

DAFTAR PUSTAKA

- Haniyyah, N., Sulaiman, S., & Mashuri, H. (2025). The effectiveness of medicine ball training on upper body strength and sports performance: A systematic review. *Tanjungpura Journal of Coaching Research*, 3(1), 45–59.
- Hu, X., Zhang, Y., Wang, L., & Chen, Z. (2024). Effects of core strength training on athletic performance: A systematic review and meta-analysis. *Journal of Health, Population and Nutrition*, 43(1), 1–16. <https://doi.org/10.1186/s41043-024-00504-7>
- Lin, Y., Chen, H., Wang, P., & Li, J. (2024). Effects of core training on throwing performance in overhead athletes: A systematic review and meta-analysis. *Sports Medicine - Open*, 10(1), 1–18. <https://doi.org/10.1186/s40798-024-00718-0>
- Liu, Y., Wang, X., Zhang, J., & Li, H. (2024). Core stability training improves trunk muscle function and athletic performance: A systematic review. *BMC Sports Science, Medicine and Rehabilitation*, 16(1), 1–18. <https://doi.org/10.1186/s13102-024-00987>
- Andika, I. P. H. W. (2022). Pengaruh metode pelatihan beban *medicine ball throw* dan panjang lengan terhadap power otot lengan atlet cricket Buleleng. *Jurnal Pendidikan Kesehatan Rekreasi*.
- Lamusu, A., & Lamusu, Z. (2021). Latihan kekuatan otot perut terhadap peningkatan kemampuan kayang. *Jambura Journal of Sports Coaching*.
- Prasetyo, B. (2021). *Pengembangan model latihan core stability dengan media Swiss ball pada cabang olahraga atletik nomor jalan cepat* (Skripsi). Universitas Negeri Yogyakarta.
- Ratamess, N. A. (2012). *ACSM's Foundations of Strength Training and Conditioning*. Lippincott Williams & Wilkins.
- Andika, I. P. H. W. (2022). Pengaruh metode pelatihan beban *medicine ball throw* dan panjang lengan terhadap power otot lengan atlet cricket Buleleng. *Jurnal Pendidikan Kesehatan Rekreasi*, 8(2), 314–325.
- Arikunto, S.. (2010). *Prosedur penelitian: Suatu pendekatan praktik* (Edisi revisi). Rineka Cipta.
- Harsono. (1988). *Coaching dan aspek-aspek psikologis dalam coaching*. CV Tambak Kusuma.
- Lamusu, A., & Lamusu, Z. (2021). Latihan kekuatan otot perut terhadap peningkatan kemampuan kayang. *Jambura Health and Sport Journal*, 3(2), 65–73.
- Lutan, R.. (2003). *Strategi pembelajaran pendidikan jasmani dan kesehatan*. Depdiknas.
- Mackenzie, B.. (2005). *101 Performance Evaluation Tests*. Electric Word plc.
- Priyatno, D.. (2012). *Belajar cepat olah data statistik dengan SPSS*. Andi Offset.

- Prasetyo, B. (2021). *Pengembangan model latihan core stability dengan media Swiss ball pada cabang olahraga atletik nomor jalan cepat* (Skripsi, Universitas Negeri Yogyakarta).
- Ratamess, N. A.. (2012). *ACSM's Foundations of Strength Training and Conditioning*. Lippincott Williams & Wilkins.
- Sudjana. (2001). *Metode statistika*. Tarsito.
- Sugiyono. (2014). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.
- Surakhmad, Winarno. (2013). *Pengantar penelitian ilmiah: Dasar, metode, dan teknik*. Tarsito.