

**PENGARUH LATIHAN VARIASI *PUSH UP* DAN LATIHAN VARIASI
PASSING ATAS TERHADAP KEMAMPUAN *PASSING*
ATAS BOLA VOLI SISWA KELAS VIII
SMP NEGERI 1 MUARO JAMBI**

**THE EFFECT OF PUSH-UP VARIATION TRAINING AND TOP PASSING
VARIATION TRAINING ON THE VOLLEYBALL SKILLS OF STUDENTS OF
CLASS VIII SMP NEGERI 1 MUARO JAMBI**

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