

DAFTAR PUSTAKA

- Agility, S., Risal, N., & Baneshwor, N. 2020. *ISSN : 1001-1749 Volume XVI , Issue XI , November / 2020 Page No : 48 ISSN : 1001-1749 Page No : 49. XVI(48), 48–59.*
- Brar, K. K., Bhardwaj, P., & G, P. R. 2021. *The influence of lower limb plyometric and resistance training on the stiffness of Achilles and patellar tendons in recreational athletes.* 56–62. <https://doi.org/10.2478/bhk-2021-0008>
- D’Isanto, T., D’Elia, F., Raiola, G., & Altavilla, G. 2019. Assessment of sport performance: Theoretical aspects and practical indications. *Sport Mont, 17(1), 79–82.* <https://doi.org/10.26773/smj.190214>
- Davies, G. J., & Riemann, B. L. 2019. Current Concepts of Plyometric Exercises for the Lower Extremity. *Return to Sport after ACL Reconstruction and Other Knee Operations, November 2019, 277–304.* https://doi.org/10.1007/978-3-030-22361-8_13
- Effects, S. D., Training, P. E., & Fitness, P. 2019. *Effects of Physical Exercise Training in the Workplace on Physical Fitness A Systematic Review and Meta-analysis.* <https://doi.org/10.1007/s40279-019-01179-6>
- Eligekas, P. A. V., & Rown, L. E. E. E. B. (2019). *C b u b p t s - d - l j p s.* 33(3).
- Fischetti, F., Vilardi, A., Cataldi, S., & Greco, G. 2018. Effects of plyometric training program on speed and explosive strength of lower limbs in young athletes. *Journal of Physical Education and Sport, 18(4), 2476–2482.* <https://doi.org/10.7752/jpes.2018.04372>
- Goldman, Y. E. 2018. Muscle contraction. *Enzymes, 23(C), 1–14.* [https://doi.org/10.1016/S1874-6047\(04\)80002-7](https://doi.org/10.1016/S1874-6047(04)80002-7)
- Hackett, D. A., He, W., Orr, R., Sanders, R., & Hackett, D. A. 2020. *Effects of age and sex on field-based measures of muscle strength and power of the upper and lower body in adolescents upper and lower body in adolescents.* <https://doi.org/10.1080/02640414.2020.1851926>
- Mohamed, H., Daniel, E., Machado, S., Krinski, K., Henrique, P., Tavares, G., Oliveira, D. A., Meireles, T., Elaine, S., & Gaynor, A. H. 2018. *Let the Pleasure Guide Your Resistance Training Intensity.* 1–10.
- Monti, E., Franchi, M. V., Badiali, F., Quinlan, J. I., Longo, S., & Narici, M. V. 2020. The time-course of changes in muscle mass, architecture and power

- during 6 weeks of plyometric training. *Frontiers in Physiology*, 11(August), 1–14. <https://doi.org/10.3389/fphys.2020.00946>
- Petré, H., Wernstål, F., & Mattsson, C. M. 2018. Effects of Flywheel Training on Strength-Related Variables: a Meta-analysis. *Sports Medicine - Open*, 4(1). <https://doi.org/10.1186/s40798-018-0169-5>
- Sands, W., Cardinale, M., McNeal, J., Murray, S., Sole, C., Reed, J., Apostolopoulos, N., & Stone, M. 2019. Recommendations for Measurement and Management of an Elite Athlete. *Sports*, 7(5), 105. <https://doi.org/10.3390/sports7050105>
- Silva, A. F., Clemente, F. M., Lima, R., Nikolaidis, P. T., Rosemann, T., & Knechtel, B. 2019. The effect of plyometric training in volleyball players: A systematic review. *International Journal of Environmental Research and Public Health*, 16(16). <https://doi.org/10.3390/ijerph16162960>
- Vetrovsky, T., Steffl, M., Stastny, P., & Tufano, J. J. 2019. The Efficacy and Safety of Lower-Limb Plyometric Training in Older Adults: A Systematic Review. *Sports Medicine*, 49(1), 113–131. <https://doi.org/10.1007/s40279-018-1018-x>