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## DAFTAR SINGKATAN

ACSM	<i>American Collage of Sport Medicine</i>
ADP	<i>Adenosin Di Phosphate</i>
ATP	<i>Adenosin Tri Phosphate</i>
AP1	<i>Activator Protein 1</i>
ASBEE	<i>Acute Single Bout Eccentric Exercise</i>
Ca	<i>Calsium</i>
C/EBP	<i>CCAAT/Enhancer Binding Protein</i>
CK	<i>Creatine Kinase</i>
Cr	<i>Creatine</i>
CRP	<i>C-Reactive Protein</i>
COX	<i>Cyclo-oxygenase</i>
EDTA	<i>Ethylenediaminetetraacetic</i>
E-C	<i>Exitation-Contraction</i>
DNA	<i>Deoxyribonucleid Acid</i>
DOMS	<i>Delayed Onset Muscle Damaged</i>
FITT	<i>Frequency Intensity Time Tipe</i>
HR	<i>Heart Rate</i>
iNOS	<i>inducible Nitric Oxide Synthase</i>
IL	<i>Interleukin</i>
IKK	<i>Inhibitor Kappa Kinase</i>
IRS	<i>insulin Reseptor Substrat</i>

JNK	<i>c-Jun N-terminal Kinase</i>
kDa	<i>kilo dalton</i>
LDH	<i>Lactate Dehydrogenase</i>
LDL	<i>low density lipoprotein</i>
LPS	<i>lipopolysaccharide</i>
M1	<i>Makrofag 1 (Fagosit)</i>
M2	<i>Makrofag 2 (non fagosit)</i>
MAP	<i>Mitogen-activated protein</i>
MCP	<i>Monocyte Chemoattractant</i>
mRNA	<i>messenger Ribonucleic Acid</i>
Na-K	<i>Natrium-Kalium</i>
NF- $\kappa$ B	<i>Nuclear Factor kappa light-chain-enhancer of activated B cells</i>
PBS	<i>Phospat Buffer Saline</i>
PCr	<i>Phospacreatine</i>
PGE2	<i>Prostaglandin E2</i>
ROS	<i>Reactive Oxygen Species</i>
RNA	<i>Ribonucleid Acid</i>
RNS	<i>Reactive Nitrogen Species</i>
SOD	<i>Superoksida Dismutase</i>
TNF	<i>Tumor Necrosis Factor</i>
VO <sub>2</sub> Max	<i>Volume Oksigen Maksimum</i>