

DAFTAR PUSTAKA

- Abi, Permana Dwindi, Kusnanik Nining Widyah, Nurhasan, Setijono Hari, Arifin Muhammad Zainal, and Purwoto Septyaningrum Putri. 2022. "Enhancing Strength, Leg Muscle Explosive Power, and Muscle Hypertrophy Using Hurdle-Box Jump Plyometric." *Physical Education Theory and Methodology* 22(1):113–20. doi: 10.17309/TMFV.2022.1.16.
- Ariani, Luh Putu Tuti. 2021. "The Effect of Circuit Core Stability Training Towards The Strength of Abdominal Muscles and Balance." *Budapest Research and Critics Institute (BIRCI-Journal)* 4(3):4822–29. doi: <https://doi.org/10.33258/birci.v4i3.2266> 4822.
- Ariani, Luh Putu Tuti, and Ketut Chandra Adinata Kusuma. 2025. "Tingkat Kebugaran Jasmani Atlet Puslatda Kota Denpasar Ditinjau Dari Kapasitas Vo2 Max." *Jurnal Penjakora* 12(September):56–62.
- Ariani, Luh Putu Tuti, Eddy Sastrawan, and Syarif Hidayat. 2014. "Pengaruh Pelatihan Plyometrics Depth Jump Dan Double Leg Bound Terhadap Daya Ledak Otot Tungkai Pada Siswa Peserta Ekstrakurikuler Bola Voli Sma Negeri 7 Denpasar Tahun 2014." *Jurnal Pendidikan Kepelatihan Olahraga Undiksha* 2(1). doi: <https://doi.org/10.23887/jjpko.v2i1.4105>.
- Arikunto, Suharsimi. 2016. *Manajemen Penelitian*. Jakarta: Jakarta: PT Rineka Cipta.
- Bahri, Syamsul, and Fakhry Zamzam. 2015. *Model Penelitian Kuantitatif Berbasis Semamos*. Yogyakarta: Yogyakarta: Deepublish.
- Bompa, Tudor, and Carlo Buzzichelli. 2019. *Periodization Training for Sports-3rd Edition*.
- Buchheit, Martin, and Paul B. Laursen. 2013. "High-Intensity Interval Training, Solutions to the Programming Puzzle: Part II: Anaerobic Energy, Neuromuscular Load and Practical Applications." *Sports Medicine* 43(10):927–54. doi: 10.1007/s40279-013-0066-5.
- Campillo, Rodrigo Ramirez, Cesar Meylan, Cristian Alvarez, and Carlos Henriquez Olguin. 2014. "Effects Of In-Season Low-Volume High-Intensity Plyometric Training On Explosive Actions And Endurance Of Young Soccer Players." *Journal OfStrength and Conditioning Research* 28(5):1335–42.
- Candra, T. Arya. 2021. "Pengaruh Pelatihan Plyometric Depth Jump Dan Hurdle Jump Menggunakan Interval 1:3 Dan 1:5 Terhadap Peningkatan Daya Ledak Otot Tungkai." *Kejaora* 1(1):9–20.
- Chimera, Nicole J., Kathleen A. Swanikt, C. Buz Swanikt, and Stephen J. Straubt. 2016. "Effects of Plyometric Training on Sports Performance." *Strength and Conditioning Journal* 38(1):30–37. doi: 10.1519/SSC.0000000000000183.

- Chu, Donal A. 1992. *Jumping Into Plyometrik*. Champaign, Illinois: Champaign, Illinois: Leisure Press.
- Da'i, Mohamad. 2022. *Latihan Rope Jump Dan Front Cone Hops*. Vol. 3. Grobogan: Grobogan: Yayasan Citra Dharma Cindekia.
- Da'i, Mohamad, Hari Setijono, and Edy Mintarto. 2020. "Pengaruh Latihan Plyometric Dengan Rasio 1:1, 1:2 Terhadap Power, Kekuatan Otot Tungkai Dan VO2 Max." *Bravo's Jurnal Program Studi Pendidikan Jasmani Dan Kesehatan STKIP PGRI Jombang* 6(2):80–88.
- Dhani, Danang Prama. 2023. "Latihan Plyometric Terhadap Peningkatan Kapasitas VO2Max Pada Pemain Futsal." *Journal Active of Sport* 3(1):46–51.
- Dharani, Saraswati, Oce Wiriawan, and Edy Mintarto. 2020. "Pengaruh Latihan Plyometric Terhadap Performa Olahraga: Kajian Literatur." *Jurnal Ilmiah Mandala Education* 6(2):182–89. doi: 10.58258/jime.v6i2.1405.
- Dharmadi, Agus, Nyoman Kanca, and Tuti Ariani. 2015. "Keselamatan Dalam Olahraga." 4(2):623–36.
- Dharmadi, Made Agus. 2022a. "BeFind: Start-Up Sports Training Untuk Meningkatkan Industri Olahraga Berbasis Teknologi Digital." *Mimbar Ilmu* 27(2):333–39. doi: 10.23887/mi.v27i2.52468.
- Dharmadi, Made Agus. 2022b. "The Effects of 6-Week Training with Junior Weight Vest (JWV) for Arm Strength and Running Speed in Junior Martial Arts Athletes." *International Journal of Human Movement and Sports Sciences* 10(6):1107–14. doi: 10.13189/saj.2022.100601.
- Dharmadi, Made Agus, I. Nyoman Kanca, I. Gusti Lanang Agung Parwata, Ni Luh Putu Snyanawati, I. Ketut Semarayasa, Made Agus Wijaya, Luh Putu Tuti Ariani, and Ni Putu Dwi Sucita Dartini. 2022. "The Effect of Balinese Traditional Games 'Megoak-Goakan' and 'Megala-Gala' on Physical Agility in Martial Arts Athletes." *International Journal of Human Movement and Sports Sciences* 10(3):423–28. doi: 10.13189/saj.2022.100308.
- Emzir. 2019. *Metodologi Penelitian Pendidikan : Kuantitatif Dan Kualitatif*. Jakarta: Jakarta: Rajawali Pers.
- Eric, Cantona I. Gede. 2023. "Program Studi Pendidikan Dasar Denpasar Program Pascasarjana Universitas Pendidikan Ganesha 2023."
- Eston, Roger, and Thomas Reilly. 2013. *Kinanthropometry and Exercise Physiology Laboratory Manual: Tests, Procedures and Data*. Second Edi. London: London: Routledge.
- Festiawan, Rifqi, Lim Boon Hooi, Kartono Pramadhan, Masnur Ali, and Arief Nuryadin. 2021. "Improvement Physical Fitness Level on Mountain

Climbing Athletes: High-Intensity Interval Training and Oregon Circuit Training Effect.” *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran* 7(1):19–36. doi: 10.29407/js_unpgri.v7i1.15746.

Gadd, William. 2018. *Climbing: From Sport to Adventure*. California, USA: California: Rocky Mountain Books.

Ghozali, Imam. 2020. *Aplikasi Analisis Multivariate Dengan Program IBM SPSS 26 Edisi 10*. Semarang: Semarang: Badan Penerbit Universitas Diponegoro.

Ginting, A. 2021. “Perbedaan Pengaruh Pelatihan Interval Anaerob Rasio Waktu Kerja-Istirahat 1: 3, 1: 5 Dan 1: 7 Terhadap Peningkatan Kecepatan Renang 50 Meter Gaya Bebas Ditinjau Dari Power Otot Lengan.” *Doctoral Dissertation, UNS (Sebelas Maret University)*.

Green, Scout. 2016. *Rock Climbing: The Fundamentals*. Iowa: Iowa: Falcon Guides.

Handayani, Eka Selvi, and Hani Subakti. 2021. “Pengaruh Mind Mapping Terhadap Hasil Belajar Siswa.” *Jurnal Basicedu* 5(1):151–64.

Husdarta, J. S. 2018. *Psikologi Olahraga*. (4 ed). Bandung: Bandung: Alfabeta.

Katch, Victor L., William D. McArdle, and Frank I. Katch. 2021. *Essentials of Exercise Physiology*. Fourth Edi. Philadelphia: Philadelphia: Lippincott Williams & Wilkins.

Komarudin, Komarudin. 2016. *Psikologi Olahraga*. 4 ed. Bandung: Bandung: PT Remaja Rosdakarya.

Kurniawan, Febi, and Apta Mylsidayu. 2015. *Ilmu Kepeleatihan Dasar*. Bandung: Bandung: CV. Alfabeta.

Kusumawati, Mia. 2015. *Penelitian Pendidikan Penjasorkes*. Bandung: Bandung: Alfabeta.

Mahyuddin R., & Muslim, &. Sudirman A. 2021. “Pengaruh Latihan Workout Plyometric Terhadap Peningkatan Kapasitas VO2Max Mahasiswa FIK UNM.” *Seminar Nasional Hasil Penelitian 2021* 688–94.

Mahyuddin, Reza, and Andi Nur Abady. 2024. “Pengaruh Latihan Cardio HIT Dan Plyometric Terhadap Peningkatan VO2 Max Pada Mahasiswa FIKK UNM.” *Jurnal Ilmiah STOK Bina Guna Medan* 12(3):346–51.

Mahyuddin, Reza, Akbar Sudirman, and Hasbi Asyhari. 2021. “Pengaruh Plyometric Terhadap Peningkatan Daya Tahan VO2 Max Pada Atlet Kabaddi Sulsel.” *Jurnal Pendidikan Glasser* 5(2):109. doi: 10.32529/glasser.v5i2.1000.

Maksum, Ali. 2018. *Metodologi Penelitian Dalam Olahraga*. Edisi Kedu.

Surabaya: Surabaya: Unesa University Press.

- Margono, Margono. 2015. *Metodologi Penelitian Pendidikan*. Jakarta: Jakarta: Rineka Cipta.
- Markovic, Goran. 2007. "Does Plyometric Training Improve Vertical Jump Height? A Meta-Analytical Review." *British Journal of Sports Medicine* 41(6):349–55. doi: 10.1136/bjsm.2007.035113.
- Maskur, Said. 2024. *Praktis Belajar Metodologi Penelitian Bidang Psikologi Pendidikan Dan Lmu Pendidikan (Buku Ajar Mata Kuliah)*. Riau: Riau: PT. Indragiri.
- Mauliza, Mauliza. 2018. "Obesitas Dan Pengaruhnya Terhadap Kardiovaskular." *AVERROUS: Jurnal Kedokteran Dan Kesehatan Malikussaleh* 4(2):89. doi: 10.29103/averrous.v4i2.1040.
- Midgley, Adrian W., Lars R. McNaughton, and Andrew M. Jones. 2017. "Training to Enhance the Physiological Determinants of Long-Distance Running Performance." *Sports Medicine* 37(10):857–80. doi: 10.2165/00007256-200737100-00003.
- Moghadam, Behzad Taaty, Hossein Shirvani, Rodrigo Ramirez-Campillo, Eduardo Báez San Martín, Seyed Mojtaba Paydar Ardakani, Ali Abdolmohamadi, and Behzad Bazgir. 2023. "Effects of Different Cluster-Set Rest Intervals during Plyometric-Jump Training on Measures of Physical Fitness: A Randomized Trial." *PLoS ONE* 18(10 October):1–14. doi: 10.1371/journal.pone.0285062.
- Novita, Novita, Putra Oka Harahap, Ramlan Sahputera Sagala, and Ahmad Muchlisin Natas Pasaribu. 2022. "Effect of Plyometric Exercises on Limb Muscle Power in Volleyball Players." *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran* 8(1):131–44. doi: 10.29407/js_unpgri.v8i1.17810.
- Nurdiansyah, M. Bayu, Donny Anhar, and Fajar Ari Widiyatmoko. 2024. "Pengaruh Latihan Air Alert Dan Plyometric Terhadap Kemampuan Daya Ledak Otot Tungkai Pada Atlet Ekstrakurikuler Basket Putri SMA Negeri 1 Pegandon." *Jurnal Ilmiah PGSD FKIP Universitas Mandiri* 10(03):627–39.
- Nurhasan, and Hasanudin Cholil. 2017. *Tes Dan Pengukuran Keolahragaan*. Bandung: Bandung: FPOK UPI.
- Oh, Deuk-Ja, Hyeon-Ok Hong, and Bo-Ae Lee. 2016. "The Effects of Strenuous Exercises on Resting Heart Rate, Blood Pressure, and Maximal Oxygen Uptake." *Journal of Exercise Rehabilitation* 12(1):42–46. doi: 10.12965/jer.150258.
- Permana, Dwindi Abi, Nining Widyah Kusnanik, Nurhasan, and Slamet Raharjo. 2022. "A Six-Week Plyometric Training Program Improves Explosive Power and Agility in Professional Athletes of East Java." *Physical Education*

Theory and Methodology 22(4):510–15. doi: 10.17309/tmfv.2022.4.08.

- Prakoso, Gregorius Pito Wahyu, and Fx Sugiyanto. 2020. “Pengaruh Metode Latihan Dan Daya Tahan Otot Tungkai Terhadap Hasil Peningkatan Kapasitas VO2Max Pemain Bola Basket.” *Jurnal Keolahragaan* 5(2):151. doi: 10.21831/jk.v5i2.10177.
- Priyono. 2016. *Metode Penelitian Kuantitatif*. Surabaya: Surabaya: Zifatama Publishing.
- Putra, I. Putu Eka Wijaya, and Yos Wandik. 2017. “Pengaruh Latihan Plyometrik Jump To Box Dan HIIT Terhadap Peningkatan Kapasitas VO2 Max.” *Jurnal Pendidikan Jasmani Olahraga Dan Kesehatan* 3(1):49–57.
- Rizki, Putra, and Nani Cahyani. 2019. “Tatalaksana Henti Jantung Di Lapangan Permainan.” *Jorpres (Jurnal Olahraga Prestasi)* 13(2):139–51. doi: 10.21831/jorpres.v13i2.25107.
- Salman, Erick. 2018. “Kontribusi VO2 Max Terhadap Kemampuan Renang Gaya Dada 200 Meter.” *Gelanggang Olahraga: Jurnal Pendidikan Jasmani Dan Olahraga* 1(2):21–31. doi: <https://doi.org/10.31539/jpjo.v1i2.133>.
- Saputra, Arry. 2021. “Pengaruh Metode Circuit Training Terhadap Kecepatan Pemanjatan Wall Climbing Atlet Federasi Panjat Tebing Indonesia (FPTI) Dalam Jalur Speed Word Record Kota Pekanbaru.” Universitas Islam Riau.
- Semarayasa, I. Ketut, Kadek Yogi Parta Lesmana, I. Gusti Lanang Agung Parwata, I. Wayan Artanyasa, and I. Ketut Iwan Swadesi. 2024. “The Effect of Shuttle Run Training on VO2Max Physical Condition Results in Dojo Ziezoyuki Karate Academy Athletes.” *Jurnal Pendidikan Jasmani, Olahraga Dan Kesehatan* 12(3):123–30.
- Setyawan, Febri Endra Budi. 2017. *Pengantar Metodologi Penelitian: (Statistika Praktis)*. Sidoarjo: Sidoarjo, Zifatama Jawara.
- Staniszewski, Michał, Joanna Tkaczyk, Anna Kęska, Przemysław Zybko, and Anna Mróz. 2024. “Effect of Rest Duration between Sets on Fatigue and Recovery after Short Intense Plyometric Exercise.” *Scientific Reports* 14(1):1–9. doi: 10.1038/s41598-024-66146-2.
- Sudiana, I. Ketut, Desak Made Citrawathi, Abu Yazid Abu Bakar, Putu Budi Adnyana, and Ni Luh Putu Manik Widiyanti. 2022. “Effect of the Problem-Based Adolescent Reproductive Health Module on Students’ Life Skills and Attitudes.” *Cakrawala Pendidikan* 41(3):731–41. doi: 10.21831/cp.v41i3.48303.
- Sudiana, I. Ketut, Luh Putu Susi Widiani, and A. A. Istri Agung Rai Sudiarmika. 2021. “Dampak Model Pembelajaran Kooperatif Tipe Everyone Is Teacher Here Secara Daring Berbantuan Video Presentasi Terhadap Motivasi Belajar Dan Hasil Belajar.” *Jurnal Imiah Pendidikan Dan Pembelajaran* 5(3):533.

doi: 10.23887/jipp.v5i3.39756.

Sugiyono. 2019. *Metode Penelitian Kuantitatif Dan Kualitatif Dan R&D*. Cetakan ke. Bandung: Bandung: Alfabeta.

Sukadiyanto. 2017. *Pengantar Teori Dan Metodologi Melatih Fisik*. Bandung: Bandung: CV Lubuk Agung.

Sukmadinata, Nana Syaodih. 2017. *Metode Penelitian Pendidikan Cet.12*. Cetakan 12. Bandung: Remaja Rosdakarya.

Surakhmad, Winarno. 2015. *Panduan Praktis Penulisan Karya Ilmiah*. Jakarta: Jakarta: PT Kompas Media Nusantara.

Tangkudung, James. 2018. *Sport Psychometrics: Dasar-Dasar Dan Instrumen Psikometri Olahraga*. Depok: Depok: PT RajaGrafindo Persada.

Widiastuti. 2015. *Tes Dan Pengukuran Olahraga*. Jakarta: Jakarta: PT Raja Grafindo Persada.

Yahya, Nadjibah. 2016. "Pembinaan Cabang Olahraga Panjat Tebing Di Federasi Panjat Tebing Indonesia Kota Surabaya." *Jurnal Kesehatan Olahraga* 06(2):535–44.

Yoda, I. Ketut, Kadek Aditya Darma, and I. Nyoman Sudarmada. 2017. "Pengaruh Pelatihan Slalom Dribbling Terhadap Kelincahan Dan Vo2maks Siswa Peserta Ekstrakurikuler Sepak Bola." *Jurnal Ilmu Keolahragaan Undiksha* 5(1):1–11. doi: <https://doi.org/10.23887/jiku.v4i2.7896>.

Yoda, I. Ketut, Ni Made Shintya Ratika Dewi, and Ni Puti Dewi Sri Wahyuni. 2016. "Pengaruh Circuit Training Terhadap Waktu Reaksi Dan Daya Ledak Otot Tungkai Siswa Peserta Ekstrakurikuler Bolabasket." *Journal Ilmu Keolahragaan Universitas Pendidikan Ganesha Jurusan Ilmu Keolahragaan I*.

Yoda, I. Ketut, Reza Agus Haryanto, and Gede Doddy Tisna MS. 2017. "Pengaruh Pelatihan Fartlek Terhadap Volume Oksigen Maksimal Dan Kecepatan." *Jurnal Ilmu Keolahragaan Undhiksa* 5(1):1–12.