

DAFTAR PUSTAKA

- Akuthota V , Nadler SF. 2007. *Core Strengthening. Arch Phys Med Rehabil*;85(3 Suppl 1):86-92.
- Carolyn Kisner Lynn Allen Colby. 2007. *Therapeutic Exercise, Fifth Edition*,(Philadelphia : F.A. Davis Company).
- .Hertel J, Miller S, Denegar C. 2000. *Intensitas and Intertesier Rehabily during The Star Excursion Balance Test. J Sport Rehabil.* Hal 100-119.
- Irfan .M 2012 *Core Stability Exercise Pada Latihan Otot Dasar Panggul dalam Temu Ilmiah Tahunan Fisioterapi Indonesia XXVII.* Medan : Ikatan Fisioteranoi Indonesia.
- Kahle N. 2009. *The Effects of Core Stability Training on Balance Testing in Young, Healthy Adults.* The University of Tocado
- Kibler WB, Press J Sciascia A. 2006. *The Role Of Core Stability In Athletic Function. Sport Medicine,* Vol 36. No 3 Hal 187-199.
- Lee, D.G. and Vleeming, A.2003. *Principles of the Integrated Model of Function and its Apllication to the Lumbopelvic-hip Region.* The Pelvic Girdle. 3rd edition. Elsevier. Hal 1-14.
- Marshal P, Murphy B. 2005. *Core Stability Exercise on and off a Swiss ball.* Arch Phys Med Rehabil. Hal 245-250.
- Miller, 2008; *Nursing for wellness in older adult;* Theory and practice, Four Edition, Philadelphia

- Nusufi, M. 2012. "Pengaruh Latihan Double Multiple Jump Terhadap Tendangan Jarak Jauh Menggunakan Kura-Kura Bagian Dalam". *GLADI JURNAL ILMU KEOLAHRAAGAN*, Vol 6 (1): 475.
- Rahmanto, Safun, 2008. Hubungan Antara Kekuatan Otot Quadrisep Femoris Dengan tingkat Keseimbangan Postural. Skripsi. Surakarta: UMS.
- Suhartono. 2005. Pengaruh kelelahan otot anggota gerak bawah terhadap keseimbangan postural pada subyek sehat. UNDIP Semarang.
- Yasin, M. 2008. Pembinaan jasmani iliter lembaga kesehatan iliter ditkesad. 06 februari 03.38.2008: I . Kol. I Jakarta