

Daftar Pustaka

- Afriwardi (2007). *Ilmu kedokteran olahraga*. Jakarta: Penerbit Buku Kedokteran EGC.
- Bishop D (2003). Warm up 1 : Potential mechanism and effects of passive warm up on exercise performance. *Journal of Human Sport and Exercise* Lincoln University of United Kingdom. 33(6). 439-453.
- Burnside JW (1995). *Adams diagnosis fisik. Edisi 17*. Jakarta: Penerbit Buku Kedokteran EGC.
- Farinatti, PTV, Soares PS, Monteiro WD, Duarte AFA, Castro LA (2011). *Cardiovascular Responses to Passive Static Flexibility Exercise are Influenced by the Stretch Muscle Mass and the Valsava Manuver*. *Physical Activity and Helath Promotion Laboratory – Rio de Jeneiro State University of Brazil*, edisi 66 (3). 459-464.
- Foo LH (2007). Influence of body composition, muscle strength, diet and physical activity on total body and forearm bone mass in chinese adolescent girls. *Br J Nutr*, 98(6): 1281-1287.
- Garg R, Malhotra V, Tripathi Y (2013). the isometric handgrip exercise as a test for unmasking hypertension in the offsprings of hypertensive parents. *J Clin Diagn Res*, 7(6): 996–999
- Goodman, J, Thomas S, Burr JF (2013). Cardiovascular risks of physical activity in apparently healthy individuals – risk evaluation for exercise clearance and precipitation. *Canadian Family Physician – Canada*, edisi 59. 46-49.
- Guyton AC, Hall JE (2007). *Buku ajar fisiologi kedokteran. Edisi 11*. Jakarta: Penerbit Buku Kedokteran EGC.
- Herman RB (2010). *Buku ajar fisiologi jantung*. Jakarta: Penerbit Buku Kedokteran EGC.
- JNC VII. 2003. Prevention, detection, evaluation, and treatment of high blood pressure. Departement of Health and Human Service. pp. 1-52.
- Kadir S (2005). *Adaptasi kardiovaskuler terhadap latihan fisik*. Fakultas Kedokteran Universitas Wijayana Kusuma Surabaya, 1-12.
- Kong YK, Song YW, Jung MC, Lee I (2011). Effects of hand position on maximum grip strength and discomfort. *Ergonomics Australia – HFESA 2011 Conference*, edition 11:29.
- Milliar PJ, Bray SR, McGowan CL, MacDonald MJ, McCartney R (2007). Effects of isometric training among people medicated for hypertension: a multilevel analysis. *Wolters Kluwer Helath*, 307-314.
- Notoadmodjo S (2010). *Metodologi penelitian kesehatan*. Jakarta: Rineka Cipta.

- Nurindra MYS, Herman, RB, Yenita (2014). Perbandingan tekanan darah sebelum dan sewaktu melakukan *handgrip isometric exercise* pada mahasiswa angkatan 2011 fakultas kedokteran universitas andalas. jurnal kesehatan andalas. Skripsi.
- Olsen O, Sjohaug M, Beekvelt M, Mork PJ (2012). The effects of warm up and cool down exercise on delay onset muscle soreness in the quadriceps muscle : a randomized controlled trial. *Journal of Human Kinetic Norwegian University of Science and Technology*, vol 35/2012. 59-68.
- Price SA, Wilson LM (2005). *Patofisiologi : konsep klinis proses-proses penyakit edisi ke 6*. Jakarta: Penerbit Buku Kedokteran EGC.
- Sarwari KN, Baig MS, Zeba A (2013). Blood pressure response to isometric exercise in young obese males and females using hand grip dynamometer test. *International Journal of Basic and Applied Medical Sciences*, 3(3):229-234.
- Sastroasmoro S, Ismael S (2011). *Dasar-dasar metodologi penelitian klinis edisi ke-4 2011*. Jakarta: Sagung Seto.
- Sharma S, Zaidi A (2012). Exercise – induce arrhythmogenic right ventricular cardiomyopathy : fact or fallacy. *European Health Journal – Department of Cardiovascular Science St George University of London*, vol 33. 938 – 940.
- Sharman MJ, Cresswell AG, Riek S (2006). *Proprioceptive neuromuscular facilitation stretching : mechanisms and clinical implications*. *Sport Medical University of Queensland Australia*, 36 (11). 929-939.
- Shatri H (2009). Gangguan jantung fungsional. Dalam: Sudoyo AW, Setiyohadi B, Alwi I, Simadibrata M, Setiati S (eds). *Buku ajar ilmu penyakit dalam jilid III Edisi V*. Jakarta; Pusat Penerbitan Penyakit Dalam FKUI. pp: 2122-2126.
- Sherwood L (2011). *Fisiologi manusia: dari sel ke sistem edisi 6*. Jakarta: Penerbit Buku Kedokteran EGC.
- Silva GC, Masi F, Paixao A, Bentes, Marcos, Miranda, *et al.*, (2013). Effects of proprioceptive facilitation neuromuscular facilitation stretching and static stretching on cardiovascular response. *Journal of Exercise Physiology ASEP*, 16 (1). 117-125.
- Singh H, Kaur M (2011). Gender variation in cardiovascular response to isometric exercises of upper limbs. *Indian Journal of Applied Basic Medical Sciences*, 13B:1-10.
- Sloane E (2003). *Anatomi dan Fisiologi Untuk Pemula*. Jakarta: Penerbit Buku Kedokteran EGC.

Smeltzer SC, Bare BG (2001). *Buku ajar keperawatan medikal bedah*. Edisi 8 Vol.2. Jakarta: EGC.

Srikanth S, Pragathi ND (2013). Gender differences in cardiovascular responses to isometric exercise. *IJRRMS*, 3(4):24-27.

Tolison T (2011). *Modern Stretching*. Exercise and Sport Science University of Utah. 1-25

Yogiantoro M (2010). Hipertensi esensial. Dalam: Sudoyo AW, Setiyohadi B, Alwi I, Simadibrata M, Setiati S (eds). *Buku ajar ilmu penyakit dalam jilid III Edisi V*. Jakarta; Pusat Penerbitan Penyakit Dalam FKUI. pp: 1079-1085.

Walker B (2013). *Ultimate guide to stretching & flexibility (formally the stretching handbook)*. United States: Injury Fix, (Ed. 3).

World Health Organization (2013). *A global brief on hypertension; silent killer, global public health crisis*. Switzerland: WHO. <http://www.who.int/publication> - Diakses pada Oktober 2015.

Wismanto (2011). Pelatihan metode active isolated stretching lebih efektif daripada contract relax stretching dalam meningkatkan fleksibilitas otot hamstring. *Jurnal Fisioterapi*, Vol. 11. No. 1, April 2011: 77-95.

