

DAFTAR PUSTAKA

- Abdulloh, I. N., Sugiharto, S., Rejeki, P. S. 2021. Pengaruh Moderate Intensity Continuous Exercise terhadap Kadar Irisin Serum pada Wanita Remaja Obesitas. *Multilateral: Jurnal Pendidikan Jasmani dan Olahraga*. Vol.20(01): 67-82.
- Ameer F, Scandiuzzi L, Hasnain S, Kalbacher H, Zaidi N. 2014. De novo lipogenesis in health and disease. *Metabolism*. Vol. 63(7):895-902.
- American College of Sport Medicine. 2008. Physical Activity Guideline for Americans. Dilihat pada 10 September 2021 dari <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>
- American College of Sports Medicine. 2018. *ACSM's Guidelines for Exercise Testing and Prescription*: 10th Edition. Lippincott Williams & Wilkins; Baltimore, MD, USA.
- Andreato, L. V., Esteves, J. V., Coimbra, D. R., Moraes, A. J. P., de Carvalho, T. 2018. The influence of high-intensity interval training on anthropometric variables of adults afflicted with overweight or obesity: a systematic review and network meta-analysis. *Obes Reviews*. Vol.20(01): 142-155.
- Arhire L. I., Mihalache, L., Covasa, M. 2019. Irisin: A Hope in Understanding and Managing Obesity and Metabolic Syndrome. *Frontiers in Endocrinology*. Vol. 10: 524. <https://doi:10.3389/fendo.2019.00524>
- Arney, B. E., Foster, C., Porcari, J. 2019. EPOC. *ACSM's Health & Fitness Journal*. Vol. 23(04): 9-13.
- Bovet, J., Raymond, M. 2015. Preferred Women's Waist-to-Hip Ratio Variation over the Last 2,500 Years. *PLoS ONE*. Vol.10(4): e0123284. <https://doi:10.1371/journal.pone.0123284>
- Centers for Disease Control and Prevention. 2020. Physical Activity: How Much Physical Activity Do Adults Need.
- Centers for Disease Control and Prevention. 2021. About Adult BMI.
- Charidemou, E., Ashmore, T., Li, X., McNally, B. D., West, J. A., Liggi, S., Harvey, M., Orford, E., Griffin, J. L. 2019. A randomized 3-way crossover study indicates that high-protein feeding induces de novo lipogenesis in healthy humans. *JCI insight*. Vol. 4(12): 124819.
- Claudia, M., Gonzalo, G. V., Rebeca, P. M. 2017. Monogenic, Polygenic, and Multifactorial Obesity in Children: Genetic and Environmental Factors. *Austin Journal of Nutrition and Metabolism*. Vol.4(3): id1052.
- Czernichow, S., Kengne, A. P., Huxley, R. R., Batty, G. D., de Galan, B., Grobbee, D., Pillai, A., Zoungas, S., Marre, M., Woodward, M., Neal, B., Chalmers, J., ADVANCE Collaborative Group. 2011. Comparison Of Waist-To-Hip Ratio and Other Obesity Indices as Predictors of Cardiovascular Disease Risk in People With Type-2 Diabetes: a Prospective Cohort Study from ADVANCE. *European journal of cardiovascular prevention and rehabilitation : official journal of the European Society of Cardiology, Working Groups on Epidemiology & Prevention and Cardiac Rehabilitation and Exercise Physiology*. Vol.18(02): 312–319.

- Dahlan, M. S. 2016. Statistik Untuk Kedokteran dan Kesehatan. Epidemiologi Indonesia, Jakarta.
- Department of Health and Human Services and Department of Agriculture. 2015. *Dietary Guideline for Americans*: 8th Edition. USDA, Amerika.
- Diana, R., Yuliana, I., Yasmin, G., Hardiansyah, H. 2013. Faktor Risiko Kegemukan Pada Wanita Dewasa Indonesia (*Risk Factors of Overweight among Indonesian Women*). *Jurnal Gizi dan Pangan*. Vol. 8(01):1-8.
- Dixson, B. J. W. 2016. *Waist to Hip Ratio on Encyclopedia of Evolutionary Psychological Science*: 1-4. School of Psychology, University of Queensland, Brisbane.
- Djausal, A. N. 2015. *Effect Of Central Obesity As Risk Factor Of Metabolic Syndrome*. *Journal Majority*. Vol. 4(03):19-22.
- Donnelly, J., Jacobsen, D., Snyder Heelan, K., Seip, R., Smith, S. 2000. The effects of 18 months of intermittent vs continuous exercise on aerobic capacity, body weight and composition, and metabolic fitness in previously sedentary, moderately obese females. *Int J Obes*. Vol.24: 566–572.
- Dupuit, M., Rance, M., Morel, C., Bouillon, P., Pereira, B., Bonnet, A., Maillard, F., Duclos, M., Boisseau, N. 2020. Moderate-Intensity Continuous Training or High-Intensity Interval Training with or without Resistance Training for Altering Body Composition in Postmenopausal Women. *Med Sci Sports Exerc*. Vol.52(03): 736-745.
- Fisher, G., Brown, A. W., Brown, M. M. B., Alcorn, A., Noles, C., Winwood, L., Resuehr, H., George, B., Jeansonne, M. M., Allison, D. B. 2015. *High Intensity Interval- vs ModerateIntensity- Training for Improving Cardiometabolic Health in Overweight or Obese Males: A Randomized Controlled Trial*. *PLoS One*. Vol. 10(10):1-15.
- Fu, J., Hofker, M., Wijmenga, C. 2015. Apple or pear: size and shape matter. *Cell Metab*. Vol. 7;21(4):507-8.
- Gray, C. L., Messer, L. C., Rappazzo, K. M., Jagai, J. S., Grabich, S. C., Lobdell, D. T. 2018. The association between physical inactivity and obesity is modified by five domains of environmental quality in U.S. adults: A cross-sectional study. *PloS one*. Vol.13(8): 0203301.
- Hoshino, D., Kitaoka, Y., Hatta, H. 2016. High-Intensity Interval Training Enhances Oxidative Capacity and Substrate Availability in Skeletal Muscle. *The Journal of Physical Fitness and Sports Medicine*. Vol.5(01): 13-23.
- Hruby, A., Manson, J. E., Qi, L., Malik, V. S., Rimm, E. B., Sun, Q., Willett, W. C., Hu, F. B. (2016). Determinants and Consequences of Obesity. *American journal of public health*. Vol. 106(9): 1656–1662.
- Hunter, G. R., Gower, B. A., & Kane, B. L. 2010. Age Related Shift in Visceral Fat. *International journal of body composition research*. Vol.8(03): 103–108.
- Ito, S. 2019. High-Intensity Interval Training for Health Benefits and Care of Cardiac Diseases - The Key to An Efficient Exercise Protocol. *World journal of cardiology*. Vol.11(07): 171–188.
- Jin, C. H., Rhyu, H. S., Kim, Y. J. 2018. The Effects Of Combined Aerobic And Resistance Training On Inflammatory Markers In Obese Men. *Journal Exerc Rehabil*. Vol.14(04): 660-665.

- Jung, W. S., Hwang, H., Kim, J., Park, H. Y., Lim, K. 2019. Effect of Interval Exercise Versus Continuous Exercise on Excess Post-Exercise Oxygen Consumption During Energy-Homogenized Exercise on a Cycle Ergometer. *Journal of exercise nutrition & biochemistry*. Vol. 23(2): 45–50.
- Keating, S. E., E.A. Machan, H.T. O'Connor, J.A. Gerofi, A. Sainsbury, I.D. Caterson, & N.A. Johnson. 2014. Continuous Exercise but Not High Intensity Interval Training Improves Fat Distribution in Overweight Adults. *Journal of Obesity*: 834865. <https://doi.org/10.1155/2014/834865>.
- Kementerian Kesehatan RI. 2017. *Buku Ayo Bergerak*. Direktorat Kemenenterian Kesehatan, Jakarta.
- Kent, M. 2007. *The Oxford Dictionary of Sports Science and Medicine: 3rd Edition*. Oxford University Press, England.
- Khammassi, M., Ouerghi, N., Hadj-Taieb, S., Feki, M., Thivel, D., Bouassida, A. 2018. *Impact Of a 12-Week High-Intensity Interval Training Without Caloric Restriction On Body Composition And Lipid Profile In Sedentary Healthy Overweight/Obese Youth*. *J Exerc Rehabil*. Vol. 14(1):118-125.
- Kilpatrick, M. W., Little, J. P. 2014. High-Intensity Interval Training: A Review of Physiological and Psychological Responses. *ACSM'S Health and Fitness Journal*. Vol.18(05): 11-16.
- Kim, B. Y., Choi, D. H., Jung, C. H., Kang, S. K., Mok, J. O., Kim, C. H. 2017. Obesity and Physical Activity. *Journal of obesity & metabolic syndrome*. Vol.26(01): 15–22.
- Kong, Z., Sun, S., Liu, M., Shi, Q. 2016. Short-Term High-Intensity Interval Training on Body Composition and Blood Glucose in Overweight and Obese Young Women. *Journal of diabetes research*: 4073618. <https://doi.org/10.1155/2016/4073618>
- Kravitz, L. 2014. High Intensity Interval Training. ACSM's Consumer Information Committee. Dilihat pada 10 September 2021 dari www.acsm.org
- Linder, S., Abu-Omar, K., Geidl, W., Messing, S., Sarshar, M., Reimers, A. K., Ziemanz, H. 2021. Physical Inactivity in Healthy, Obese, and Diabetic Adults in Germany: An Analysis of Related Sociodemographic Variables. *PLoS ONE*. Vol. 16(02): 0246634.
- Liu, Y., Dong, G., Zhao, X., Huang, Z., Li, P., & Zhang, H. 2020. Post-exercise Effects and Long-Term Training Adaptations of Hormone Sensitive Lipase Lipolysis Induced by High-Intensity Interval Training in Adipose Tissue of Mice. *Frontiers in physiology*. Vol.11: 535722. <https://doi.org/10.3389/fphys.2020.535722>
- Lutfi, A. R., Herawati, L., Widjiati, W., Sari, G. M. 2021. Calorie Restriction and Moderate-Intensity Continuous Exercise Decrease Free Fatty Acid Levels and Visceral Fat Weight on High Calorie Diet Female Mice. *Indian Journal of Forensic Medicine & Toxicology*. Vol. 15(2): 3665-3677.
- MacInnis, M. J., Gibala, M. J. 2017. Psychological Adaptation to Interval Training and The Role of Exercise Intensity. *The Journal of Physiology*. Vol.595(9): 2915-2930.

- Masrul, M. 2018. Epidemi Obesitas dan Dampaknya Terhadap Status Kesehatan Masyarakat Serta Sosial Ekonomi Bangsa. *Majalah Kedokteran Andalas.* Vol. 41(03):152-162.
- Melkonian EA, Schury MP. 2021. *Biochemistry, Anaerobic Glycolysis.* StatPearls, Treasure Island (FL).
- Murawska-Cialowicz, E., Wolanski, P., Zuala-Jagiello, J., Feito, Y.. Petr, M., Kokstejen, K., Stastny, P., Golinski, D. 2020. Effect of HIIT with Tabata Protocol on Serum Irisin, Physical Performance, and Body Composition in Men. *International Journal of Environmental Research and Public Health.* Vol.17: 3589. <https://doi:10.3390/ijerph17103589>
- Nasikhah, A. D., Irawan, R. J., Mahmudiono, T. 2021. The Relation between Exercise Duration and Intensity on Phosphocreatine (PCr) Level: an Article Review. *Indian Journal of Forensic Medicine & Toxicology.* Vol. 15(01): 836-839.
- Omer T. The Causes Of Obesity: An In-Depth Review. *Adv Obes Weight Manag Control* 2020. Vol.10(3): 90-94.
- Querghi N, Ben Fradj MK, Bezrati I., Khammassi, M., Feki, M., Kaabachi, N., Bouassida, A. 2017. Effects Of High-Intensity Interval Training On Body Composition, Aerobic And Anaerobic Performance And Plasma Lipids In Overweight/Obese And Normal-Weight Young Men. *Biol Sport.* Vol.34(04): 385–392.
- Paley, C. A., & Johnson, M. I. 2018. Abdominal Obesity and Metabolic Syndrome: Exercise as Medicine. *BMC sports science, medicine & rehabilitation.* Vol.10(07).
- Pasetti, S. R., Gonçalves, A., Padovani, C. R. 2012. Continuous Training Versus Interval Training in Deep Water Running: Health Effects for Obese Woman. *Rev Andal Med Deporte.* Vol.5(01): 3-7.
- Pawar, S. A. 2017. Comparison Of Bmi And Waist-Hip Ratio In Physically Trained Adults And Sedentary Adults. *International Journal of Bioassays.* Vol. 6(09): 5485.
- Pedoman Gizi Nasional, 2014.
- Putri, S. R., Isti, D. 2015. Obesitas sebagai Faktor Peningkatan Kadar Trigliserida. *Majority.* Vol. 4(09): 78-82.
- Roy, B. A. 2013. High-Intensity Interval Training. *ACSM's Health & Fitness Journal.* Vol. 17(03): 3.
- Sandi, I. N. 2019. Sumber dan Metabolisme Energi dalam Olahraga. *Jurnal Pendidikan Kesehatan Rekreasi.* Vol. 5(02): 64-73.
- Santoso, D. I. S., Boenjamin, H. A. 2019. The Benefit of Physiological Changes in High Intensity Interval Training. *Universa Medicina.* Vol.38(03)209-216.
- Seo, M. W., Jung, H. C., Song, J. K., & Kim, H. B. (2015). Effect of 8 weeks of pre-season training on body composition, physical fitness, anaerobic capacity, and isokinetic muscle strength in male and female collegiate taekwondo athletes. *Journal of exercise rehabilitation.* Vol.11(02): 101–107.
- Sherwood, L. 2013. *Introduction to Human Physiology: 8th Edition.* Yolanda Cossio, China.

- Shommo, S., Aslami, I., Al-Tamimi, I., Anzi, G., Turki, R., M.Al-Tamimi, K. 2014. The Relationship Between Obesity and Dietary Intake of Obese and Pre-Obese Female Students – Aja Campus Hail University. *European Scientific Journal*. Vo. 10(24): 116-130.
- Singh, P., Somers, V. K., Romero-Corral, A., Sert-Kuniyoshi, F. H., Pusalavidiyasagar, S., Davison, D. E., & Jensen, M. D. 2012. Effects of weight gain and weight loss on regional fat distribution. *The American journal of clinical nutrition*. Vol. 96(02): 229–233.
- Song, Z., Xiaoli, A. M., Yang, F. 2018. Regulation and Metabolic Significance of De NovoLipogenesis in Adipose Tissues. *Nutrients*. Vol.10(10): 1383.
- Taheri, M., Taherkhani, M. 2015. The Effect of Pool-Based Aerobic Exercises on Obesity and Well-Being in Aged Males. *Int. J. Rev. Life. Sci.* Vol.5(08): 1110-1114.
- Thaker V. V. 2017. Genetic And Epigenetic Causes Of Obesity. *Adolescent medicine: state of the art reviews*. Vol. 28(2): 379–405.
- WHO. 2000. The Asia-Pacific perspective: redefining obesity and its treatment. Health Communication, Sydney.
- World Health Organization (WHO). 2011. *Waist circumference and waist–hip ratio: report of a WHO expert consultation, Geneva, 8–11 December 2008*. WHO Document Production Services, Geneva.
- World Health Organization. 2020. Physical Activity.
- Zhang H, Tong TK, Qiu W, Zhang X, Zhou S, Liu Y, He Y. 2017. Comparable Effects of High-Intensity Interval Training and Prolonged Continuous Exercise Training on Abdominal Visceral Fat Reduction in Obese Young Women. *J Diabetes Res*: 2017. <https://doi:10.1155/2017/5071740>.

