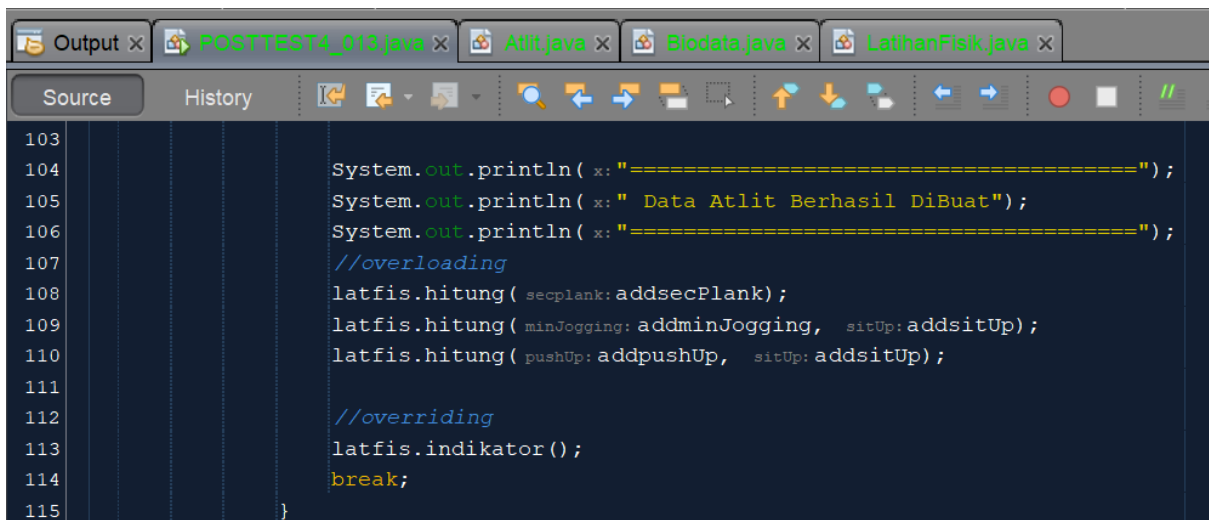


POSTTEST 4 PRAKTIKUM PBO A1-21
BRAMANTYO ARDI HARIMURTI WIBISONO
2109106013

```
--- exec-maven-plugin:3.0.0:exec (default-cli) @ POSTTEST4_013 ---
=====
Program Indikator Keberhasilan Latihan
      Atlit Tarung Derajat
=====
1. Create Data Atlit
2. Read Data Atlit
3. Update Data Atlit
4. Delete Data Atlit
5. Exit
Masukkan Pilihan Yang Ingin Anda Lakukan: 1
=====
=====
===== Create Menu =====
1. Data Atlit
2. Data Program Latihan
Masukkan Pilihan : 2
=====
Program Latihan Fisik

Masukkan Nama Atlit: Bramantyo
Masukkan Umur: 20
Masukkan Berat Badan: 56
Masukkan Tinggi Badan: 164
Masukkan Jumlah Push Up: 200
Masukkan Jumlah Sit Up: 150
Masukkan Total Detik Plank: 60
Masukkan Total Menit Jogging: 45
=====
Data Atlit Berhasil DiBuat
```



```
103
104      System.out.println( x: "=====");
105      System.out.println( x: " Data Atlit Berhasil DiBuat");
106      System.out.println( x: "=====");
107      //overloading
108      latfis.hitung( secplank: addsecPlank);
109      latfis.hitung( minJogging: addminJogging, sitUp: addsitUp);
110      latfis.hitung( pushUp: addpushUp, sitUp: addsitUp);
111
112      //overriding
113      latfis.indikator();
114      break;
115  }
```

```
=====
Data Atlit Berhasil DiBuat
=====
Program Latihan Anda
Plank: 60.0
Plank: 45.0
Push Up: 200
Sit Up: 150
Total Strenght Workout: 350 Repetisi
Total Lari Perhari Anda = 45.0
=====
```