

DAFTAR PUSTAKA

- Ensiklo. 2012. *Daya Tahan*. Available at Pendidikanjasmani13.blogspot.com/2012/02/daya-tahan-otot.html
- Escamilla, Rafael F. 2006. *Electromyographic Analysis of Traditional and Nontraditional Abdominal Exercise*. Available at <http://ptjournal.apta.org/content/86/5/656>
- Hardiwinoto. 2011. *Pengertian dan Kategori Umur*. Available at <http://ilmu-kesehatan-masyarakat.blogspot.com/2012/05/kategori-umur.html>
- Irfan, Muhammad. 2010. *Fisioterapi Bagi Insan Stroke*, Yogyakarta : Graha Ilmu.
- Karren Saunders, Chabut, Lareine, 2008. *Core Strength For Dummies*, (Canada : Wiley Publishing, Inc., Indianapolis, Indiana, 2009).
- Mackenzie, B. 2006. *NCF Abdominal Curl Conditioning Test* Available at <http://www.brianmac.co.uk/curltest.htm>
- Menteri Kesehatan RI. 2013. *Penyelenggaraan Pekerjaan dan Praktik Fisioterapis*. Available at <http://www.hukor.depkes.go.id/>
- McGill, Stuart. 2009 *Crunches (exercise)*, Available at <http://en.wikipedia.org/wiki/crunch>
- Mukholid, Agus 2014. *Latihan Kebugaran*. Available at <http://penjassmabali.wordpress.com/>

- Mukholid, Agus. 2007. *Pendidikan Jasmani Olahraga & Kesehatan*. Jakarta: Yudhistira.
- Nasrulloh, Ahmad. 2012. *Pengaruh Latihan Circuit Weight Training Terhadap Kekuatan dan Daya Tahan Otot*. Available at eprints.uny.ac.id/15466/1/
- Parahita, Astra. 2009. *Pengertian Daya Tahan Otot*. Available at ejournal.unesa.ac.id/article/14533/66/article.pdf
- Perdana, Mukhammad. 2012. *Fisik Remaja*. Available at http://www.academia.edu/4726688/Fisik_remaja
- Putri, 2013. *Pengertian dan Ciri-Ciri Remaja* available at http://blogsiputri.blogspot.com/2013_02_01_archive.html
- Santoso, Denny. 2013. *Latihan Swiss Ball*. Available at <http://duniafitnes.com>
- Sarwono.2006. *Pertumbuhan dan Perkembangan Remaja*. Available at sitirusbiati13.wordpress.com/perihal/pertumbuhan-dan-perkembangan-remaja.
- Shankar, Ghauri. 2012. *Comparative Study of Core Stability Exercise with Swiss Ball in Improving Trunk Endurance*. Available at www.ijhsr.org
- Sharkey. 2011. *Daya Tahan Kardiorespirasi* Available at <http://dtabes-tabes.blogspot.com/2011/03/daya-tahan-kardiorespirasi.html>
- Strenlivht, Eric. 2007. *Electromyographic Comparison of a Stability Ball Crunch With A Traditional Crunch*. Available at www.ncbi.nlm.nih.gov

Sukadiyanto. 2005. *Definisi daya Tahan Otot* Available at <http://eprints.uny.ac.id>

Wibowo, Daniel S. 2009. *Anatomi Tubuh Manusia*. (Jakarta: Graha Ilmu Publishing)

Winarni, Asih. 2015. *Pengertian Daya Tahan* Available at <http://ejournal.unesa.ac.id/index.php/jurnal-kesehatan-olahraga>