

DAFTAR PUSTAKA

- Abdul muthalib, M., Irfan, I., Kartika, K., & Selamat Meliala, S. M. (2023). PENGIRAAN POSE MODEL MANUSIA PADA REPETISI KEBUGARAN AI PEMOGRAMAN PYTHON BERBASIS KOMPUTERISASI. *INFOTECH Journal*, 9(1), 11–19. <https://doi.org/10.31949/infotech.v9i1.4233>
- Ahn, J. M., Kim, J., & Kim, K. (2023). Ensemble Machine Learning of Gradient Boosting (XGBoost, LightGBM, CatBoost) and Attention-Based CNN-LSTM for Harmful Algal Blooms Forecasting. *Toxins*, 15(10), 608. <https://doi.org/10.3390/toxins15100608>
- Alam, E., Sufian, A., Dutta, P., & Leo, M. (2024). *Real-Time Human Fall Detection Using a Lightweight Pose Estimation Technique* (pp. 30–40). https://doi.org/10.1007/978-3-031-48879-5_3
- Alekseyev, K., John, A., Malek, A., Lakdawala, M., Verma, N., Southall, C., Nikolaidis, A., Akella, S., Erosa, S., Islam, R., Perez-Bravo, E., & Ross, M. (2020). Identifying the Most Common CrossFit Injuries in a Variety of Athletes. *Rehabilitation Process and Outcome*, 9. <https://doi.org/10.1177/1179572719897069>
- Asmoro, S. S., Wulanningrum, R., & Sanjaya, A. (2024). PENILAIAN GERAKAN BARIS-BERBARIS BERBASIS AI DAN LSTM PADA SELEKSI PASKIBRAKA. *Jurnal Simantec*, 12(2), 41–52. <https://doi.org/10.21107/simantec.v12i2.26095>
- Badiola-Bengoa, A., & Mendez-Zorrilla, A. (2021). A Systematic Review of the Application of Camera-Based Human Pose Estimation in the Field of Sport and Physical Exercise. *Sensors*, 21(18), 5996. <https://doi.org/10.3390/s21185996>
- Bazarevsky, V., Grishchenko, I., Raveendran, K., Zhu, T., Zhang, F., & Grundmann, M. (2020). *BlazePose: On-device Real-time Body Pose tracking*. <http://arxiv.org/abs/2006.10204>
- Bukhary, H. A., Basha, N. A., Dobel, A. A., Alsufyani, R. M., Alotaibi, R. A., & Almadani, S. H. (2023). Prevalence and Pattern of Injuries Across the Weight-Training Sports. *Cureus*. <https://doi.org/10.7759/cureus.49759>
- CACM Staff. (2016). React. *Communications of the ACM*, 59(12), 56–62. <https://doi.org/10.1145/2980991>
- Cao, Z., Simon, T., Wei, S.-E., & Sheikh, Y. (2017). *Realtime Multi-Person 2D Pose Estimation using Part Affinity Fields*. <http://arxiv.org/abs/1611.08050>

- Chen, H. (2023). Enterprise marketing strategy using big data mining technology combined with XGBoost model in the new economic era. *PLOS ONE*, 18(6), e0285506. <https://doi.org/10.1371/journal.pone.0285506>
- Chen, S., & Yang, R. R. (2020). *Pose Trainer: Correcting Exercise Posture using Pose Estimation*. <http://arxiv.org/abs/2006.11718>
- Choe, K. H., Coburn, J. W., Costa, P. B., & Pamukoff, D. N. (2021). Hip and Knee Kinetics During a Back Squat and Deadlift. *Journal of Strength and Conditioning Research*, 35(5), 1364–1371. <https://doi.org/10.1519/JSC.00000000000002908>
- Chung, J.-L., Ong, L.-Y., & Leow, M.-C. (2022). Comparative Analysis of Skeleton-Based Human Pose Estimation. *Future Internet*, 14(12), 380. <https://doi.org/10.3390/fi14120380>
- Grishchenko, I., Bazarevsky, V., Zanfir, A., Bazavan, E. G., Zanfir, M., Yee, R., Raveendran, K., Zhdanovich, M., Grundmann, M., & Sminchisescu, C. (2022). *BlazePose GHUM Holistic: Real-time 3D Human Landmarks and Pose Estimation*.
- Jo, B., & Kim, S. (2022). Comparative Analysis of OpenPose, PoseNet, and MoveNet Models for Pose Estimation in Mobile Devices. *Traitemet Du Signal*, 39(1), 119–124. <https://doi.org/10.18280/ts.390111>
- Josyula, R., & Ostadabbas, S. (2021). *A Review on Human Pose Estimation*. <http://arxiv.org/abs/2110.06877>
- Komperla, V., Pratiba, D., Ghuli, P., & Pattar, R. (2022). React: A detailed survey. *Indonesian Journal of Electrical Engineering and Computer Science*, 26(3), 1710. <https://doi.org/10.11591/ijeecs.v26.i3.pp1710-1717>
- Listiani, W., & Juju Rohaeni, A. (2024). PEMANFAATAN ESTIMASI POSE GERAK PADA PENARI TRANCE DALAM RITUAL ADAT NGALAKSA. *Jurnal Budaya Nusantara*, 6(3), 365–371. <https://doi.org/10.36456/JBN.vol6.no3.8881>
- Martín-Fuentes, I., Oliva-Lozano, J. M., & Muyor, J. M. (2020). Electromyographic activity in deadlift exercise and its variants. A systematic review. *PLOS ONE*, 15(2), e0229507. <https://doi.org/10.1371/journal.pone.0229507>
- Pardeshi, H., Ghaiwat, A., Thongire, A., Gawande, K., & Naik, M. (2022). *Fitness Freaks: A System for Detecting Definite Body Posture Using OpenPose Estimation* (pp. 1061–1072). https://doi.org/10.1007/978-981-19-5037-7_76
- Ronai, P. (2020). The Deadlift. *ACSM'S Health & Fitness Journal*, 24(2), 31–36. <https://doi.org/10.1249/FIT.0000000000000559>

- S, W., Umar, U., & Wellis, W. (2019). Pengaruh Metode Latihan Beban dengan Gerakan Cepat dan Gerakan Lambat terhadap Peningkatan Hipertrofi Otot Paha. *Jurnal Keolahragaan*, 5(2), 30. <https://doi.org/10.25157/jkor.v5i2.2440>
- Smilkov, D., Thorat, N., Assogba, Y., Yuan, A., Kreeger, N., Yu, P., Zhang, K., Cai, S., Nielsen, E., Soergel, D., Bileschi, S., Terry, M., Nicholson, C., Gupta, S. N., Sirajuddin, S., Sculley, D., Monga, R., Corrado, G., Viégas, F. B., & Wattenberg, M. (2019). *TENSORFLOW.JS: MACHINE LEARNING FOR THE WEB AND BEYOND*.
- Suhandi, V., & Santoso, H. (2024). Personal Training with Tai Chi: Classifying Movement using Mediapipe Pose Estimation and LSTM. *Building of Informatics, Technology and Science (BITS)*, 6(2), 767–775. <https://doi.org/10.47065/bits.v6i2.5536>
- Sunney, J., Jilani, M., Pathak, P., & Stynes, P. (2023). A Real-time Machine Learning Framework for Smart Home-based Yoga Teaching System. *2023 7th International Conference on Machine Vision and Information Technology (CMVIT)*, 107–114. <https://doi.org/10.1109/CMVIT57620.2023.00029>
- TensorFlow. (n.d.). *MoveNet: Ultra fast and accurate pose detection model*. <Https://Www.Tensorflow.Org/Hub/Tutorials/Movenet>.
- Tensorflow Blog. (2021, August 16). *Pose estimation and classification on edge devices with MoveNet and TensorFlow Lite*. <Https://Blog.Tensorflow.Org/2021/08/Pose-Estimation-and-Classification-on-Edge-Devices-with-MoveNet-and-TensorFlow-Lite.Html>.
- Upadhyay, A., Basha, N. K., & Ananthakrishnan, B. (2023). Deep Learning-Based Yoga Posture Recognition Using the Y_PN-MSSD Model for Yoga Practitioners. *Healthcare*, 11(4), 609. <https://doi.org/10.3390/healthcare11040609>
- Wiens, M., Verone-Boyle, A., Henscheid, N., Podichetty, J. T., & Burton, J. (2025). A Tutorial and Use Case Example of the <scp>eXtreme</scp> Gradient Boosting (<scp>XGBoost</scp>) Artificial Intelligence Algorithm for Drug Development Applications. *Clinical and Translational Science*, 18(3). <https://doi.org/10.1111/cts.70172>
- Yu, D., Zhang, H., Zhao, R., Chen, G., An, W., & Yang, Y. (2024). *MovePose: A High-Performance Human Pose Estimation Algorithm on Mobile and Edge Devices* (pp. 144–158). https://doi.org/10.1007/978-3-031-72338-4_11