

DAFTAR PUSTAKA

Alvian, Albert, (2013) *Cone Drill Exercise Dan Leg Press Lebih Baik Dari Pada Cone Drill Exercise Dan Ladder Drill Exercise Dalam Meningkatkan Agility Pemain Basket*, skripsi sarjana (Jakarta: Fakultas Fisioterapi Universitas Indonusa Esa Unggul).

Andrea, 2012. *How to Determine One Rpetition Maksimum (1RM)*, di akses: 10-12-2013 ; <http://www.todayfitner.com/wp-content/upload/2010/11/1RM-Chart-e1354047149275.jpg>.

Baechle, Thomas.R; Earle Roger. W,(2008), *Essentials of Strength Training and Conditioning Third Edition*. (United states:Champaign).

Cael, Cheristy (2010), *Functional Anatomy*, Philadelphia: Wolters Kluwer.

Delecluse C, Van Coppennolle H, Willems E, Van Leemputte M, Diels R & Gorski M, (1995), *Influence of high-resistance and high-velocity training on sprint performance*, (Belgium: Leuven), *Medicine and Scinence in Sport and Exercise*, 27, 1203-1209.

Dugan MD, Krishan P, Shelia a, (2005), *Biomechanics and Analisis of Running*. Department of Physical Medicine and Rehabilitation, Rush University Medical Center USA.

Ehow, 2012. Teknik penerapan *leg press* available at (<http://www.ehow.com>)

- Fox, E.L, Bowers, RW. Foss, ML. 1994. *Sports Physiology*. Philadelphia: WB. Saunders Company.
- Guyton dan Hall, (2006), *Buku Ajaran Kedokteran*, (Jakarta: EGC). Editor Bahasa oleh Lukman Yanuar Rhachman edisi 11.
- Grimshaw,Paul; Lees, Adrian; Fowler, Neil; Burden Adrian (2007), *Sport and Exercise Biomechanic*. (Taylor &Francis Group: New york).
- Justin Durantdt BSc (2009), *Fitness Testing and The Physical Profiling of Players* (Sport Science Institute of South Africa).
- Kisner, Carolyn, and Lynn Allen Colby, (2007). *Therapeutic Exercise 5th Edition*, (Philadelphia : F. A. Davis Company).
- Kotaro Sasaki, Richard R. Nuptuna, (2005). *Differences in muscle function during walking and running at thr same speed*, University of Texas at Austin, (Journal of Biomechanics).
- Lesmana, Syahmirza Indra. (2012), *Perbedaan Pengaruh Metode Latihan Beban Terhadap Kekuatan Dan Daya Tahan Otot Biceps Brachialis Ditinjau Dari Perbedaan Gender (Studi Komparasi Pemberian Latihan Beban Metode Delorme dan Metode Oxford Pada Mahasiswa Fakultas Ilmu Kesehatan dan Fisioterapi*. Jakarta: Fisioterapi Universitas Esa Unggul.
- Lhaksana, Justinus. 2006. *Materi Futsal Coaching Clinic Mizone* .Jakarta: Difamata Sport EO.

Liu C, Chen CS, Ho WH, Fule RJ, Chung PH, Shiang TY (2013), *The effects of passive leg press training on jumping performance, speed, and muscle power*, Journal of Strength and Conditioning Research.

Nurhasan, et al. 2005. *Pendidikan Jasmani*. Surabaya :UNESA University Press

Eorthopod, 2009. *Ankle and foot joint* . Diakses: 22-11-2013:

<http://www.eorthopod.com/content/flat-feet>

Sajoto Mpd.Drs M, 1994. *Peningkatan dan Pembinaan Kekuatan Kondisi Fisik Dalam Olahraga*. Semarang. Effhar Offset Semarang.

Santoso, 2012. *Leg press* available at xlathlete.com

Stevens MA, 2003. *Acute knee injuries* available at aafp.org/aafp/2003/0901/p907.html

Thomas R. Baechle & Barney R. Groves (2003). *Latihan Beban*. (Razi Siregrar. Terjemahan). Jakarta: PT Raja Grafindo Pustaka Utama.

Tortora G , Derrickson B (2009). *Principles of Anatomy and Physiology* (12th ed) the United States of America.

Widhari, Sri, (2011). *Perbedaan Pengaruh Metode Latihan Beban Leg Press Dan Squat Terhadap Peningkatan Prestasi Lari 100 Meter Ditinjau Dari Waktu Reaksi* (Surakarta: Fakultas Ilmu Keolahragaan Universitas Sebelas Maret).

William.E, Amonette M.A, CSCS, 2009. *Tips for Improving Running Speed*, (Sport Medicine Institute).

- Wisloff U, Castagna C, Helgerud J, Jones R, Hoff J, (2003). *Strong correlation of maximal squat strength with sprint performance and vertical jump height in elite soccer players*, Norwegian University of Science and Technology, (Br J Sport Med).
- Wisnu, H. 2002. *Daya Ledak (power) salah satu komponen penentu penampilan atlet*. Bima Loka.