

DAFTAR PUSTAKA

- Abramowitz, M. K., Hall, C. B., Amodu, A., Sharma, D., Androga, L., & Hawkins, M. (2018). *Muscle Mass , Bmi , And Mortality Among Adults In The United States : A Population- Based Cohort Study*. 1–16.
- Adliah, F., Rini, I., Natsir, W. S., & Sari, T. (2023). Effects Of Balance And Strength Tele-Exercise (Bast) On Muscle Strength And Functional Mobility In Older Adults. *Jurnal Ilmiah Kesehatan Sandi Husada*, 12(1), 25–32. <https://doi.org/10.35816/jiskh.v12i1.858>
- Agusrianto, A., & Rantesigi, N. (2020). Application Of Passive Range Of Motion (Rom) Exercises To Increase The Strength Of The Limb Muscles In Patients With Stroke Cases. *Jurnal Ilmiah Kesehatan (Jika)*, 2(2), 61–66. <https://doi.org/10.36590/jika.v2i2.48>
- Androulakis Korakakis, P., Wolf, M., Coleman, M., Burke, R., Piñero, A., Nippard, J., & Schoenfeld, B. J. (2024). Optimizing Resistance Training Technique To Maximize Muscle Hypertrophy: A Narrative Review. *Journal Of Functional Morphology And Kinesiology*, 9(1). <https://doi.org/10.3390/jfmk9010009>
- Baum, B. S., & Li, L. (2003). Lower Extremity Muscle Activities During Cycling Are Influenced By Load And Frequency. *Journal Of Electromyography And Kinesiology*, 13(2), 181–190. [https://doi.org/10.1016/S1050-6411\(02\)00110-4](https://doi.org/10.1016/S1050-6411(02)00110-4)
- Bisciotti, G. N., Volpi, P., Alberti, G., Aprato, A., Artina, M., Auci, A., Bait, C., Belli, A., Bellistri, G., Bettinsoli, P., Bisciotti, A., Bisciotti, A., Bona, S., Bresciani, M., Bruzzzone, A., Buda, R., Buffoli, M., Callini, M., Canata, G., ... Chamari, K. (2019). Italian Consensus Statement (2020) On Return To Play After Lower Limb Muscle Injury In Football (Soccer). *Bmj Open Sport And Exercise Medicine*, 5(1). <https://doi.org/10.1136/bmjsem-2018-000505>
- Boyd, J., & Milton, K. (2020). Nsca’s Essentials Of Training Special Population : The Undervalued Lunge. *Personal Training Quarterly*, 4(4), 44–48.
- Brad, S., Nicholas, R., Mark, P., Bret, C., G, S., & Brent, A. (2022). Effects Of Different Volume-Equated Resistance Training Loading Strategies On Muscular Adaptions In Well-Trained Men. *Journal Of Strength And Conditioning Research*, 28(10), 2909–2918.
- Bramasta Adikurnia Wedhasmara, M. M. S., & Pertiwi, J. K. (2024). Pengaruh Pemberian Blood Flow Restriction Training Terhadap Peningkatan Kekuatan Otot

Quadriceps. *Jurnal Nasional Fisioterapi*, 1–8.

Buckner, C. A., Lafrenie, R. M., Dénommée, J. A., Caswell, J. M., Want, D. A., Gan, G. G., Leong, Y. C., Bee, P. C., Chin, E., Teh, A. K. H., Picco, S., Villegas, L., Tonelli, F., Merlo, M., Rigau, J., Diaz, D., Masuelli, M., Korrapati, S., Kurra, P., ... Mathijssen, R. H. J. (2019). Hypertrophy Energy Balance. *Intech*, 11(Tourism), 13. <https://www.intechopen.com/books/advanced-biometric-technologies/liveness-detection-in-biometrics>

Cakra. (2024). *5 Gerakan Pemanasan Sebelum Lari Yang Penting Untuk Cegah Cidera*. Pt Jaya Digital Properti.

Campa, F., Coratella, G., Cerullo, G., Noriega, Z., Francisco, R., Charrier, D., Iurrtia, A., Lukaski, H., Silva, A. M., & Paoli, A. (2024). High-Standard Predictive Equations For Estimating Body Composition Using Bioelectrical Impedance Analysis: A Systematic Review. *Journal Of Translational Medicine*, 22(1), 1–26. <https://doi.org/10.1186/S12967-024-05272-X>

Chen, X. X. X. X., Tsai, M. Y., Wolynes, P. G., Da Rosa, G., Grille, L., Calzada, V., Ahmad, K., Arcon, J. P., Battistini, F., Bayarri, G., Bishop, T., Carloni, P., Cheatham, T. E., Colleparado-Guevara, R., Czub, J., Espinosa, J. R., Galindo-Murillo, R., Harris, S. A., Hospital, A., ... Crothers, D. M. (2018). Perbedaan Stretching Static Dan Dynamic Pada Fleksibilitas Hamstring Untuk Hamstring Tightness. *Nucleic Acids Research*, 6(1), 1–7. <http://dx.doi.org/10.1016/J.Gde.2016.09.008><http://dx.doi.org/10.1007/S00412-015-0543-8><http://dx.doi.org/10.1038/Nature08473><http://dx.doi.org/10.1016/J.Jmb.2009.01.007><http://dx.doi.org/10.1016/J.Jmb.2012.10.008><http://dx.doi.org/10.1038/S4159>

Chycki, J., Krzysztofik, M., Sadowska-Krępa, E., Baron-Kaczmarek, D., Zając, A., Poprzącki, S., & Petr, M. (2024). Acute Hormonal And Inflammatory Responses Following Lower And Upper Body Resistance Exercises Performed To Volitional Failure. *International Journal Of Molecular Sciences*, 25(13). <https://doi.org/10.3390/Ijms25137455>

Court, W. (2019). *Exercise – Front To Back Leg Swings*. Enso Movement. <https://ensomovement.com/blog/training/exercise-database/front-to-back-leg-swings/>

Dáttilo, M., Antunes, H. K. M., Galbes, N. M. N., Mônico-Neto, M., De Sá Souza, H., Dos Santos Quaresma, M. V. L., Lee, K. S., Ugrinowitsch, C., Tufik, S., & De Mello, M. T. (2020). Effects Of Sleep Deprivation On Acute Skeletal Muscle Recovery After Exercise. *Medicine And Science In Sports And Exercise*, 52(2), 507–514. <https://doi.org/10.1249/Mss.0000000000002137>

Fan, S., Su, G., Li, M., Guo, Y., Wang, L., & Li, J. (2025). A Novel Pathogenic

- Variant C.44a > G (P. Asp15gly) In Tpm3 Causing The Phenotype Of Cmy4a: A Case Report. *Molecular Genetics And Metabolism Reports*, 43(December 2024), 3–8. <https://doi.org/10.1016/j.ymgmr.2025.101203>
- Gloria Kang Gj, Ewing-Nelson Sr, Mackey L, Schlitt Jt, Marathe A, Abbas Km, S. S. (2018). Validation And Characterization Of Five Distinct Novel Inhibitors Of Human Cytomegalovirus. *Physiology & Behavior*, 176(1), 139–148. <https://doi.org/10.1021/acs.jmedchem.9b01501>. Validation
- Half, D. (2020). Ultimate Personal Training Calf Exercise Guide. *Julie Dass Injury Clinic*, 1–21.
- Ihwansyah, U., Adriani, P., & Puji Putranti, D. (2022). The Effect Of Range Of Motion Exercise To Improve Muscle Strength On Physical Mobility Barriers In Osteoarthritis Patient. *Genius Journal*, 3(1), 99–105. <https://doi.org/10.56359/Gj.V3i1.30>
- Izzati, N. (2023). *Calf Raises: Cara Ampuh Membentuk Otot Betis*. Yellow Fit Kitchen.
- Joegijantoro, R. (2023). *Teknik Anamnesis Yang Efektif*. 124.
- Karnomi, Lamila. (2020). 2 Physical Examination A . General Inspection. *Fundamentals Of Hip Surgery*, 7–19.
- Kluwer, W. (2020). *Acsm's Guidelines For Exercise Testing And Prescription*. American College Of Sports Medicine (Acsm).
- Kotikangas, J., Walker, S., Toivonen, S., Peltonen, H., & Häkkinen, K. (2022). Acute Neuromuscular And Hormonal Responses To Power, Strength, And Hypertrophic Protocols And Training Background. *Frontiers In Sports And Active Living*, 4(July), 1–19. <https://doi.org/10.3389/fspor.2022.919228>
- Kotiuk, V., Kostrub, O., Blonskyi, R., Sushchenko, L., Smirnov, D., & Vadzyuk, N. (2022). Lower Extremities Joint Angles During Squats - Underexplored Parameter Of Standard Rehabilitation And Sports Exercise. *Central European Journal Of Sport Sciences And Medicine*, 40(4), 17–24. <https://doi.org/10.18276/Cej.2022.4-02>
- Kurniawan, R., & Prabowo, E. (2020). Model Warming Up Olahraga Berbasis Permainan. *Jurnal Ilmu Keolahragaan*, 11(02), 98–114.
- Latihan, P., Otot, K., Fakultas, M., & Keolahragaan, I. (2024). Pengaruh Latihan Beban Dan Kekuatan Otot Terhadap Hipertrofi Otot Dan Ketebalan Lemak Pada Mahasiswa Fakultas Ilmu Keolahragaan. *Jurnal Majemuk*, 3(3), 547–557.
- Lim, C., Nunes, E. A., Currier, B. S., Mcleod, J. C., Thomas, A. C. Q., & Phillips, S. M. (2022). An Evidence-Based Narrative Review Of Mechanisms Of

- Resistance Exercise-Induced Human Skeletal Muscle Hypertrophy. *Medicine And Science In Sports And Exercise*, 54(9), 1546–1559. <https://doi.org/10.1249/MSS.0000000000002929>
- Longrak, R., & Sonchan, W. (2024). Comparative Regional Hypertrophic Effects Of Two Once-Weekly Resistance Training Programs On Quadriceps Muscle. *International Journal Of Human Movement And Sports Sciences*, 12(6), 983–992. <https://doi.org/10.13189/Saj.2024.120609>
- Lord, E. (2020). *Incline Leg Press*. Weighttraining.Guide. <https://weighttraining.guide/exercises/incline-leg-press/>
- Madri, M. (2017). Kontraksi Otot Skelet. *Jurnal Menssana*, 2(2).
- Melyana, & Sarotama, A. (2019). *Implementasi Peringatan Abnormalitas Tanda-Tanda Vital Pada Telemedicine Workstation*. 1–9.
- Meyta Tatarina. (2020). Pengaruh Latihan Penguatan Otot Tungkai Bawah Dengan Metode One Repetition Maximum (1rm) Terhadap Tingkat Keseimbangan Lanjut Usia. *Экономика Региона*, 32.
- Miller, K. C., Mcdermott, B. P., Yeargin, S. W., Fiol, A., & Schwellnus, M. P. (2022). An Evidence-Based Review Of The Pathophysiology, Treatment, And Prevention Of Exercise-Associated Muscle Cramps. *Journal Of Athletic Training*, 57(1), 5–15. <https://doi.org/10.4085/1062-6050-0696.20>
- Miyazaki, M., & Esser, K. A. (2019). Cellular Mechanisms Regulating Protein Synthesis And Skeletal Muscle Hypertrophy In Animals. *Journal Of Applied Physiology*, 106(4), 1367–1373. <https://doi.org/10.1152/Japplphysiol.91355.2008>
- Nigro, F., & Bartolomei, S. (2020). *A Comparison Between The Squat And The Deadlift For Lower Body Strength And Power Training* By. 73(July), 145–152. <https://doi.org/10.2478/Hukin-2019-0139>
- Nikmah, B. K., Fariz, A., Kusuma, W. T., & Sartoyo, S. (2023). Pengaruh Latihan Isometric Quadriceps Terhadap Penurunan Nyeri Lutut Pada Pasien Osteoarthritis Knee Bilateral Di Rs Wawa Husada Kepanjen. *Jurnal Keperawatan Muhammadiyah*, 8(1). <https://doi.org/10.30651/Jkm.V8i1.16075>
- Njoto, E. N. (2023). Sarkopenia Pada Lanjut Usia: Patogenesis, Diagnosis Dan Tata Laksana. *Jurnal Penyakit Dalam Indonesia*, 10(3). <https://doi.org/10.7454/Jpdi.V10i3.1444>
- Nursing, P., & Text, H. F. (2019). *Tinjauan Literatur: Alat Ukur Nyeri Untuk Pasien Dewasa Literature Review: Pain Assessment Tool To Adults Patients*. 3(1), 1–7.
- Pluncevic Gligoroska, J., Manchevska, S., Petrovska, S., & Dejanova, B. (2022).

- Physiological Mechanisms Of Muscle Hypertrophy. *Research In Physical Education, Sport And Health*, 11(1), 153–160.
<https://doi.org/10.46733/Pesh22111153pg>
- Pratama, A. D. (2019). Rspad Gatot Soebroto Abstrak Jurnal Sosial Humaniora Terapan. *Jurnal Sosial Humaniora Terapan*, 1(2), 21–34.
- Raidatul Jannah, F., Ngadiarti, I., Sitompul, M., Damayanti, D., & S.Nikon, A. (2024). Pengaruh Pemberian Minuman Keloja Terhadap Berat Badan, Persen Lemak Tubuh, Dan Massa Otot Pada Lansia Gizi Kurang Di Panti Werdha 2 Cengkareng Jakarta Barat. 42(2), 111–122.
<https://doi.org/10.36457/Gizindo.V47i1.804>
- Ramadhanti, S. A., & Renovaldi, D. (2024). Analisis Hubungan Komposisi Tubuh Dan Indeks Massa Tubuh Terhadap Status Fungsional Pada Lansia. *Muhammadiyah Journal Of Geriatric*, 4(2), 189.
<https://doi.org/10.24853/Mujg.4.2.189-198>
- Refita. (2020). The Challenges Of Neurological Development In 4.0 Generation Of Industrial Revolutionary Era. *Riskesdas 2018*, 3(1), 103–111.
- Rofidah, K., Putriana, N., Gita, A., Roqimah, C., Dyah, L., & Arini, D. (2024). Membangun Kesehatan Dari Dalam Dengan Menu Sehat Berprotein Tinggi. *Jurnal Ilmu Kesehatan Dan Gizi*, 2(3), 06–19.
<https://prin.or.id/index.php/jig/article/view/2933>
- Ruslim, D., Destra, E., Gunaidi, F. C., & Yulishaputra, M. D. A. (2024). Kegiatan Deteksi Dini Pemeriksaan Komposisi Tubuh Pada Populasi Usia Produktif. *Jurnal Suara Pengabdian* 45, 3(3), 07–12.
<https://doi.org/10.56444/Pengabdian45.V3i3.1941>
- Santoso, A. H., Setiawan, F. V., Wijaya, B. A., & Destra, E. (2024). Pengukuran Komposisi Tubuh Dalam Upaya Deteksi Obesitas Pada Laki-Laki Dan Perempuan Usia Produktif Di Sma Kalam Kudus Ii, Kelurahan Duri Kosambi, Jakarta. *Kreatif: Jurnal Pengabdian Masyarakat Nusantara*, 4(2), 78–86.
<https://doi.org/10.55606/Kreatif.V4i2.3359>
- Schoenfeld, B. (2020). Maximizing Muscle Hypertrophy: A Systematic Review Of Advanced Resistance Training Techniques And Methods. *Science And Development Of Muscle Hypertrophy*, 24(10), 29–50.
<https://doi.org/10.5040/9781492595847-Ch002>
- Schoenfeld, B. J. (2010). The Mechanisms Of Muscle Hypertrophy And Their Application To Resistance Training. *The Journal Of Strength & Conditioning Research*, 24(10).
https://journals.lww.com/nsca-jscr/Fulltext/2010/10000/The_Mechanisms_Of_Muscle_Hypertrophy_And_Their.40.aspx

- Schoenfeld, B. J., & Grgic, J. (2020). Effects Of Range Of Motion On Muscle Development During Resistance Training Interventions: A Systematic Review. *Sage Open Medicine*, 8, 2050312120901559.
- Sjöberg, M., Berg, H. E., Norrbrand, L., Andersen, M. S., Gutierrez-Farewik, E. M., Sundblad, P., & Eiken, O. (2021). Comparison Of Joint And Muscle Biomechanics In Maximal Flywheel Squat And Leg Press. *Frontiers In Sports And Active Living*, 3(August), 1–11. <https://doi.org/10.3389/fspor.2021.686335>
- Škarabot, J., Brownstein, C. G., Casolo, A., Del Vecchio, A., & Ansdell, P. (2021). The Knowns And Unknowns Of Neural Adaptations To Resistance Training. *European Journal Of Applied Physiology*, 121(3), 675–685. <https://doi.org/10.1007/S00421-020-04567-3>
- Sloniger, M. A., Cureton, K. J., Prior, B. M., & Evans, E. M. (1997). Lower Extremity Muscle Activation During Horizontal And Uphill Running. *Journal Of Applied Physiology*, 83(6), 2073–2079. <https://doi.org/10.1152/Jappl.1997.83.6.2073>
- Spotebi. (2025). *Lateral Leg Swings | Illustrated Exercise Guide*. Fitness And Nutrition. <https://www.spotebi.com/exercise-guide/lateral-leg-swings/>
- Stefanakis, K., Kokkorakis, M., & Mantzoros, C. S. (2024). The Impact Of Weight Loss On Fat-Free Mass, Muscle, Bone And Hematopoiesis Health: Implications For Emerging Pharmacotherapies Aiming At Fat Reduction And Lean Mass Preservation. *Metabolism: Clinical And Experimental*, 161(October). <https://doi.org/10.1016/J.Metabol.2024.156057>
- Stragier, S., Duchateau, J., Cotton, F., Smet, J., Wolff, F., Tresnie, J., & Carpentier, A. (2025). Effect Of Metabolic Stress To High-Load Exercise On Muscle Damage, Inflammatory And Hormonal Responses. *Sports*, 13(4), 1–16. <https://doi.org/10.3390/Sports13040111>
- Suryadi, D., Samodra, Y. T. J., & Purnomo, E. (2021). Efektivitas Latihan Weight Training Terhadap Kebugaran Jasmani. *Journal Respects*, 3(2), 9–19. <https://doi.org/10.31949/Respects.V3i2.1029>
- Tambing, A., Engka, J. N. A., & Wungouw, H. I. S. (2020). Pengaruh Intensitas Latihan Beban Terhadap Massa Otot. *Ebinomedik*, 8(1), 1–10. <https://ejournal.unsrat.ac.id/index.php/Ebiomedik>
- Tarakan, S. M. A. N. (2022). *Riyadhoh : Jurnal Pendidikan Olahraga Materi Lompat Tinggi Gaya Straddle Melalui Latihan Squat Jump Efforts To Improve Learning Outcomes In Pandemic Times : Straddle Style High Jump Materials Through Raden Bagus Budi Rahardja Riyadhoh : Jurnal Pendidikan . 5*, 1–8.
- Tatius, B., & Semarang, U. M. (2024). *Korelasi Massa Otot Dan Massa Lemak Total*

Dengan Respon Baroreseptor : Studi Cross Sectional Pada Komunitas Senam. September. <https://doi.org/10.33024/Jmm.V8i2.14005>

Ugbolue, U. C., Robson, C., Donald, E., Speirs, K. L., Dutheil, F., Baker, J. S., Dias, T., & Gu, Y. (2021). *Joint Angle , Range Of Motion , Force , And Moment Assessment : Responses Of The Lower Limb To Ankle Plantarflexion And Dorsiflexion. 2021. <https://doi.org/10.1155/2021/1232468>*

Utomo, N. C. (N.D.). *Survei Minat Olahraga Gym Pada Member Fitnes Arjuna. Utomo, N. C. (N.D.). Survei Minat Olahraga Gym Pada Member Fitnes Arjuna*

Washilah, K., Siddik, M., & Sanyoto, D. D. (2021). Literature Review: Hubungan Biomekanika Lutut Terhadap Faktor Risiko Pasien Osteoarthritis Lutut. *Homeostasis, 4*(3), 695–668

Zhu, W., Thomas, A., Wilson, G., Hibbert, J., Lin, K., Coon, J., Phillips, S., & Hornberger, T. (2024). *Identification Of A Resistance Exercise-Specific Signaling Pathway That Drives Skeletal Muscle Growth.*