

DAFTAR PUSTAKA

- Alhady Nugraha, D. 2014. Perbedaan Tingkat Fleksibilitas Laki-Laki Dan Perempuan Pada Mahasiswa Fakultas Kedokteran.
- Arifin, Z., Pendidikan, J., Kesehatan, J., Rekreasi, D., & Keolahragaan, I. 2015. Aktivitas Pemanasan Dan Pendinginan Pada Siswa Ekstrakurikuler Olahraga Di Smp Negeri Se-Kecamatan Semarang Timur Kota Semarang Info Artikel. *Journal Of Physical Education*, 4(2). [Http://Journal.Unnes.Ac.Id/Sju/Index.Php/Peshr](http://Journal.Unnes.Ac.Id/Sju/Index.Php/Peshr)
- Banjar Bebengan, D. I., Tangeb, D., Mengwi, K., Badung, K., Suadnyana, I. A. A., Nurmawan, S., & Made Muliarta, I. (N.D.). Core Stability Exercise Meningkatkan Keseimbangan Dinamis Lanjut Usia.
- Bianco, A., Lupo, C., Alesi, M., Spina, S., Raccuglia, M., Thomas, E., Paoli, A., & Palma, A. 2015. The Sit Up Test To Exhaustion As A Test For Muscular Endurance Evaluation. *Springerplus*, 4. <https://doi.org/10.1186/s40064-015-1023-6>
- Eva, M., Putri, N., Ayu, A., Trisna, N., Dewi, N., Tianing, N. W., Made, I., & Winaya, N. 2020. Hubungan Fleksibilitas Lumbal Dengan Keseimbangan Dinamis Pada Lansia Yang Mengikuti Senam Lansia Di Desa Sumerta Kelod Denpasar Timur.
- Garber, C. E., Blissmer, B., Deschenes, M. R., Franklin, B. A., Lamonte, M. J., Lee, I. M., Nieman, D. C., & Swain, D. P. 2011. Quantity And Quality Of Exercise For Developing And Maintaining Cardiorespiratory, Musculoskeletal, And Neuromotor Fitness In Apparently Healthy Adults: Guidance For Prescribing Exercise. *Medicine And Science In Sports And Exercise*, 43(7), 1334–1359. <https://doi.org/10.1249/mss.0b013e318213fefb>
- Geremia, J. M., Iskiewicz, M. M., Marschner, R. A., Lehnen, T. E., & Lehnen, A. M. 2015. Effect Of A Physical Training Program Using The Pilates Method On Flexibility In Elderly Subjects. *Age*, 37(6), 1–12. <https://doi.org/10.1007/s11357-015-9856-z>
- Indrayana, T., & Wahyudin, T. 2020. Pengaruh Range Of Motion (Rom) Aktif Terhadap Fleksibilitas Sendi Lutut Pada Lanjut Usia. *Jurnal Perawat Indonesia*, 4(2), 339–343.
- Jones, C. J., & Rikli, R. E. 2002. To Design An Effective Exercise Program, You Must Know Your Clients' Physical State. But Choosing The Right Assessment Tools Can Prove A Challenge Measuring Functional. In *The Journal On Active Aging*.

- Kibler, W. Ben, Press, J., & Sciascia, A. 2006. The Role Of Core Stability In Athletic Function. *Sports Medicine* (Auckland, N.Z.), 36(3), 189–198. <https://doi.org/10.2165/00007256-200636030-00001>
- Kim, A. R., Park, J. H., & Park, H. Y. 2021. Analysis Of Factors Affecting Depression In Older Adults In South Korea. *International Journal Of Environmental Research And Public Health*, 18(18). <https://doi.org/10.3390/ijerph18189887>
- Malik Hambali, R., & Kusmaedi, N. 2019. Tingkat Kebugaran Jasmani Lansia Dikaji Berdasarkan Tingkat Partisipasi Dan Gender (Vol. 5, Issue 2).
- Miller, C. A. (2004). *Miller, Nursing For Wellness In Older Adult*.
- Nagarwal A.K., Z. K. R. C. S. , Z. R. , J. H. N. D. 2010. Improvement Of Hamstring Flexibility: A Comparison Between Two Pnf Stretching Techniques. In *International Journal Of Sports Science And Engineering* (Vol. 04, Issue 01).
- Pinontoan, P. M., Marunduh, S. R., & Wungouw, H. I. S. 2015. Gambaran Kekuatan Otot Pada Lansia Di Bplu Senja Cerah Paniki Bawah. In *Jurnal E-Biomedik (Ebm)* (Vol. 3, Issue 1).
- Prabaningtyas Ayu Rizki. 2021. Fulltext_Ayu Rizki Prabaningtyas_17711251049.
- Prima, A., Kridasuwarmo, B., & Setiakarnawijaya, Y. (2020). Latihan Fleksibilitas Statis Bagi Persendian Ekstremitas Inferior Lansia. *Jurnal Sportif: Jurnal Penelitian Pembelajaran*, 6(1), 1–14. https://doi.org/10.29407/Js_Unpgri.V6i1.13555
- Safitri Irda Dewi. 2020. Meningkatkan Keseimbangan Dinamis Pada Lansia : Narrative Review.
- Setiorini, A. 2021. Kekuatan Otot Pada Lansia. In *Anggi Setiorini L Kekuatan Otot Pada Lansia Jk Unila |* (Vol. 5).
- Siswa, F., Dasar, S., & Wijaya, A. 2020. Men Wrist At The Age Of 7 Years (1.47), At The Age Of 8 Years (1.47), At The Age Of 9 Years (1.42), At The Age Of 10 Years (1.41), At The Age Of 11 Years (1,4), And At The Age Of 12 Years (1,4). For Strike Men At 7 Years (1.06). 4(1), 118–123.
- Stathokostas, L., Little, R. M. D., Vandervoort, A. A., & Paterson, D. H. 2012. Flexibility Training And Functional Ability In Older Adults: A Systematic Review. In *Journal Of Aging Research* (Vol. 2012). <https://doi.org/10.1155/2012/306818>
- Suharjana. 2013. Analisis Program Kebugaran Jasmani Pada Pusat-Pusat Kebugaran Jasmani Di Yogyakarta (Suharjana).
- Wiguna, A., Silakarma, D., & Sundari, R. (2020). Contract Relax Stretching Lebih Efektif Meningkatkan Fleksibilitas Otot Hamstring Dibandingkan Dengan Passive Stretching Pada Atlet Underdog Taekwondo Club.

- Wismanto. 2011. Pelatihan Metode Active Isolated Stretching Lebih Efektif Daripada Contract Relax Stretching Dalam Meningkatkan Fleksibilitas Otot Hamstring (Vol. 11, Issue 1).
- Youdas, J. W., Krause, D. A., Hollman, J. H., Harmsen, W. S., & Laskowski, E. 2005. The Influence Of Gender And Age On Hamstring Muscle Length In Healthy Adults. [Www.Jospt.Org](http://www.Jospt.Org)