

DAFTAR PUSTAKA

- Abdul-Hameed, U., Rangra, P., Shareef, M. Y., & Hussain, M. E. 2012. Reliability of 1-repetition maximum estimation for upper and lower body muscular strength measurement in untrained middle aged type 2 diabetic patients. *Asian Journal of Sports Medicine*, 3(4), 267–273. <https://doi.org/10.5812/asjasm.34549>
- Arifin, S. 2019. *Anatomi Otot Manusia*. Jakarta: Salemba Medika.
- CJ, Hughes dan Maurice, D. 2000. *Elastic Exercise training Orthop Phys Ther Clin North*.
- CJ, H. 1999. *Resistance Propeties of Theraband tubing during shoulder abduction exercise*.
- Ellenbecker, T. 2003. *The Science and Clinical Application of Elastic Resistance*.
- Ertuğ KİYASOĞLU. 2019. Title. *Carbohydrate Polymers*, 6(1), 5–10. <https://doi.org/10.1109/MTAS.2004.1371634>
- Goldberg, A., Chavis, M., Watkins, J., & Wilson, T. 2012. The five-times-sit-to stand test: Validity, reliability and detectable change in older females. *Aging - Clinical and Experimental Research*, 24(4), 339–344. <https://doi.org/10.1007/BF03325265>
- JM, C. 1996. Understanding the relationship between strength and mobility in frail older persons. *A Review of Literature*.
- Kisner, C. 2017. *Terapi Latihan Dasar dan Teknik* (edisi 6; Nur Aisyah, ed.). EGC.
- Kwak, C., Kim, Y. L., & Lee, S. M. 2016. *Effects of elastic-band resistance exercise on balance , mobility and gait function , flexibility and fall efficacy in elderly people*. 3189–3196.
- Martins, W. R., Safons, M. P., Bottaro, M., Blasczyk, J. C., Diniz, L. R., Fonseca, R. M. C., ... De Oliveira, R. J. 2015. Effects of short term elastic resistance training on muscle mass and strength in untrained older adults: a randomized clinical trial. *BMC Geriatrics*, 15(1), 1–10. <https://doi.org/10.1186/s12877-015-0101-5>

- McQuoid, K. A., Edmonds, J. B., MacPhail, C. M., & McGibbon, C. A. 2007. Reliability of Lower-Extremity Isokinetic Dynamometry Testing of the Ankle, Knee and Hip. *Medicine & Science in Sports & Exercise*, 39(Supplement), S257. <https://doi.org/10.1249/01.mss.0000273985.96233.e9>
- Motalebi, S. A., Cheong, L. S., Iranagh, J. A., & Mohammadi, F. 2018. Effect of low-cost resistance training on lower-limb strength and balance in institutionalized seniors. *Experimental Aging Research*, 44(1), 48–61. <https://doi.org/10.1080/0361073X.2017.1398810>
- Nugent, E. P., Snodgrass, S. J., & Callister, R. 2015. The effect of velocity and familiarisation on the reproducibility of isokinetic dynamometry. *Isokinetics and Exercise Science*, 23(3), 205–214. <https://doi.org/10.3233/IES-150582>
- Oh, S., Kim, H., Woo, S., Cho, B., Song, M., & Park, Y. 2016. *Effects of an integrated health education and elastic band resistance training program on physical function and muscle strength in community-dwelling elderly women: Healthy Aging and Happy AgingII study*. <https://doi.org/10.1111/ggi.12795>
- Oliver, J. 2013. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699. <https://doi.org/10.1017/CBO9781107415324.004>
- RA, H. 1998. *Quantification of Elastic Resistance Knee Rehabilitation Exercise using Elastic Resistance*.
- Ramdlaningrum, H., Chrisnahutama, A., & Djamhari, E. A. 2019. Sedia Payung Sebelum Renta: Langkah Dini Antisipasi Ledakan Populasi Lansia. *Prakarsa*, (July), 14. <https://doi.org/10.6092/unibo/amsacta/6247>
- Rannama, I., Bazanov, B., Baskin, K., Zilmer, K., Roosalu, M., & Port, K. 2013. Isokinetic muscle strength and short term cycling power of road cyclists. *Journal of Human Sport and Exercise*, 8(2 PROC), 19–29. <https://doi.org/10.4100/jhse.2012.8.proc2.03>
- Ribeiro, A. S., & Cyrino, E. S. 2016. *Rev Bras Cineantropom Hum training frequencies on muscle strength and*. (September), 118–127.
- Simoneu, G. 2001. *Biomechanics of elastic resistance in therapeutic exercise programs*.
- Vafaeenasab, M. R., Kuchakinejad Meybodi, N., Fallah, H. R., Ali Morowatisharifabad, M., Namayandeh, S. M., & Beigomi, A. 2019. The Effect of Lower Limb Resistance Exercise with Elastic Band on Balance, Walking Speed, and Muscle Strength in Elderly Women. *Elderly Health Journal*, 5(1), 58–64. <https://doi.org/10.18502/ehj.v5i1.1201>

Yoon, D. H., Kang, D., Kim, H., Kim, J., Song, H. S., & Song, W. 2016. *Effect of elastic band-based high-speed power training on cognitive function , physical performance and muscle strength in older women with mild cognitive impairment*. <https://doi.org/10.1111/ggi.12784>

Zanini, A., Aiello, M., Cherubino, F., Zampogna, E., Azzola, A., Chetta, A., & Spanevello, A. 2015. The one repetition maximum test and the sit-to-stand test in the assessment of a specific pulmonary rehabilitation program on peripheral muscle strength in COPD patients. *International Journal of COPD*, 10(1), 2423–2430. <https://doi.org/10.2147/COPD.S91176>