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**PENGARUH KOMBINASI SENAM LANSIA AEROBIK DAN BEBAN TERHADAP PERUBAHAN
PARAMETER SARKOPENIA PADA**

LANSIA DI PANTI JOMPO Kajian Terhadap Massa Otot, Kekuatan Otot, dan Performa Fisik

Fania Rizky Ramadiani, Dr. dr. Denny Agustiniingsih, M.Kes, AIFM, AIFO-K; Dr. dr. Rahmaningsih Mara Sabirin, M.S

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