

DAFTAR PUSTAKA

- Amy lee. (2022). *Ultimate Guide To Hip — Opening Dragon Poses*. Yoga Practice.
<https://yogapractice.com/yoga/dragon-poses/>
- Beaulieu, M. L., & Horgan, S. (2019). Flexibility, stretching and sports injury: examining the evidence. *Physical Therapy Reviews*.
- Bwefar, A. E. (2023). *Efektifitas Pnf Dan Manipulasi Sport Massage Terhadap Peningkatan Fleksibilitas Otot Hamstring Atlet Kop Sepakbola Universitas Negeri Jakarta*. <http://repository.unj.ac.id/id/eprint/36893>
- Dikdik Zafar Sidik, Paulus L. Pesurnay, & Luky Afary. (2019). *Pelatihan Kondisi Fisik* (pp. 83–96). PT REMAJA ROSDAKARYA.
- Dos Santos, D., L., G. I., L., R. L., & Vaz, J. R. (2019). Gender differences in lower limb flexibility: a narrative review. *Sport Sciences for Health*, 265–274.
- Gaia staff. (2018). *Padahastasana: Hand Under Foot Pose*. Gaia.
<https://www.gaia.com/article/padahastasana-hand-under-foot-pose>
- gaia staff. (2019). *Ardha Hanumanasana*. Gaia.
<https://www.gaia.com/article/ardha-hanumanasana-half-front-splits-pose>
- Hannah Ellerton. (2018). *What is PNF stretching and how should you use it?* Human Kinetics. <https://humankinetics.me/2018/04/25/what-is-pnf-stretching/>
- Hollister, S. (2017). *The Top 100 Best Yoga Poses Relieve Stress, Increase Flexibility, and Gain Strength*. 250.
- Kabir, M. A. (2019). *Significance Of Animals In Yoga Poses*.

International Journal of Modern Pharmaceutical Research, 12–16.

<https://www.researchgate.net/publication/333682113>

Lempke, L., Wilkinson, R., Murray, C., & Stanek, J. (2018). The effectiveness of PNF versus static stretching on increasing hip-flexion range of motion.

Journal of Sport Rehabilitation, 27(3), 289–294.

<https://doi.org/10.1123/jsr.2016-0098>

Lima, C. D., Brown, L. E., Ruas, C. V., & Behm, D. G. (2018). Effects of Static Versus Ballistic Stretching on Hamstring:Quadriceps Strength Ratio and Jump Performance in Ballet Dancers and Resistance Trained Women.

Journal of Dance Medicine & Science: Official Publication of the International Association for Dance Medicine & Science, 22(3), 160–167.

Association for Dance Medicine & Science, 22(3), 160–167.

<https://doi.org/10.12678/1089-313X.22.3.160>

Lubis, J. (2018). *Pembinaan Kebugaran Jasmani Dan Pemulihan* (pp. 173–220).

Rajawali Pers.

Rajawali Pers.

Lubis, M. R., & Permadi, A. G. (2021). Perbedaan Pengaruh Latihan Konsentrasi

Dan Latihan Koordinasi Terhadap Peningkatan Kemampuan Shooting Game

Atlet Petanque Undikma. *JISIP (Jurnal Ilmu Sosial Dan Pendidikan)*, 5(2).

<https://doi.org/10.58258/jisip.v5i2.2005>

Macivor, C. (2022). *Downward-Facing Dog Pose*. Yoga Journal.

<https://www.yogajournal.com/poses/downward-facing-dog/>

Mariel Reyes. (2022). *How to Practice Half Monkey Pose*. Yoga Rove.

<https://yogarove.com/half-monkey-pose-beginner-tutorial/>

- Meade Tony. (2023). *Animal-inspired yoga poses*. Yogitea.
<https://www.yogitea.com/en/inspiration/animal-inspired-yoga-poses/>
- Parevri, R. S. (2017). Pengaruh Pnf (Proprioceptive Neuromuscular Facilitation) Terhadap Fleksibilitas Otot Member Fitness Centre Pesona Merapi Di Yogyakarta. *Universitas Negeri Yogyakarta*, 87(1,2), 1–88.
<https://repositorio.ufsc.br/bitstream/handle/123456789/186602/PPAU0156-D.pdf?sequence=1&isAllowed=y%0Ahttp://journal.stainkudus.ac.id/index.php/equilibrium/article/view/1268/1127%0Ahttp://www.scielo.br/pdf/rae/v45n1/v45n1a08%0Ahttp://dx.doi.org/10.1016/j>
- Sarah Popovic. (2023). *Lizard Pose (Utthan Pristhasana)*. Yogajala.
<https://yogajala.com/lizard-pose-utthan-pristhasana/>
- Sasidharan, A. N., & Abdul, N. (2018). *International Journal Of Scientific Research Effect Of Padahastana In Improving Hamstring Muscle Flexibility Among Young Adult Physiotherapy Anila Paul * ABSTRACT*. 12, 7–9.
- Schroeter, S., Heiss, R., Hammer, C., Grim, C., Engelhardt, C., & Hotfiel, T. (2022). 13, Diagnosis of Proximal Hamstring Injuries. *Sport Orthop Traumatol. Diagnosis of Proximal Hamstring Injuries. Sport Orthop Traumatol.*, 1, 47–57.
- Selvamony, P. , R. R. S. , & B. R. (2020). Acute effects of selected yoga postures on joint range of motion and electromyographic activity of muscles. *Journal of Bodywork and Movement Therapies*, 214–220.

- Sipko, T., Glibowski, E., & Kuczyński, M. (2021). Acute effects of proprioceptive neuromuscular facilitation exercises on the postural strategy in patients with chronic low back pain. *Complementary Therapies in Clinical Practice*, 44, 101439. <https://doi.org/10.1016/j.ctcp.2021.101439>
- Suparyanto. (2020). Perbandingan latihan plyometerik jump to box dan squad jump terhadap power otot tungkai permainan futsal pada siswa ekstra kurikuler futsal smp Negeri 9 kota tasikmalaya. *Suparyanto Dan Rosad* (2015, 5(3), 248–253.
- Triono, A. (2019). *EFEKTIVITAS LATIHAN ZONA DEFENSE DAN MAN TO MAN MARKING TERHADAP PENINGKATAN KEMAMPUAN BERTAHAN PEMAIN BELAKANG KU 16 TAHUN (STUDI EKSPERIMEN DI SSB BATURETNO)*. 1–12.
- Wahyuningtyas Puspitorini, & James Tangkudung. (2022). *Fisiologi Gerak* (pp. 222–223). Pustaka Aksara.
- Wu, & Chen. (2018). . “Efficient mechanoluminescent elastomers for dual-responsive anticounterfeiting device and stretching/strain sensor with multimode sensibility.” *Efficient Mechanoluminescent Elastomers for Dual-responsive Anticounterfeiting Device and Stretching/Strain Sensor with Multimode Sensibility.*, 1803168(34), 28.
- Yaqin, R. A., Andiana, O., & Kinanti, R. G. (2019). Pengaruh Latihan Peregangan Statis Terhadap Fleksibilitas Pada Mahasiswa Penghobi Futsal Offering a Angkatan 2014 Jurusan Ilmu Keolahragaan Fakultas Ilmu Keolahragaan

Universitas Negeri Malang. *Jurnal Sport Science*, 9(1), 1.
<https://doi.org/10.17977/um057v9i1p1-8>

Yudi, I. M. M. C., Parwata, I. M. Y., & Pramita, I. (2022). Penerapan Seated Stretch Untuk Meningkatkan Fleksibilitas Hamstring Pada Pemain Futsal Talun Fc Di Tampaksiring. *Jurnal Kesehatan, Sains, Dan Teknologi (JAKASAKTI)*, 1(2), 205–212.

Yuliartha, Silakarma, & Bagiada. (2017). Perbandingan Penambahan Pelatihan Mobilisasi Saraf dengan Myofascial Release pada Active Isolated Stretching Terhadap Peningkatan Fleksibilitas Otot Hamstring pada Mahasiswa Program Studi Fisioterapi Fakultas Kedokteran Universitas Udayana. *Perbandingan Penambahan Pelatihan Mobilisasi Saraf Dengan Myofascial Release Pada Active Isolated Stretching Terhadap Peningkatan Fleksibilitas Otot Hamstring Pada Mahasiswa Program Studi Fisioterapi Fakultas Kedokteran Universitas Udayana.*