerobik Threshold    | 220       |    |
| 5 | Aerobik Capacity        | 3,7       |    |
| 6 | Max Strength            | Dead Lift | 91 |
|   |                         | B.Pull    | 68 |
|   |                         | Squat     | 91 |
| 9 | Physical Capacity Tests | 5         |    |



## Performance Untuk LW2X-

| Record   |          | Pengukuran  | Jenis Latihan  |
|----------|----------|---|--|
| Mei '09  | July '09 |   |  |
| 394      | 405      | Pengukuran menggunakan Ergometer Concept 2 Seri D | Latihan Maximum Strength dengan Top Pyramid 3 - 2 - 1 (85% - 95%)  |
| 279      | 303      | Pengukuran menggunakan Ergometer Concept 2 Seri D | Latihan Maximum Strength dengan Top Pyramid 3 - 2 - 1 (85% - 95%) dan anaerobik tr   |
| 334 watt | 309,0    | Pengukuran menggunakan Ergometer Concept 2 Seri D | Latihan Strength endurance di ruang beban dengan dutrasi 1' - 5' (40-45kg) dan aerobik transportation/interval tr (95% dari max speed) |

|           |          |  |   |
|-----------|----------|--|---|
| 280 watt  | 264,0    | Pengukuran menggunakan Ergometer Concept 2 Seri D            | Latihan Strength endurance di ruang beban dengan dutrasi 1' - 5' (40-45kg) dan aerobik threshold/interval tr (85% dari max speed) |
| 4.8 liter | 4,3      | Pengukuran menggunakan Ergometer Concept 2 Seri D            | Latihan Strength endurance di ruang beban dengan dutrasi 1' - 5' (40-45kg) dan interval tr & long distance (80% dari max speed)   |
| 108 kg    | 119.8 kg | Predicted Tests 1RM Ed Mc Neely (Rowing Faster)              | Latihan Maximum Strength dengan Top Pyramid 3 - 2 - 1 (85% - 95%).  |
| 105 kg    | 110.8 kg |  |   |
| 132 kg    | 139.8 kg |  |   |
| 5         | 5        | Core Strength & Stability Test - Multi-Level Prone Hold Test | Latihan berbagai macam latihan stabilisasi  |