

DAFTAR PUSTAKA

A. Jain, "A Smart Gym Framework: Theoretical Approach," in *Proceedings - 2015 IEEE International Symposium on Nanoelectronic and Information Systems, iNIS 2015*, 2016.

C. Patch, K. F. Li, and B. Gooch, "An Exercise Data Logging System for Retrofitting Gym Equipment," 2014.

F. Mayer, F. Scharhag-Rosenberger, A. Carlsohn, M. Cassel, S. Müller, and J. Scharhag, "The Intensity and Effects of Strength Training in the Elderly," *Dtsch. Aerzteblatt Online*, 2011. S. Bian, V. F. Rey, P. Hevesi, and P. Lukowicz, "Passive Capacitive based Approach for Full Body Gym Workout Recognition and Counting," 2019.

H. H. Publications, *Workout Workbook: 9 complete workouts to help you get fit and healthy*.

H. H. Publications, "Strength and power training A guide for older adults," 2015.

H. H. Publications, "Starting to Exercise," 2018.

J. Castillo-G, A. Aguilar-R, and D. Chacon, "Electronic system for the control and monitoring of weight lifting," *EDUNINE 2018 - 2nd IEEE World Eng. Educ. Conf. Role Prof. Assoc. Contemp. Eng. Careers, Proc.*, pp. 1–6, 2018.

K. P. dan Olahraga and B. P. Statistik, "Penyajian Data dan Informasi Kepemudaan dan Olahraga 2014 14 Januari 2016.pdf." 2016.

U.S. Department of Health and Human Services, "2008 Physical activity guidelines for Americans," *Pres. Counc. Phys. Fit. Sport. Res. Dig.*, 2008.

M. S. Fragala *et al.*, "Resistance Training for Older Adults," *J. Strength Cond. Res.*, 2019.

P. Srisen, S. Auephanwiriyakul, N. Theera-Umpon, and S. Chamnongkich, "Kinect Joints Correction Using Optical Flow for Weightlifting Videos," in *Proceedings of International Conference on Computational Intelligence, Modelling and Simulation*, 2016.

R. Seguin and M. E. Nelson, "The benefits of strength training for older adults," *Am. J. Prev. Med.*, 2003.