

DAFTAR PUSTAKA

- Ahearn, E. L., Greene, A., & Lasner, A. (2018). Some Effects of Supplemental Pilates Training on the Posture, Strength, and Flexibility of Dancers 17 to 22 Years of Age, 192–202. <https://doi.org/10.12678/1089-313X.22.4.192>
- Ayala, F., Baranda, P. S. De, Croix, M. D. S., & Santonja, F. (2012). Physical Therapy in Sport Reproducibility and criterion-related validity of the sit and reach test and toe touch test for estimating hamstring flexibility in recreationally active young adults. *Physical Therapy in Sport*, 13(4), 219–226. <https://doi.org/10.1016/j.ptsp.2011.11.001>
- Behm, D. G. (2018). *The Science And Physiology Of flexibility and stretching*. Canada: Routledge.
- Candrawati, S., Sulistyoningrum, E., Agung Prakoso, D. B., & Pranasari, N. (2016). Senam Aerobik Meningkatkan Daya Tahan Jantung Paru dan Fleksibilitas. *Jurnal Kedokteran Brawijaya*, 29(1), 69-73.
- Chillón, P., Castro-Piñero, J., Ruiz, J. R., Soto, V. M., Carbonell-Baeza, A., Dafos, J., ... & Ortega, F. B. (2010). Hip flexibility is the main determinant of the back-saver sit-and-reach test in adolescents. *Journal of sports sciences*, 28(6), 641-648. <https://doi.org/10.1080/02640411003606234>
- Ellsworth, D. A. (2009). *pilates*.
- Jamaluddin, M. (2017). Pengaruh Gerakan Sholat Lima Waktu Terhadap Fleksibilitas Sendi Pada Lanjut Usia Di Panti Wreda Pucang Gading Semarang. *Jurnal Kesehatan Karya Husada*, 5(1).
- Junaidi, S. (2011). Pembinaan Fisik Lansia melalui Aktivitas Olahraga Jalan Kaki. *Media Ilmu Keolahragaan Indonesia*, 1(1). ISSN: 2088-6802
- Kao, Y. H., Liou, T. H., Huang, Y. C., Tsai, Y. W., & Wang, K. M. (2015). Effects of a 12-week Pilates course on lower limb muscle strength and trunk flexibility in women living in the community. *Health Care for Women International*, 36(3), 303–319.
- Kartiyani, T., & Subroto, W. (2018). Perbedaan Pengaruh Latihan Pilates Dengan Latihan Wobble Board Terhadap Keseimbangan Ditinjau Dari Jenis Kelamin Pada Remaja. *Jurnal Kesehatan Al-Irsyad*, 81-87.
- Kisner, C., & Colby, Lynn Allen. (2012). *Therapeutic Exercise: Foundations and Techniques sixth edition* (sixth). Philadelphia: F.A. Davis Company.
- Kloubec, J. A. (2010). Pilates for improvement of muscle endurance, flexibility, balance, and posture. *The Journal of Strength & Conditioning Research*, 24(3), 661-667.

- Lee, H., Caguicla, J. M. C., Park, S., Kwak, D. J., Won, D. Y., Park, Y., ... & Kim, M. (2016). Effects of 8-week Pilates exercise program on menopausal symptoms and lumbar strength and flexibility in postmenopausal women. *Journal of exercise rehabilitation*, 12(3), 247. <http://dx.doi.org/10.12965/jer.1632630.315>
- Manshouri, M., Rahnama, N., & Khorzoghi, M. B. (2014). Effects Of Pilates Exercises On Flexibility And Volleyball Serve Skill In Female College Students. *Sport Scientific & Practical Aspects*, 11(2).
- Miyamoto, G. C., Moura, K. F., Franco, Y. R. D. S., de Oliveira, N. T. B., Amaral, D. D. V., Branco, A. N. C., ... & Cabral, C. M. N. (2016). Effectiveness and cost-effectiveness of different weekly frequencies of pilates for chronic low back pain: randomized controlled trial. *Physical therapy*, 96(3), 382-389. <https://doi.org/10.2522/ptj.20150404>
- Muyor, J. M., Zemková, E., Štefániková, G., & Kotyra, M. (2014). Concurrent validity of clinical tests for measuring hamstring flexibility in school age children. *International journal of sports medicine*, 35(08), 664-669.
- Nugraha, D. A. (2014). Perbedaan Tingkat Fleksibilitas Laki-laki dan Perempuan pada Mahasiswa Fakultas Kedokteran. *Universitas Indonesia*.
- Oliveira, L. C., de Oliveira, R. G., & de Almeida Pires-Oliveira, D. A. (2016). Comparison between static stretching and the Pilates method on the flexibility of older women. *Journal of bodywork and movement therapies*, 20(4), 800-806. <https://doi.org/10.1016/j.jbmt.2016.01.008>
- Phrompaet, S., Paungmali, A., Pirunsan, U., & Sitalertpisan, P. (2011). Effects of pilates training on lumbo-pelvic stability and flexibility. *Asian Journal of sports medicine*, 2(1), 16..
- Pristianto, A., Wijianto & Rahman, F. (2018). Terapi Latihan Dasar. Muhammadiyah University Press.
- Putra, I. G. B. U., & Muliarta, I. M. (2016). Fleksibilitas Anak Sekolah Dasar Di Kota Denpasar Usia 9-13 Tahun Yang Bermain Wushu Lebih Baik Dari Pada Bukan Pemain Wushu. *E-Jurnal Medika Udayana*, 5(10). ISSN: 2303-1395
- Ratmawati, Y. (2015). Pengaruh Latihan Swiss Ball terhadap Peningkatan Fleksibilitas Trunk pada Remaja Putri Usia 17-21 Tahun. *Interest: Jurnal Ilmu Kesehatan*, 4(1).
- Ratnawati, H. P. (2010). Pengaruh Senam untuk Mencegah Nyeri Pinggang terhadap Fleksibilitas Lumbal pada Lansia di Organisasi Wanita Islam Kelurahan Sriwedari Kecamatan Laweyan Kota Surakarta (Skripsi, UMS).
- Roh, K.-H., & Park, H.-A. (2013). A Meta-analysis of the Effect of Walking Exercise on Lower Limb Muscle Endurance, Whole Body Endurance and Upper Body Flexibility in Elders. *Journal of Korean Academy of*

Nursing, 43(4), 536–546 <http://dx.doi.org/10.4040/jkan.2013.43.4.536>

- Sibarani, E. P. (2019). Korelasi Indeks Massa Tubuh Dengan Fleksibilitas Lumbal Pada Mahasiswa Yang Mengalami Obesitas Di Universitas Hkbp Nommensen Medan.
- Sinzato, C. R., Taciro, C., Pio, C. D. A., Toledo, A. M. D., Cardoso, J. R., & Carregaro, R. L. (2013). Effects of 20 sessions of Pilates method on postural alignment and flexibility of young women: pilot study. *Fisioterapia e Pesquisa*, 20(2), 143-150.
- Stathokostas, L., McDonald, M. W., Little, R., & Paterson, D. H. (2013). Flexibility of older adults aged 55–86 years and the influence of physical activity. *Journal of aging research*, 2013. <http://dx.doi.org/10.1155/2013/743843>
- Supriyadi. (2018). Penguatan karakter bangsa pada masyarakat multikultural dalam gerakan kependuan Hizbul Wathan. *Media Publikasi Pendidikan Pancasila Dan Kewarganegaraan*, 1(1), 23–30. ISSN: 2614-0039
- Tantowi, R. (2017). *Perbandingan Pemberian Active Isolated Stretching Dan Dynamic Stretching Terhadap Penurunan Hamstring Muscle Tightness Pada Mahasiswa Fisioterapi Di Universitas Muhammadiyah Malang* (Skripsi, University of Muhammadiyah Malang).
- Trisnowiyanto, B. (2017). Pengaruh Mat Pilates Exercise Terhadap Fleksibilitas Tubuh. *Jurnal Kesehatan*, 9(2), 40-52.
- Hw.ukm.ums.ac.id (2010). *Hizbul Wathan Moh. Djazman Ums*. <http://hw.ukm.ums.ac.id/2013/01/hizbul-wathan-moh-djazman-ums.html>. Diakses pada tanggal 5 November 2019 pukul 22.12
- Usman, Rezky amaliah.(2016).*Perbandingan Fleksibilitas Punggung Bawah Dengan Metode Sit And Reach Pada Siswa Obesitas Dan Non-Obesitas* (Skripsi, UNHAS)
- Vitalistyawati, L. P. A. (2018). Pilates Exercise Lebih Efektif Meningkatkan Fleksibilitas Lumbal Dibandingkan Senam Yoga Pada Wanita Dewasa. *Sport and Fitness Journal*, 6(2), 23–30. ISSN: 2302-688X
- Vitalistyawati, L. P. A., Rustanti, M., & Rustiana, Y. (2019). Pengaruh Pemberian Senam Yoga Terhadap Fleksibilitas Trunk Pada Wanita Dewasa Umur 30-45 Tahun. *Jurnal Kesehatan Terpadu*, 3(1). ISSN : 2549-8479
- Wells, C., Kolt, G. S., & Bialocerkowski, A. (2012). Defining Pilates exercise : A systematic review. *Complementary Therapies in Medicine*, 20(4), 253–262. <https://doi.org/10.1016/j.ctim.2012.02.005>
- Wells, C., Kolt, G. S., Marshall, P., & Bialocerkowski, A. (2014). Indications,

benefits, and risks of Pilates exercise for people with chronic low back pain: a Delphi survey of Pilates-trained physical therapists. *Physical therapy*, 94(6), 806-817.