

LIST OF FIGURES

Figure I.1. Total Weightlifting Injuries Caused by Physiological Strain	2
Figure I.2. Fishbone Diagram	3
Figure III.1. Conceptual Model	11
Figure III.2. Introduction & Preparation and Data Collection Phase	15
Figure III.3. Data Processing Phase	16
Figure III.4. Conclusion and Suggestion Phase	17
Figure IV.1. Normality Test	36
Figure IV.2. HR Descriptive Statistics	37
Figure IV.3. HR Sphericity Test.....	37
Figure IV.4. HR Within-Subjects Effects	38
Figure IV.5. VO ₂ Descriptive Statistics	38
Figure IV.6. VO ₂ Sphericity Test	39
Figure IV.7. VO ₂ Within-Subjects Effects	39
Figure IV.8. EE Descriptive Statistics.....	39
Figure IV.9. EE Sphericity Test.....	40
Figure IV.10. EE Within-Subjects Effects	40
Figure IV.11. Treadmill Heart Rate Data	42
Figure IV.12. Weightlifting Heart Rate Data	42
Figure IV.13. Treadmill VO ₂ Data	43
Figure IV.14. Weightlifting VO ₂ Data.....	43
Figure V.1. HR Comparison Aerobic vs Anaerobic Exercise	52
Figure V.2. Comparison of Aerobic Rest Period Based on Brouha Method.....	53
Figure V.3. Comparison of Anaerobic Rest Period Based on Brouha Method.....	54