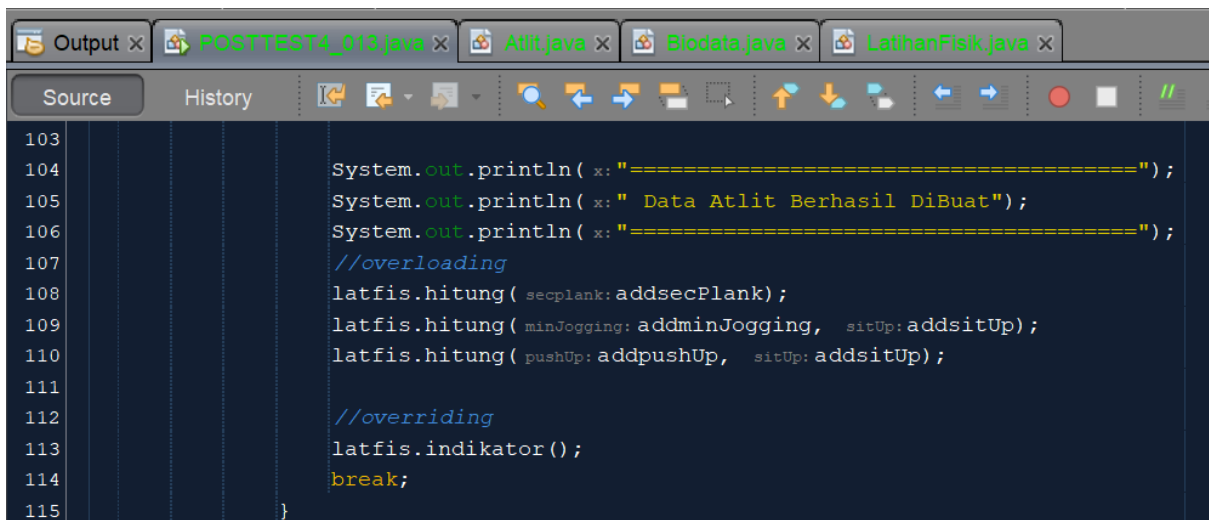


POSTTEST 6 PRAKTIKUM PBO A1-21
BRAMANTYO ARDI HARIMURTI WIBISONO
2109106013

```
--- 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
```



```
Source History
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
=====
```