

## DAFTAR PUSTAKA

- Adhi, B. P., Sugiharto, & Soenyoto, T. (2017). Pengaruh Latihan dan kekuatan Otot Tungkai terhadap Power Otot Tungkai. *Journal of Physical Education and Sports*, 6(1), 7–13 <https://journal.unnes.ac.id/sju/index.php/jpes/article/view/17315>
- Akbar, A., Saifuddin, & Mansur. (2015). Evaluasi Unsur Kelincahan dan Kecepatan Reaksi Otot Tangan Atet Tarung Derajat Binaan SATLAT UNSYIAH Tahun 2013. *Jurnal Ilmiah Mahasiswa Pendidikan Jasmani, Kesehatan Dan Rekreasi*, 1(1), 45–53.
- Andri Prasetiyo, Nugroho, R. A., & Bastian, A. A. (2023). Physical Condition of Athletes of the All Indonesian Athletics Association. *Pesawaran Regency*, 5(2), 399–405,. <https://doi.org/https://doi.org/10.31949/respecs.v5i2.6026>
- Azhar Fadhil Saudini, & Sulistyorini. (2017). Pengaruh Latihan Squat Terhadap Peningkatan Power Otot Tungkai. *Indonesia Performance Journal*, 1(2), 71–75. <https://doi.org/http://dx.doi.org/10.17977/um077v1i22017p71-75>
- Azwar, S. (2012). *Penyusunan Skala Psikologi* (2nd ed.). PUSTAKA BELAJAR.
- Bahtra, R., & Putra, A. N. (2024). Implementation of Long-Term Athlete Development (LTAD) to Sport Coach at KONI Pariaman City. *GANDRUNG : Jurnal Pengabdian Kepada Masyarakat*, 5(1), 1352–1358. <https://doi.org/10.36526/gandrun.v5i1.3285>
- Bompa, T. O., & Buzzichelli, C. (2019). Periodization-: theory and methodology of training. *Human kinetics*.
- Daharis. (2017). Hubungan Kekuatan Otot Lengan dan Kelentukan Dengan Keterampilan Gerakan Senam Round Off. *JURNAL SPORT AREA*, 2(2), 27–34. [https://doi.org/10.25299/sportarea.2017.vol2\(2\).883](https://doi.org/10.25299/sportarea.2017.vol2(2).883)
- Dlis, F., Yudho, F. H. P., Kemala, A., Yuliandra, R., Santos, M. H. Dos, & Nita Eka Aryanti. (2022). *Konsep Long Term Athlete Development dalam Pelatihan Atlet Jangka Panjang* (R. A. Nugroho (ed.)). Jejak Pustaka.
- Dwi Darmawan, A., Kuntum MandalaWati, T., Ratna Kartini, P., Maritha, V., & T Candra, A. (2024). Developing the Physical Condition of Athletes Through the Prevention and Treatment of Sports Injuries. *GANDRUNG: Jurnal Pengabdian Kepada Masyarakat*, 5(2), 1799–1806. <https://doi.org/10.36526/gandrun.v5i2.4026>
- El-Gazzar, H. (2024). Bench Press Exercise the Greatest Functionally and Biomechanically Drill. *Journal of Applied Sports Science*, 14(1), 16–23. <https://doi.org/10.21608/jass.2024.259892.1101>

- Evitamala, L., Adiputra, I. N., Ratna Sundari, L. P., Handari Adiputra, L. M. I. S., Griadhi, I. P. A., & Purnawati, S. (2019). Efek Pelatihan Lari Akselerasi Dan Pelatihan Lari Interval Di Pantai Berpasir Dalam Meningkatkan Kemampuan Anaerobik, Power Otot Tungkai Dan Kecepatan Lari 100 Meter Pada Siswa Kelas X Sma Negeri 1 Suela Lombok Timur Tahun Pelajaran 2018/2019. *Sport and Fitness Journal*, 38–44. <https://doi.org/10.24843/spj.2019.v07.i03.p06>
- Fahad, M. L., & Sudarmono, M. (2020). Model Pembelajaran Kebugaran Jasmani Menggunakan Media RAC (Reaction, Accuracy, Coordination). *Indonesian Journal for Physical Education and Sport*, 1(2), 362–368.
- Fauzi, & Majid, N. C. (2022). Profil Kondisi Fisik Atlet SMA Kelas Khusus Olahraga di Kabupaten Sleman. *JORPRES (Jurnal Olahraga Prestasi)*, 18(3), 46–56. <https://doi.org/10.21831/jorpres.v18i3.53442>
- Ferland, P. M., Pollock, A., Swope, R., Ryan, M., Reeder, M., Heumann, K., & Comtois, A. S. (2020). The Relationship Between Physical Characteristics and Maximal Strength in Men Practicing The Back Squat, The Bench Press and The Deadlift. *International Journal of Exercise Science*, 13(4), 281–297.
- Firdianto, I. (2024). *PROFIL KONDISI FISIK ATLET CABOR ANGKAT BERAT KOTA KEDIRI DALAM PERSIAPAN PORPROV JATIM IX 2025* [UNIVERSITAS NUSANTARA PERSATUAN GURU REPUBLIK INDONESIA UN PGRI KEDIRI]. [http://repository.unpkediri.ac.id/12973/3/RAMA\\_85201\\_17101090085\\_0722098601\\_07270890001\\_01\\_front\\_ref.pdf](http://repository.unpkediri.ac.id/12973/3/RAMA_85201_17101090085_0722098601_07270890001_01_front_ref.pdf)
- Gadomski, S. J., Ratamess, N. A., & Cutrufello, P. T. (2018). Range of Motion Adaptations in Powerlifters. *Journal of Strength and Conditioning Research*, 32(11), 3020–3028. <https://doi.org/10.1519/JSC.0000000000002824>
- Hanifah, L. N. (2023). Literature Review: Factors Affecting Alcohol Consumption and the Impact of Alcohol on Health Based on Behavioral Theory. *Media Gizi Kesmas*, 12(1), 453–462. <https://doi.org/10.20473/mgk.v12i1.2023.453-462>
- HB, B., & Wahyuri, A. S. (2019). *Pembentukan Kondisi Fisik* (1st ed.). PT RajaGrafindo Persada.
- Hirshkowitz, M., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., DonCarlos, L., Hazen, N., Herman, J., Katz, E. S., Kheirandish-Gozal, L., Neubauer, D. N., O'Donnell, A. E., Ohayon, M., Peever, J., Rawding, R., Sachdeva, R. C., Setters, B., Vitiello, M. V., Ware, J. C., & Adams Hillard, P. J. (2015). National Sleep Foundation's Sleep Time Duration Recommendations: Methodology And Results Summary. *Sleep Health*, 1(1), 40–43. <https://doi.org/10.1016/j.slehd.2014.12.010>
- Luk, H.-Y., Winter, C., O'neill, E., & Thompson, B. A. (2014). Comparison of Muscle Strength Imbalance in Powerlifters and Jumpers. *Journal of Strength*

- and Conditioning Research*, 28(1), 23–27.  
<https://doi.org/https://doi.org/10.1519/JSC.0b013e318295d311>
- Morán-Navarro, R., Martínez-Cava, A., Escribano-Peña, P., & Courel-Ibáñez, J. (2021). Load-velocity Relationship of the Deadlift Exercise. *European Journal of Sport Science*, 21(5), 678–684. <https://doi.org/10.1080/17461391.2020.1785017>
- Morrow, J. (2000). *Measurement and Evaluation in Human Performance*. Human Kinetics Publishers.
- Nasution, S. (2017). Variabel Penelitian. *Jurnal Raudhah*, 5(2), 1–9. <http://jurnaltarbiyah.uinsu.ac.id/index.php/raudhah/article/view/182>
- Pasaribu, A. M. N. (2020). Tes dan Pengukuran Olahraga. In *Tes dan Pengukuran Olahraga*.
- Pratama, R. A., & Gandasari, M. F. (2023). Perbedaan Waktu Reaksi Bunyi Dengan Waktu Reaksi Mata. *Journal of SPORT (Sport, Physical Education, Organization, Recreation, and Training)*, 7(3), 681–692. <https://doi.org/10.37058/sport.v7i3.8822>
- Putri, N. P. A. M. S., Sena, I. G. A., & Daryono. (2022). Perbaikan Kemampuan Keseimbangan Dinamis dengan Core Stability Exercise pada Penari Hip Hop Ekstrakurikuler di SMA N 1 Sukawati. *Pendidikan Kesehatan Rekreasi*, 8(1), 119–126. <https://doi.org/10.5281/zenodo.5855112>
- Rezky, A., & Hermanzoni. (2019). Latihan Beban Dengan Sistem Set Berpengaruh terhadap Kemampuan Angkatan Snatch Angkat Besi. *Jurnal Patriot*, 1(3), 886–875. <https://doi.org/10.24036/patriot.v1i3.354>.
- Richardson, R. B., Allan, D. S., & Le, Y. (2014). Greater Organ Involution In Highly Proliferative Tissues Associated With The Early Onset And Acceleration Of Ageing In Humans. *Experimental Gerontology*, 55, 80–91. <https://doi.org/10.1016/j.exger.2014.03.015>
- Rohendi, A., & Rustiawan, H. (2020). Kebutuhan Sport Science Pada Bidang Olahraga Prestasi. *Journal Respecs*, 2(1), 32. <https://doi.org/10.31949/jr.v2i1.2013>
- Rustiawan, H. (2020). Pengaruh Latihan Interval Training Dengan Running Circuit Terhadap Peningkatan VO<sub>2</sub> MAX. *JURNAL WAHANA PENDIDIKAN*, 7(1), 15–28. <https://jurnal.unigal.ac.id/index.php/jwp>
- Sahir, S. H. (2022). *Metodologi Penelitian* (1st ed.). KBM Indonesia.
- Salsabillah, M., Sabandi, A., Gistituati, N., & Kadri, H. Al. (2020). Budaya Organisasi Sekolah Menengah Kejuruan. *Jurnal Environmental Science*, 3(1), 29–34. <https://doi.org/https://doi.org/10.24036/johem.v1i1>

- Santika, I. G. P. N. A. (2017). Pengukuran Komponen Biomotorik Mahasiswa Putra Semester V Kelas A Fakultas Pendidikan Olahraga dan Kesehatan IKIP PGRI Bali Tahun 2017. *Jurnal Pendidikan Kesehatan Rekreasi*, 3(1), 85–92. <https://doi.org/https://doi.org/10.59672/jpkr.v3i1.221>
- Sari, S. K., Umar, U., Haryanto, J., & Putra, J. (2024). Profil Kondisi Fisik Atlet Pencak Silat Tapak Suci Putera Muhammadiyah PIMDA 168 Rejang Lebong Physical. *Jurnal Gladiator*, 4(5), 1750–1764. <https://doi.org/https://doi.org/10.24036/gldor1524022>
- Sepdanus, E., Rifki, M. S., & Komaini, A. (2019). Tes dan Pengukuran OLAHRAGA. In *Tes dan Pengukuran OLAHRAGA*.
- Sholehah, A. N. P. (2020). Pengaruh Latihan Squat Menggunakan Leg Press Stang Barbel Terhadap Kemampuan Angkat Besi pada Atlet Angkat Besi SKOI Kaltim. *Borneo Physical Education Journal*, 1(1), 22–29. <https://doi.org/10.30872/bpej.v1i1.225>
- Sidik, D. (2019). *Pelatihan Kondisi Fisik*. Bandung. PT. Remaja Rosdakarya.
- Sitbon, A. (2020). *Field Battery Test*. UK BRAZILIAN JIU JITSU ASSOCIATION. <https://thesportjournal.org/article/establishing-normative-reference-values-for-the-utah-seated-medicine-ball-throw-protocol-in-adolescents/>
- Sujarweni, W. (2014). *Metodologi Penelitian : Lengkap, Praktis, dan Mudah Dipahami* (1st ed.). Pustaka Baru Press.
- Suryaningsih, L., Purnomo, E., & Supriatna, E. (2022). Modifikasi Alat Kekutan Grip Pada Atlet Angkat Berat. *Jurnal Pendidikan Dan Pembelajaran Khatulistiwa (JPPK)*, 11(5), 1–8. <https://doi.org/10.26418/jppk.v11i5.55111>
- Wahyuning, S. (2021). *Dasar Dasar Statistik* (I. A. Dianta (ed.)). Yayasan Prima Agus Teknik.
- Widiastuti. (2015). *Tes Pengukuran Olahraga*. 221.
- Wood, R. (2010). *Stand and Reach Flexibility Test*. TopendSport. <https://www.topendsports.com/testing/tests/stand-and-reach.htm>
- Yusup, F. (2018). UJI VALIDITAS DAN RELIABILITAS INSTRUMEN PENELITIAN KUANTITATIF. *Jurnal Tarbiyah: Jurnal Ilmiah Kependidikan*, 7(1), 17–23.