

DAFTAR PUSTAKA

- Akhtar P, S Yardi and M Akhtar. (2013). *Effects of yoga on functional capacity and well being*. International Journal of Yoga, 6: 76.
- Alter, Michael J. (1996). *Science of Flexibility*. Europe : Human Kinetics
- Bhadoria, Esha A. (2017). *Comparative effectiveness of lumbar stabilization, dynamic strengthening, and Pilates on chronic low back pain: randomized clinical trial*, 13(4):477-485.
- Birdee GS, Legedza AT, Saper RB, et al,. (2008). *Characteristics of yoga users: results of a national survey*. Journal of General Internal Medicine, 23(10): 1653-1658.
- Cruz-Ferreira A, Fernandes J, Laranjo L, Bernardo LM, Silva A. (2011). *A systematic review of the effects of pilates method of exercise in healthy people*. Arch Phys Med Rehabil: 92(12):2071-81.
- Ellsworth, A., 2009, *Pilates Anatomy : a Comprehensive Guide*, Thunder Bay Press, California.
- Emery K, De Serres SJ, McMillan A, Côté JN. (2010). *The effects of a Pilates training program on arm-trunk posture and movement*. Clin Biomech (Bristol, Avon): 25(2):124-30.
- Garber CE, Blissmer B, Deschenes MR, Franklin BA, Lamonte MJ, Lee IM, et al,. (2011). *American College of Sports Medicine position stand. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise*. Med Sci Sports Exerc: 43(7): 1334-1359.
- Gunawan, Indra. (2012). *Tes dan Alat Untuk Mengukur Komponen Fisik*
- Juliantine, T. 2009. *Studi Perbandingan Berbagai Macam Metode Latihan Peregangan dalam Meningkatkan Kelentukan*. FPOK-UPI, Jakarta.
- Konstantinos, F. (2015). *Acute effect of static and dynamic stretching exercise on sprint and flexibility of. EJMAS - Physical Training: Fitness for Combatives*.
- Mursid, A., 2012; *Perbedaan Pengaruh Pemberian Pilates Exercise dan Senam Aerobik terhadap Fleksibilitas Trunk Wanita*; Politeknik Kesehatan, Surakarta.

- Noman, S, Iftekher, Bakhtiar , et al., (2017). *Effects of yoga on flexibility and balance: a quasi-experimental study*. Asian Journal of Medical and Biological Research, 3(2) : 276-281.
- O'Brien, C.(2010). *Pilates Can Decrease Chronic Low Back Pain and Related Functional Disability*. Unitec Institute of Technology, New Zeland.
- Pereira LM, Obara K, Dias JM, Menacho MO, Guariglia DA, Schiavoni D, Pereira HM, Cardoso JR. (2012). *Comparing the Pilates method with no exercise or lumbar stabilization for pain and functionality in patients with chronic low back pain: systematic review and meta-analysis*. Clin Rehabil: 26:10-20.
- Phrompaet S, Paungmali A, Pirunsam U,et al., (2011). *Effects of Pilates training on lumbo-pelvic stability and flexibility*. Asian Journal of Sports Medicine 2(1), 16-22.
- Powers, S.K., Howley, E.T. (2007). *Exercise Physiology Theory and Application To Fitness and Performance*. United States : Mc Graw Hill International Edition, Inc. 271-95.
- Sani, R. (2012). *Yoga Untuk Kesehatan; Dahara Prize, Semarang*.
- Sukadiyanto. (2010). *Pengantar dan Teori Metodologi Melatih Fisik*. Yogyakarta: FIK UNY.
- Sukumar, B. (2017). *Influence of selected yogic practices on body mass index and flexibility among middle aged women*. International Journal of Physical Education, Sport and Health, 4(1): 71-74.
- Vitalistyawati, L.P.(2018). *Pilates exercise lebih efektif meningkatkan fleksibilitas lumbal dibandingkan senam yoga pada wanita dewasa*. Sport and Fitness Journal , 23-30.
- Widiastuti. (2015). *Tes dan Pengukuran Olahraga*. Jakarta: Rajawali Pers.
- Wismanto. 2011. *Pelatihan Metode Active Isolated Stretching Lebih Efektif dari pada Contract Relax Stretching dalam Meningkatkan Fleksibilitas Otot Hamstring*. Journal Fisioterapi Indonesia. Volume 11 No 1. 2011.
- Woodyard,C. (2011). *Exploring the therapeutic effects of yoga and its ability to increase quality of life*. International Journal of Yoga, 4: 49.