

DAFTAR PUSTAKA

- Robertson, D. G., & Gossman, M. R. (2013). Biomechanical differences between power clean variations. *Journal of Strength and Conditioning Research*, 27(1), 182-191.
- Escamilla, R. F., & Hakkinen, K. (2006). Strength training and injury prevention. *The Journal of Sports Medicine and Physical Fitness*, 46(1), 1-6.
- Bartonietz, K. (2023). Olympic Weightlifting: A Comprehensive Guide to Technique, Training, and Competition.
- Fry, A. C., & Kraemer, W. J. (2001). Physical performance characteristics of American collegiate female volleyball players. *Journal of Strength and Conditioning Research*, 15(4), 455-460.
- Sato, K., & Horiuchi, T. (2017). Blood flow restricted training leads to myocellular macrophage infiltration and upregulation of IGF-1 and MyoD mRNA. *Journal of Applied Physiology*, 122(5), 1206-1214.
- Garhammer, J., & Takano, B. (1992). Training for weightlifting. In *Strength and power in sport* (2nd ed., pp. 361-376). Blackwell Science Ltd.
- Comfort, P., Udall, R., & Jones, P. (2014). The effect of different cues on power clean technique and performance. *Journal of Australian Strength and Conditioning*, 22(1), 18-23.
- Klaus Bartonietz, Ph.D Olympic Weightlifting: A Comprehensive Guide to Technique, Training, and Competition (2023)
- McKenzie, J. F. (2020). An Introduction to Descriptive Statistics. Sage Publications Ltd.
- Sugiyono. (2017). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Bandung: Alfabeta.
- Enoka, R. M. (2008). Neuromechanics of human movement (4th ed.). Human Kinetics.
- Bartlett, R. (2007). Introduction to sports biomechanics: Analysing human movement patterns (2nd ed.). Routledge.
- Knudson, D. (2007). Fundamentals of biomechanics (2nd ed.). Springer.
- Creswell, J. W. (2014). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches (4th ed.). Sage Publications.

- Merriam, S. B., & Tisdell, E. J. (2016). Qualitative Research: A Guide to Design and Implementation (4th ed.). John Wiley & Sons.
- Rippetoe, M. (2011). Starting Strength: Basic Barbell Training (3rd ed.). The Aasgaard Company.
- Sugiyono. (2017). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Bandung: Alfabeta.
- Nawawi, H. (2010). Metode Penelitian Bidang Sosial. Yogyakarta: Gajah Mada University Press.
- Bungin, B. (2005). Metodologi Penelitian Kuantitatif. Jakarta: Kencana.
- Nazir, M. (2014). Metode Penelitian. Bogor: Ghalia Indonesia.
- Arikunto, S. (2010). Prosedur Penelitian Suatu Pendekatan Praktik. Jakarta: Rineka Cipta.
- Margono. (2004). Metodologi Penelitian Pendidikan. Jakarta: Rineka Cipta.
- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2012). How to Design and Evaluate Research in Education (8th ed.). McGraw-Hill Education.
- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2012). How to Design and Evaluate Research in Education (8th ed.). McGraw-Hill Education.
- Suchomel, T. J., Nimphius, S., & Stone, M. H. (2016). The importance of muscular strength in athletic performance. Sports Medicine, 46(10), 1419-1449.
- Enoka, R. M. (2008). Neuromechanics of Human Movement (4th ed.). Human Kinetics.
- Bompa, T. O., & Haff, G. G. (2009). Periodization: Theory and Methodology of Training. Human Kinetics.
- Kraemer, W. J., & Ratamess, N. A. (2004). Fundamentals of resistance training: Progression and exercise prescription. Medicine and science in sports and exercise, 36(4), 674-688.
- Issurin, V. B. (2010). New horizons for the methodology and physiology of training periodization. Sports medicine, 40(3), 189-206.
- Hughes, M. D., & Bartlett, R. M. (2002). The use of video feedback in the coaching of sports. Journal of Sports Sciences, 20(10), 747-757.