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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

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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