## **DAFTAR PUSTAKA**

- Abe T, DeHoyos DV, and Pollock ML. 2000. Time Course for Strength and Muscle Thickness Changes Following Upper and Lower Body Resistance Training in Men and Women. *Eur. J. Appl. Physiol.* 81: 174-80.
- Abe T, Loenneke JP, Thiebaud RS, Loftin M. 2014. Morphological and functional relationships with ultrasound measured muscle thickness of the upper extremity and trunk. *Ultrasound*. 22:229-35.
- Abe T, Loenneke JP, Thiebaud RS. 2015. Morphological and functional relationships with ultrasound measured muscle thickness of the lower extremity: a brief review. *Ultrasound*.;23:166-173.
- Andersen LL. 2006 Neuromuscular Activation in Conventional Therapeutic Exercises and Heavy Resistance Exercises: Implications for Rehabilitation. *Phys. Ther.* 86:683–697.
- Antman, EM and Loscalzo J. 2015. Ischemic Heart Disease. In: Harrison's principles of internal medicine 19th edn. Kasper DL, Fauci AS, Hauser SL, Longo DL, Jameson JL, & Loscalzo J (eds). New York: McGraw Hill Education, pp. 1578-1593.
- Balsamo S, Tibana R, Nascimento D, Landim G, Petruccelli Z, Santana F, Martins O, Aguiar F, Pereira G, de Souza J, and Prestes J. 2012. Exercise order affects the total training volume and the ratings of perceived exertion in response to a super-set resistance training session. *International Journal of General Medicine*, p.123.
- Brook MS, Wilkinson DJ, and Mitchell WK. 2015. Skeletal muscle hypertrophy adaptations predominate in the early stages of resistance exercise training, matching deuterium oxide-derived measures of muscle protein synthesis and mechanistic target of rapamycin complex 1 signaling. *FASEB J*. 29:4485 4496.
- Buckinx, F *et al.* 2018. Pitfalls in the measurement of muscle mass: a need for a reference standard. *Journal of Cachexia, Sarcopenia and Muscle*. 9: 269–278.
- Cardoso EA, Bottaro M, Rodrigues P, Rezende CB, Fischer T, Mota J, Fernandes A, and Carregaroa RL. 2014. Chronic effects of resistance exercise using reciprocal muscle actions on functional and proprioceptive performance of young individuals: randomized controlled trial. *Rev Bras Cineantropom Desempenho Hum.* 16(6):618-628.
- Cardoso EA, Bottaro M, Rodrigues P, Souzab IE, Durigana J, Limaa RM, Júnior SAO, and Carregaroa RL. 2015. Effects of six weeks of resistance exercise

- with reciprocal contractions on knee extensors neuromuscular performance: Randomized controlled trial. *Isokinetics and Exercise Science*. 23:109–116.
- Ciccone AB, Brown LE, Coburn JW, and Galpin AJ. 2014. Effects of Traditional vs. Alternating Whole-Body Strength Training on Squat Performance. *J. Strength. Cond. Res.* 28(9): 2569–2577.
- Cunha R, Carregaro RL, Martorelli A, Vieira A, Oliveira AB, and Bottaro M. 2013 Effects of short-term isokinetic training of the reciprocal knee extensors agonist and antagonist muscle actions: A controlled and randomized study. Braz J Phys Ther. 17(2):137-145.
- Davies GJ and Ellenbecker TS. 2012. Application of Isokinetics in Testing and Rehabilitation. In: Physical Rehabilitation of the Injured Athlete 4<sup>th</sup> edn. Andrews JR, Harrelson GL, and Wilk KE (eds). Philadelpia: Elsevier Inc.
- De Freitas, MC, Gerosa-Neto J, Zanchi NE, Lira FS, and Rossi FE. 2017. Role of Metabolic Stress for Enhancing Muscle Adaptations: Practical Applications. *World J. Methodol.* 7(2): 46-54.
- Deschenes MR and Kraemer WJ. 2002. Performance and Physiologic Adaptations to Resistance Training. *Am. J. Phys. Med. Rehabil.* 81 : S3–S16.
- De Souza JAAA, Paz GA, and Miranda H. 2017. Blood Lactate Concentration and Strength Performance between Agonist-antagonist Paired Set, Superset and Traditional Set Training. *Arch. Med. Deporte*. 34(3):145-150.
- De Souza JAAA, Scudese E, Paz GA, Salerno VP, Viga´rio PDS, Miranda H, and Willardson JM. 2018. Acute Hormone Responses Subsequent to Agonistantagonist Paired Set vs. Traditional Straight Set Resistance Training. *J. Strength Cond. Res.* 20(10): 000–000.
- Ellis H. 2006. The Skeletal Muscle. In: Clinical Anatomy: Applied Anatomy for Students and Junior Doctors 11<sup>th</sup> edn. Massachussets: Blackwell Publishing, pp. 433-448.
- Evetovich T and Ebersole K. 2006. Adaptations to Resistance Training. In: ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription 5<sup>th</sup> edn. Philadelphia: Lippincott Williams & Wilkins, pp. 325-335.
- Fernandez T, Soci UP, Melo SF, Alves CR and Oliveira EM. 2012. Signaling Pathways that Mediate Skeletal Muscle Hypertrophy: Effects of Exercise Training. *InTech Open Science*, pp.189-218.

- Fisher J, Steele J, and Smith D. 2013. Evidence Based Resistance Training Recommendations for Muscular Hypertrophy. *Medicina Sportiva*. 17 (4): 217-235.
- Franchi MV, Wilkinson DJ, and Quinlan JI. 2015. Early structural remodeling and deuterium oxide-derived protein metabolic responses to eccentric and concentric loading in human skeletal muscle. *Physiol Rep.*3:e12593.
- Franchi MV, Longo S, Mallinson J, Quinlan JI, Taylor T, Greenhaff PL, and Narici MV. 2017. Muscle thickness correlates to muscle cross-sectional area in the assessment of strength training-induced hypertrophy. *Scand J Med Sci Sports*. 28:846–853.
- Franchi M, Raiteri B, Longo S, Sinha S, Narici MV, Csapo R. 2018. Muscle Architecture Assessment: Strengths, Shortcomings and New Frontiers of in Vivo Imaging Techniques. *Ultrasound in Medicine & Biology*. 44 (12): 2492-2504.
- Frey-Law L and Avin K. 2013. Muscle coactivation: A generalized or localized motor control strategy?. *Muscle & Nerve*, 48(4), pp.578-585.
- Frontera WR and Ochala J. 2015. Skeletal Muscle: A Brief Review of Structure and Function. *Calcif. Tissue Int.* 96:183–195.
- Haun CT, Vann CG, Roberts BM, Vigotsky AD, Schoenfeld BJ and Roberts MD. 2018. A critical evaluation of the biological construct skeletal muscle hypertrophy: size matters but so does the measurement. *Front. Physiol.* 10:247.
- Helda TJ and Cramer JT. 2016. Bioenergetics of exercise training. In: *Essentials Of Strength Training And Conditioning*. Haff G. and Triplett N. (eds). 4th ed. Illinois: Human Kinetic. 1: p.43-64.
- Hernandez H, McIntosh V, Leland A. and Harris-Love M. 2015. Progressive Resistance Exercise with Eccentric Loading for the Management of Knee Osteoarthritis. *Frontiers in Medicine*.
- Hoffman MD, Kraemer WJ and Judelson DA. 2010. Therapeutic Exercise. In: Hoffman *et al.*'s Physical Medicine and Rehabilitation Principle and Practice 5<sup>th</sup> edn. Philadelphia: Lippincott Williams & Wilkins, pp. 1619-1672.
- Kesar T, Tan A, Eicholtz S, Baker K, Xu J, Anderson J, Wolf S, and Borich M. 2019. Agonist-Antagonist Coactivation Enhances Corticomotor Excitability of Ankle Muscles. *Neural Plasticity*, 2019, pp.1-12.
- Kisner C and Colby LA. 2012. Resistance Exercise for Impaired Muscle Performance. In: Therapeutic Exercise 6<sup>th</sup> edn. Philadelphia: F.A. Davis Company, pp.157-232.

- Kotchen, TA. 2015. Hypertensive Vascular Disease. In: Harrison's principles of internal medicine 19th edn. Kasper DL, Fauci AS, Hauser SL, Longo DL, Jameson JL, & Loscalzo J (eds). New York: McGraw Hill Education, pp. 1611-1627.
- Krzysztofik, Wilk, Wojdała and Gołaś, 2019. Maximizing Muscle Hypertrophy: A Systematic Review of Advanced Resistance Training Techniques and Methods. International Journal of Environmental Research and Public Health, 16(24), p.4897.
- Lambert MI. 2016. General Adaptations to Exercise: Acute Versus Chronic and Strength Versus Endurance Training. In: *Exercise and Human Reproduction*, D. Vaamonde et al. (eds.), Springer Science+Business Media, New York, 6: p.94-100.
- Latash ML. 2012. Neurophysiological structures. In: Fundamentals of Motor Control, Elsevier Inc. 10: pp.171-210.
- Lewis PB, Ruby D, and Bush-Joseph CA. 2012. Muscle Soreness and Delayed-Onset Muscle Soreness. *Clin. Sports Med.* 31: 255–262.
- Liu H, Garrett W, Moorman C and Yu B. 2012. Injury rate, mechanism, and risk factors of hamstring strain injuries in sports: A review of the literature. *Journal of Sport and Health Science*, 1(2), pp.92-101.
- Lorenz D, Reiman M. and Walker J. 2010. Periodization. *Sports Health: A Multidisciplinary Approach*, 2(6), pp.509-518.
- Maia MF, Willardson JM, Paz GA, et al. 2014. Effects of different rest intervals between antagonist paired sets on repetition performance and muscle activation. J. Strength Cond. Res. 28:2529e2535.
- Maia MF, Paz GA, Miranda H, Lima V, Bentes CM, Novaes JS, Vigario PS, and Willardson JM. 2015. Maximal repetition performance, rating of perceived exertion, and muscle fatigue during paired set training performed with different rest intervals. *Journal of Exercise Science & Fitness*. 20: 17.
- Maynard J and Ebben WP. 2003. The Effects of Antagonist Prefatigue on Agonist Torque and Electromiography. *J. Strength Cond. Res.* 17: 469–474.
- Merrigan, J., Jones, M. and White, J., 2019. A Comparison of Compound Set and Traditional Set Resistance Training in Women: Changes in Muscle Strength, Endurance, Quantity, and Architecture. *Journal of Science in Sport and Exercise*, 1(3), pp.264-272.
- Molloy W. 1982. Standardized mini-mental state examination (SMMSE). *American Journal of Psychiatry*. 139: 1136-1139.

- Morton RW, Lauren CS, and Stuart P. 2019. Training for Strength and Hypertrophy: An Evidence-based Approach. *Current Opinion in Physiology*.
- Nicholson G, Mcloughlin G, Bissas A, and Ispoglou T. 2014. Do the Acute Biochemical and Neuromuscular Responses Justify the Classification of Strength- and Hypertrophy-type Resistance Exercise?. *J. Strength. Cond. Res.* 28: 3188-3199.
- Nishimura A, Sugita M, Kato K, Fukuda A, Sudo A, and Uchida A. 2010. Hypoxia Increases Muscle Hypertrophy Induced by Resistance Training. *Int. J. Sports Physiol. Perform.* 5: 497-508.
- Paz GA, Willardson JM, Simão R, and Miranda H. 2013. Effects of different antagonist protocols on repetition performance and muscle activation. *Med Sport*. 17:106-12.
- Paz GA, Robbins DW, de Oliveira CG, Bottaro M, and Miranda H. 2017. Volume Load and Neuromuscular Fatigue during an Acute Bout of Agonist-antagonist Paired-Set vs. Traditional Set Training. *J. Strength. Cond. Res.* 31(10): 2777–2784.
- Pescatello LS, Arena R, Riebe D and Thompson, PD (eds). 2014. Health-related Physical Fitness Testing and Interpretation. ACSM's Guidelines for Exercise Testing and Prescription 9th edn. Philadelphia: Lippincott Williams & Wilkins, pp. 73-75; 181-185.
- Ratamess N. 2012. *ACSM's Foundations Of Strength Training And Conditioning*. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.
- Robbins DW, Young WB, Behm DG, and Payne WR. 2009. Effects of Agonist-antagonist Complex Resistance Training on Upper Body Strength and Power Development. J Sport Sci. 27: 1617–1625.
- Robbins DW, Young WB, Behm DG, and Payne WR. 2010. Agonist-antagonist Paired Set Resistance Training: a Brief Review. *J. Strength Cond. Res.* 24(10): 2873–2882.
- Schoenfeld BJ. 2010. The mechanisms of muscle hypertrophy and their application to resistance training. *Journal of Strength and Conditioning Research*. National Strength and Conditioning Association.
- Schoenfeld BJ. 2013. Potential Mechanisms for a Role of Metabolic Stress in Hypertrophic Adaptations to Resistance Training. *Sports Med.* 43:179–194.
- Schoenfeld BJ, Ogborn DI, and Krieger JW. 2015. Effect of Repetition Duration During Resistance Training on Muscle Hypertrophy: A Systematic Review and Meta-Analysis. *Sports Med*.

- Schoenfeld BJ. 2016. Science and development of muscle hypertrophy. Champaign, IL: Human Kinetics.
- Schoenfeld BJ, Grgic J, Ogborn D, and Krieger JW. 2017. Strength and Hypertrophy Adaptations between Low vs High Load Resistance Training: a Systematic Review and Meta-analysis. *J. Strength. Cond. Res.* 31:3508-3523.
- Sheppard, J M and Triplett NT. 2016. *Program Design for Resistance Training*. In : Essentials of strength training and conditioning / National Strength and Conditioning Association 4<sup>th</sup> edn. Haff GG and Triplett NT (eds). Champaign, IL: Human Kinetics.
- Smilios I, Pilianidis T, Karamouzis M, and Tokmakidis SP. 2003. Hormonal Responses after Various Resistance Exercise Protocols. *Med. Sci. Sport Exerc*. 35: 644–654.
- Stefan L, Sporis G, and Kamija S. 2015. Organism Adaptations On Resistance Training: Systematic Review. *Sport Science* 8. Suppl 1: 15-19.
- Stock MST, Beck W, and Defreitas JM. 2012. Effects of Fatigue on Motor Unit firing Rate vs. Recruitment Threshold Relationships. *Muscle Nerve*. 45: 100–109
- Takarada Y, Takazawa H, and Ishii N. 2000. Applications of Vascular Occlusion Diminish Disuse Atrophy of Knee Extensor Muscles. *Med. Sci. Sport Exerc*. 32: 2035–2039.
- Triplett N. 2016. Structure and function of body systems. In: *Essentials Of Strength Training And Conditioning*. Haff G. and Triplett N. (eds). 4th ed. Illinois: Human Kinetic. 1: p.3-6.
- Van Melick NB, Meddeler M, Hoogeboom TJ, Nijhuis-van der Sanden MWG, and van Cingel REH. 2017. How to Determine Leg Dominance: The Agreement between Self-reported and Observed Performance in Healthy Adults. *PLoS ONE*. 12(12).
- Vigotsky AD, Schoenfeld BJ, Than C, and Brown M. 2018. Methods matter: the relationship between strength and hypertrophy depends on methods of measurement and analysis. *PeerJ*. 6:e5071.
- Walker S. 2019. Neural Adaptations to Strength Training. In: Concurrent Aerobic and Strength Training Scientific Basics and Practical Applications. M. Schumann and B. R. Rønnestad (Eds).