

DAFTAR PUSTAKA

- Amin, Dwi Isniarti, Asep Sujana Wahyuri, Roma Irawan, Wilda Welis, and Yovhandra Ockta. 2023. "Pengaruh Power Otot Tungkai, Kelentukan Otot Punggung Dan Koordinasi Mata Tangan Terhadap Kemampuan Smash Atlet Bolavoli Klub Mustank Kota Pekanbaru." *Gelanggang Olahraga: Jurnal Pendidikan Jasmani Dan Olahraga (JPJO)* 7(1):75–84. doi:10.31539/jpjo.v7i1.7706.
- Beaulieu, Mélanie L., Mario Lamontagne, and Lanyi Xu. 2009. "Lower Limb Muscle Activity and Kinematics of an Unanticipated Cutting Manoeuvre: A Gender Comparison." *Knee Surgery, Sports Traumatology, Arthroscopy* 17(8):968–76. doi:10.1007/s00167-009-0821-1.
- Bompa, T. O., & Buzzichelli, C. (2018). *Periodization-: Theory and Methodology of Training* . USA: Human Kinetics.
- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization-: theory and methodology of Training* . Human kinetics.
- Borba, Diego de Alcantara, João Batista Ferreira-Júnior, Marcos Vinicius Dias Ramos, Rafael de Leon Dumont Gomes, Juliana Bonhen Guimarães, and João Roberto Ventura de Oliveira. 2018. "Bench Press Exercise Performed as Conditioning Activity Improves Shot Put Performance in Untrained Subjects." *Motriz: Revista de Educação Física* 24(4). doi:10.1590/s1980-65742018000400003.
- Chen, Chao-Fu, Hui-Ju Wu, Zheng-Sheng Yang, Hui Chen, and Hsien-Te Peng. 2021. "Motion Analysis for Jumping Discus Throwing Correction." *International Journal of Environmental Research and Public Health* 18(24):13414. doi:10.3390/ijerph182413414.
- Ghosh, S., Bera, S. J., Ghosh, K., Singha, P., Jana, A., & Manna, I. (2023). *Impact of short term Training on morphological, physical fitness and physiological variables of middle distance runners* (Vol. 2). <https://doi.org/1055860/BABF3856>
- Harsono. (2018). *Latihan Kondisi Fisik Untuk Atlet Sehat Aktif*. Remaja Rosda Karya.
- Komarudin, Komarudin. 2021. "Latihan Plyometric Dalam Sepakbola Untuk Anak Usia Muda." *Sepakbola* 1(2):67. doi:10.33292/sepakbola.v1i2.101.
- Kresnayadi, I. P. E., & Dewi, I. K. A. (2017). *Pengaruh pelatihan plyometric depth jump 10 repetisi 3 set terhadap peningkatan daya ledak otot tungkai*. *Jurnal Pendidikan Kesehatan Rekreasi*, 3(2), 33-38.

- Kresnayadi, I. P. E. (2016). Pengaruh pelatihan ladder drill 8 repetisi 3 set terhadap peningkatan kecepatan lari. *Jurnal Pendidikan Kesehatan Rekreasi*, 2(2), 103-107.
- Limbong, Aris Tangdilian Bato, Muchamad Ishak, and Edi Komarudin. 2020. "Hasil Lemparan Pada Olahraga Tolak Peluru." *Jurnal Master Penjas & Olahraga* 2(2):117–26. doi:10.37742/jmpo.v2i2.38.
- Łysoń-Ukłańska, Barbara, Michalina Błażkiewicz, Monika Kwacz, and Andrzej Wit. 2021. "Muscle Force Patterns in Lower Extremity Muscles for Elite Discus Throwers, Javelin Throwers and Shot-Putters – A Case Study." *Journal of Human Kinetics* 78:5–14. doi:10.2478/hukin-2021-0026.
- NASSERI, AZADEH, DAVID G. LLOYD, ADAM L. BRYANT, JONATHON HEADRICK, TIMOTHY A. SAYER, and DAVID J. SAXBY. 2021. "Mechanism of Anterior Cruciate Ligament Loading during Dynamic Motor Tasks." *Medicine & Science in Sports & Exercise* 53(6):1235–44. doi:10.1249/MSS.0000000000002589.
- Sukadiyanto. (2011). *Olahraga Kesehatan: Bahan Perkuliahan Mahasiswa FPOK*. Yogyakarta: UPI.
- Park, Sin-Ae, Sae-Room Oh, Kwan-Suk Lee, and Ki-Cheol Son. 2013. "Electromyographic Analysis of Upper Limb and Hand Muscles during Horticultural Activity Motions." *HortTechnology* 23(1):51–56. doi:10.21273/HORTTECH.23.1.51.
- Tan, Kairui, Gaku Kakehata, and Julian Lim. 2024. "The Use of Acute Exercise Interventions as Priming Strategies to Improve Physical Performance During Track-and-Field Competitions: A Systematic Review." *Strength & Conditioning Journal* 46(5):587–97. doi:10.1519/SSC.0000000000000837.
- Terzis, G., G. Georgiadis, E. Vassiliadou, and P. Manta. 2003. "Relationship between Shot Put Performance and Triceps Brachii Fiber Type Composition and Power Production." *European Journal of Applied Physiology* 90(1–2):10–15. doi:10.1007/s00421-003-0847-x.
- Wahyudi, Arief Nur. 2018. "Pengaruh Latihan High Intensity Interval Training (Hiit) Dan Circuit Training Terhadap Kecepatan, Kelincahan, Dan Power Otot Tungkai." *JSES: Journal of Sport and Exercise Science* 1(2):47. doi:10.26740/jses.v1n2.p47-56.
- Zaras, Nikolaos, Angeliki-Nikoletta Stasinaki, Polyxeni Spiliopoulou, Thomas Mpampoulis, and Gerasimos Terzis. 2022. "Triceps Brachii Muscle Architecture, Upper-Body Rate of Force Development, and Bench Press Maximum Strength of Strong and Weak Trained Participants." *Human Movement* 24(1):121–29. doi:10.5114/hm.2023.113714.

Zhao, Yifan, and Kewei Zhao. 2023. "Anthropometric Measurements, Physical Fitness Performance and Specific Throwing Strength in Adolescent Track-and-Field Throwers: Age, Sex and Sport Discipline." *Applied Sciences* 13(18):10118. doi:10.3390/app131810118.



Intelligentia - Dignitas