

DAFTAR PUSTAKA

- Tudor O, Bompa, & Buzzichelli, carlo a. (2019). *Theory and Methodology Of Training*.
- Dr. Emral, M.Pd. (2017). Pengantar Teori dan Metodologi Pelatihan Fisik
- Harsono. (2000). *Coaching dan Aspek-aspek Psikologis Dalam Coaching*
- Tangkudung, J. (2006). *Kepelatihan Olahraga*.
- Sukadiyanto. (2005). *Pengantar Teori dan Metodologi Melatih Fisik*.
- Jafarnezhadgero, A. A., Ghorbanloo, F., Fatollahi, A., Dionisio, V. C., & Granacher, U. (2021). Effects of an elastic resistance band exercise program on kinetics and muscle activities during walking in young adults with genu valgus: A double-blinded randomized controlled trial. In *Clinical Biomechanics* (Vol. 81). Elsevier Ltd. <https://doi.org/10.1016/j.clinbiomech.2020.105215>
- Kraemer, W. J., & Ratamess, N. A. (2005). Hormonal Responses and Adaptations to Resistance Exercise and Training. *Sports Medicine*, 35(4), 339–361. <https://doi.org/10.2165/00007256-200535040-00004>
- Oesen, S., Halper, B., Hofmann, M., Jandrasits, W., Franzke, B., Strasser, E. M., Graf, A., Tschan, H., Bachl, N., Quittan, M., Wagner, K. H., & Wessner, B. (2015). Effects of elastic band resistance training and nutritional supplementation on physical performance of institutionalised elderly - A randomized controlled trial. *Experimental Gerontology*, 72, 99–108. <https://doi.org/10.1016/j.exger.2015.08.013>
- Bird, S. P., Tarpenning, K. M., & Marino, F. E. (2005). Designing Resistance Training Programmes to Enhance Muscular Fitness A Review of the Acute Programme Variables. *Sports Medicine*, 35(10), 841–851.
- Mardhika, R. (n.d.). *Pengaruh Latihan Resistance dan Plyometric Terhadap Kekuatan Otot Tungkai dan Kelincahan Pada Pemain Futsal*. 68(1), 5–12.
- Turban, C., Culas, C., & Deley, G. (2014). Effects of a short-term resistance program using elastic bands or weight machines in cardiac rehabilitation. *Science and Sports*, 29(3), 143–149. <https://doi.org/10.1016/j.scispo.2013.07.005>

- Valeh, S., Fatolahi, H., & Azarbajani, M. A. (2020). Effect of eight weeks of low, moderate, and high-intensity TRX training on hot flashes, mood, fat percentage, and muscular endurance in postmenopausal women. *Apunts Sports Medicine*, 55(207), 97–103. <https://doi.org/https://doi.org/10.1016/j.apunsm.2020.05.004>
- Lubis, J. 2014. TRX EXERCISE (Mengenal Latihan Unik; TRX). <http://johansyahlubis.blogspot.co.id/>. Diunduh tanggal, 1 Januari 2014.
- Aminaee, M., Shamsi, E. H., & Nikoei, R. (2020). The impact of eight weeks of calcium intake and vitamin D along with TRX exercise on body composition and lipid profiles of overweight women. *Obesity Medicine*, 19(March), 100249. <https://doi.org/10.1016/j.obmed.2020.100249>
- Lubis, J. 2014. TRX EXERCISE (Mengenal Latihan Unik; TRX). <http://johansyahlubis.blogspot.co.id/>. Diunduh tanggal, 1 Januari 2014.
- Nurudin, M. (2015). Pengaruh Latihan Rope - Skipping dan Box Jump terhadap kemampuan menggiring bola pemain SSB. *Unnes Journal of Sport Sciences*, 4(1), 50–59. <http://journal.unnes.ac.id/sju/index.php/ujss>
- Widiastuti. (2015). *Tes dan Pengukuran Olahraga*.
- Wiguna, ida bagus. (2017). *Teori dan Aplikasi Latihan Kondisi Fisik*.
- Lubis, J., & Wardoyo, H. (2016). *Pencak Silat Edisi Ketiga*.
- Lubis, J. (2018). *Pembinaan Kebugaran Jasmani dan Recovery*.
- Moh. Nazir, Ph.D. Metode Penelitian.