

DAFTAR PUSTAKA

- Aalizadeh, Ali, Sedighe Shirkhan, Ali foroughi, Saeed Changizi, Najmeh Mobaseri. 2015. The Effect of Short-term Plyometric Training Program on Sprint, Strength, Power and Agility Performance in non-athletic Men. *Biotechnology Research Asia*. Vol. 14(2).
- Ayuningtyas, Dwi Putri, Joko Hartono, Kaswarganti Rahayu. 2015. Pengaruh Latihan Side Hop dan Jump to Box terhadap Power Tungkai. *Unnes Journal of Sport Sciences*. Vol. 4(2).
- Baum, Jamie I, Robert R. Wolfe. 2015. The Link between Dietary Protein Intake, Skeletal Muscle Function and Health in Older Adults. *Healthcare*. Vol. 3 : 529-543
- Bhutkar, Milind V., Bhurkar, Pratima M., Taware, Govind B., Surdi, Anil. 2011. How Effective is Sun Salutation in Improving Muscle Strength, General Body Endurance and Body Composition. *Asian Journal of Sport Medicine*, Vol. 2 : 259-266.
- Boreham, Colin. 2006. *The Physiology of Training*. England: Elsevie.
- Bompa, Tudor, Carlo A. Buzzichelli. 2015. *Periodization Training for Sports third edition*. United States: Human Kinetic.
- Dahlan, S. 2010. *Statistik untuk Kedokteran dan Kesehatan Uji Hipotesis dengan Menggunakan SPSS*. Jakarta: PT.Arkans.
- Davies, George, Bryan Riemann, Robert Manske. 2015. Current Concepts of Plyometric Exercise. *The International Journal of Sports Physical Therapy* Vol. 10(6).
- Departemen Kesehatan Republik Indonesia. 2005. *Petunjuk Teknis Pengukuran Kebugaran Jasmani*. Jakarta: Katalog dalam Departemen Kesehatan Republik Indonesia. DOI : 10.1210/jc.2009-1251.
- Guyton, Arthur C. dan John E. Hall. 2007. *Buku Ajar Fisiologi Kedokteran Edisi 11*. Jakarta: EGC.
- Heiderscheit, Bryan C., Karen Palmer, Geroage J. Davies. 2018. The Effect of Isokinetic Vs. Plyometric Training on the Shoulder Internal Rotators. *Journal of Orthopaedi & Sport Physical Therapy* Vol. 23(2).
- Hoffman, Jay. 2014. *Physiological Aspects of Sport and Performance 2nd edition*. United States: Human Kinetics.

- Ismaryati. 2008. *Tes dan Pengukuran Olahraga*. Surakarta: PT. Lembaga Pengembangan Pendidikan UNS.
- Kurniawan, Febi. Pengembangan Model Latihan Plyometric untuk Meningkatkan Power Otot Pemain Sepakbola Usia 14-16 Tahun. *Motion*. Vol. 6(1).
- Manty, Minna, de Leon CF, Rantanen T, Era P. 2011. Mobility-Related Fatigue, Walking Speed, and Muscle Strength in Older People. *The Journals of Gerontology*. Vol. 67A:523-529.
- Manty, Minna. 2014. Indoor Mobility-Related Fatigue and Muscle Strength in Nonagenarians: A Prospective Longitudinal Study. *NIH*. Vol. 26(1) 39-46.
- Martini, F.H., Nath, J.L., Bartholomew, E.F., Ober, W.C., Garrison, C.W., Welch, K. 2012. *Fundamentals of Anatomy and Physiology*. Eight Edition. USA: Pearson Education, Inc.
- McArdle, W., Katch, F. and Katch, V. 2010. *Exercise physiology*. Baltimore, MD: Lippincott Williams & Wilkins.
- Murray, Robert K., Daryl, K. Granner., Victor, W. Rodwell. 2009. *Biokimia Harper Edisi 27*. Jakarta : EGC.
- Santiasih, Indri. 2013. Kajian Manual Material Handling terhadap Kejadian Low Back Pain pada Pekerja Tekstil. *J@TI Undip*. Vol. 8(1).
- Sastroasmoro, S., Ismael, S. 2011. *Dasar-Dasar Metodologi Penelitian Klinis*. Edisi keempat. Jakarta: Sagung Seto.
- Sherwood, L. 2012. *Fisiologi Manusia dari Sel ke Sistem*. Edisi 2. Jakarta: EGC.
- Susanta, I Pt Adi, I Ketut Sudiana, I Nyoman Sudarmada. 2014. Pengaruh Pelatian Incrimental Vertical Hop terhadap Kelincahan dan Kekuatan Otot Tungkai. *e-Journal IKOR Universitas Pendidikan Ganesha Jurusan Ilmu Keolahragaan*. Vol. 2.
- Pakdel, Mahdiyeh, Mohsen Ghofrani. 2015. Comparison the Effects of Three Plyometric Exercis Methods on Explosive Power of Lower Extremity and Anaerobic Power 18-22 Years Old Female Basketball Players. *International Journal of Basic Sciences & Applied Research*. Vol. 4(9) 563-566.
- Park, Gi Duck, Joong Chul Lee, Juri Lee. 2014. The Effect of Low Extremity Plyometric Training on Back Muscle Power of High School Throwing Event Athletes. *Journal Physical Therapy Science*. Vol. 26:161-164.
- Poomsalood, Somruthai, Sasima Pakulanon. 2015. Effects of 4-week Plyometric Training on Speed, Agility and Leg Muscle Power in Male University Basketball Players : A Pilot Study. *Kasetsart Journal*. Vol. 36:1-9.

Tanjung, Anggun Lestari.2015. Perbedaan Pengaruh Latihan Double Leg Bound dan Alternate Leg Bound terhadap Power Otot Tungkai dan Kecepatan Tendangan Maegeri Chudan Pada Karateka Putra Lemkari Dojo Bima Sakti Binjai. *Jurnal Pedagogik Keolahragaan*. Vol. 01(1): 58-65.

Vaczi, M., Tollar, J., Meszler, B., Juhasz, I., Karsai, I. 2013. Short-Term High Intensity Plyometric Training Program Improves Strength, Power, and Agility In Male Soccer Players. *Journal of Human Kinetics*. Vol 36 : 17-26.

WHO. 2004. Appropriate Body Mass Index for Asian Populations And It's Implications for Policy And Intervention Strategies. *Lancet*. Vol. 363: 157.

