

## DAFTAR SINGKATAN

PCB	<i>Printed Circuit Board</i>
CPU	<i>Central Processing Unit</i>
RAM	<i>Random Access Memory</i>
EE	<i>Energy Expendable</i>
HR	<i>Heart Rate</i>
AHR	<i>Average Heart Rate</i>
REE	<i>Rest Energy Expendable</i>
VO2	<i>Volume O2</i>
LCD	<i>Liquid Crystal Display</i>
IC	<i>Intergrated Circuit</i>
LED	<i>Light Emiting Diode</i>
LDR	<i>Light Dependent Resistor</i>