

DAFTAR PUSTAKA

- Alangari, A. A., Almutairi, M. M., Alrrajeh, A. M., Aleidi, M. A., Alqarni, M. A., Almeneif, H. A., Alolaywi, H. K., & Almuklass, A. M. (2022). The relation between body mass index and musculoskeletal injury. *Cureus*, <https://doi.org/10.7759/cureus.33058>
- Aune, K. T., & Powers, J. M. (2017). Injuries in an extreme conditioning program. *Sports Health*, 52 – 59. <https://doi.org/10.1177/1941738116667766>
- Bahr, R., & Krosshaug, T. (2005). Understanding injury mechanisms: a key component of preventing injuries in sport. *British journal of sports medicine*, 324 – 329. <https://doi.org/10.1136/bjsm.2005.018341>
- Bergmann, J. (2024). *HYROX: Training, competition, and performance strategies*. Meyer & Meyer Sport, 45 – 120.
- Brandt, T., Ebel, C., Lebahn, C., & Schmidt, A. (2025). Acute physiological responses and performance determinants in hyrox© - a new running-focused high intensity functional fitness trend. *Frontiers in Physiology*, 1 – 14. <https://doi.org/10.3389/fphys.2025.1502347>
- Bittencourt, N. F., Meeuwisse, W. H., Mendonça, L. D., Nettel-Aguirre, A., Ocarino, J. M., & Fonseca, S. T. (2016). Complex systems approach for sports injuries: moving from risk factor identification to injury pattern recognition, narrative review and new concept. *British journal of sports medicine*, 1309 – 1314. <https://doi.org/10.1136/bjsports-2015-095850>
- Claudino, J. G., Gabbett, T. J., Bourgeois, F., dkk. (2022). CrossFit overview: Systematic review and meta-analysis of physiological demands and injury risk. *Sports Medicine*. <https://doi.org/10.1007/s40279-022-01683-8>
- Da Costa, T. S., Louzada, C. T. N., Miyashita, G. K., da Silva, P. H. J., Sungaila, H. Y. F., Lara, P. H. S., Pochini, A. C., Ejnisman, B., Cohen, M., & Arliani, G. G. (2019). CrossFit®: Injury prevalence and main risk factors. *Clinics*, 1 – 6. <https://doi.org/10.6061/clinics/2019/e1405>
- Di Pietro, A., & Di Puccio, F. (2024). Biomechanical analysis of the burpee push-up using predicted ground reaction forces. *Proceedings of the 42nd International Society of Biomechanics in Sports Conference*, 224 – 227.
- Dominski, F. H., Siqueira, T. C., Tibana, R. A., & Andrade, A. (2022). Injuries in functional fitness: an updated systematic review. *The Journal of sports medicine and physical fitness*, 673 – 683. <https://doi.org/10.23736/S0022-4707.21.12225-1>
- Dos'Santos, T., Stebbings, G. K., Morse, C., Shashidharan, M., Daniels, K. A. J., & Sanderson, A. (2023). Effects of the menstrual cycle phase on anterior cruciate ligament neuromuscular and biomechanical injury risk surrogates in eumenorrheic and naturally menstruating women: A systematic review. *PloS one*, 18(1). <https://doi.org/10.1371/journal.pone.0280800>
- Edouard, P., Sorg, M., Martin, S., Verhagen, E., & Ruffault, A. (2024). Athletes who have already experienced an injury are more prone to adhere to an injury risk reduction approach than those who do not: an online survey of 7870 French athletics (track and field)

- athletes. *BMJ Open Sport & Exercise Medicine*. <https://doi.org/10.1136/bmjsem-2024-001982>
- Elumalai, G., Sankaravel, M., Selamat, N. W., Jamres, M. D., Choeibuakaew, W., Maneelok, S., & Nasrulloh, A. (2025). The relationship between body mass index (BMI) and injuries among sport science recreational badminton players. *Fizjoterapia Polska*, 81 – 85. <https://doi.org/10.56984/8ZG0208G3>
- Fajar, M. K., Wijono, M. P., Utami, T. S., Wulandari, F. Y., & Sidik, R. M. (2026). The power of speed: latihan kecepatan untuk semua olahraga. *Uwais Inspirasi Indonesia*, 78 – 105.
- Fang, Y., & Troy, K. L. (2025). Effect of adapted ergometer setup and rowing speed on lower extremity loading in people with and without spinal cord injury. *Bioengineering*, 245, 1-14. <https://doi.org/10.3390/bioengineering12030245>
- Feito, Y., Burrows, E. K., & Tabb, L. P. (2018). A 4-year analysis of the incidence of injuries among CrossFit-trained participants. *Orthopaedic Journal of Sports Medicine*, 1 – 9. <https://doi.org/10.1177/2325967118803100>
- Foxen-Craft, E., Scott, E. L., Kullgren, K. A., Philliben, R., Hyman, C., Dorta, M., Murphy, A., & Voepel- Lewis, T. (2019). Pain location and widespread pain in youth with orthopaedic conditions: Exploration of the reliability and validity of a body map. *European Journal of Pain*, 1649 – 1660. <https://doi.org/10.1002/ejp.1445>.
- Gao, L., Lu, Z., Liang, M., Baker, J. S., & Gu, Y. (2022). Influence of different load conditions on lower extremity biomechanics during the lunge squat in novice men. *Bioengineering*, 1 – 12. <https://doi.org/10.3390/bioengineering9100552>.
- Hasnah, H., Irianto, I., & Saadiyah, S. L. (2018). The effect of freeletic sport to vo2 max levels on the freeletic community members in makassar city. *Nusantara Medical Science Journal*, 37 – 41. <https://doi.org/10.20956/nmsj.v3i2.5776>.
- Hülsmann, M., Reinecke, K., Barthel, T., & Reinsberger, C. (2021). Musculoskeletal injuries in CrossFit®: A systematic review and meta-analysis of injury rates and locations. *Deutsche Zeitschrift für Sportmedizin*, 98 – 108. <https://doi.org/10.5960/dzsm.2021.480>.
- HYROX World GmbH. (2024). *Hyrox en single rulebook r2 season 2024/25*. HYROX World GmbH, 1–28.
- Knapik, J. J. (2021). Injuries during high-intensity functional training. *Journal of Special Operations Medicine: a Peer Reviewed Journal for SOF Medical Professionals*, 112 – 115. <https://doi.org/10.55460/3ZME-3U5R>
- Klimek, C., Ashbeck, C., Brook, A. J., & Durall, C. J. (2018). Are injuries more common with crossfit training than other forms of exercise? *Journal of Sport Rehabilitation*, 295 – 299. <https://doi.org/10.1123/jsr.2016-0040>
- Lastra-Rodríguez, L., Llamas-Ramos, I., Rodríguez-Pérez, V., Llamas-Ramos, R., & López-Rodríguez, A. F. (2023). Musculoskeletal injuries and risk factors in Spanish crossfit practitioners. *Healthcare*, 1 – 14. <https://doi.org/10.3390/healthcare11182526>.

- Lenz, J. E., Szyski, D., Krueckel, J., Weber, J., Krieger, F., Karius, T., Pumberger, M., & Fehske, K. (2024). From sweat to strain: An epidemiological analysis of training-related injuries in CrossFit. *Open Access Journal of Sports Medicine*, 49 – 61. <https://doi.org/10.2147/OAJSM.S456789>
- Lu, T., Jones, M. T., Yom, J., Ishida, A., & White, J. B. (2023). Physiological and biomechanical responses to exercise on two different types of rowing ergometers in NCAA division I oarswomen. *European Journal of Applied Physiology*, 2419 – 2429. <https://doi.org/10.1007/s00421-023-05245-6>.
- Martínez-Fortuny, N., Alonso-Calvete, A., Da Cuña-Carrera, I., & Abalo-Núñez, R. (2023). Menstrual cycle and sport injuries: A systematic review. *International Journal of Environmental Research and Public Health*, 3264. <https://doi.org/10.3390/ijerph20043264>.
- Mehrab, M., Wagner, R. K., Vuurberg, G., Gouttebauge, V., de Vos, R. J., & Mathijssen, N. M. C. (2023). Risk factors for musculoskeletal injury in crossFit: A systematic review. *International Journal of Sports Medicine*, 1 – 8. <https://doi.org/10.1177/2325967117745263>.
- Mehrab, M., de Vos, R. J., Kraan, G. A., & Mathijssen, N. M. C. (2017). Injury incidence and patterns among dutch crossfit athletes. *Orthopaedic Journal of Sports Medicine*, 625 – 634. <https://doi.org/10.1055/a-1993-8577>.
- Meier, N., Sietmann, D., & Schmidt, A. (2023). Comparison of cardiovascular parameters and internal training load in different 1-hour training sessions in non-elite CrossFit athletes. *Journal of Science in Sport and Exercise*, 343 – 351. <https://doi.org/10.1007/s42978-022-00182-4>.
- Montalvo, A. M., Shaefer, H., Rodriguez, B., Li, T., Epnere, K., & Myer, G. D. (2017). Retrospective injury epidemiology and risk factors for injury in CrossFit. *Journal of Sports Science & Medicine*.
- Nikolaidis, P. T., & Knechtle, B. (2023). Participation and performance characteristics in half-marathon runners: A brief narrative review. *Journal of Muscle Research and Cell Motility*, 53 – 59. <https://doi.org/10.1007/s10974-022-09634-2>
- Okuno, Y. (2023). Transarterial embolization for refractory *overuse* sports injury: Pictorial case reports. *Cardiovascular and Interventional Radiology*, 537 – 543. <https://doi.org/10.1007/s00270-023-03400-0>
- Parker, E. A., Duchman, K. R., Meyer, A. M., Wolf, B. R., & Westermann, R. W. (2024). Menstrual cycle hormone relaxin and ACL injuries in female athletes: A systematic review. *The Iowa Orthopaedic Journal*, 113 – 123.
- Richmond, S. A., Kang, J., & Emery, C. A. (2013). Is body mass index a risk factor for sport injury in adolescents?. *Journal of science and medicine in sport*, 401 – 405. <https://doi.org/10.1016/j.jsams.2012.11.898>
- Rodríguez, M. Á., García-Calleja, P., Terrados, N., Crespo, I., Del Valle, M., & Olmedillas, H. (2020). Injury in CrossFit: A systematic review of epidemiology and risk factors. *The Physician and Sportsmedicine*, 16 – 23. <https://doi.org/10.1080/00913847.2019.1642182>

- Schlegel, P., Stuchlíková, K., & Cabrnach, B. (2025). Epidemiology and risk factors of CrossFit®-related injuries: A cross-sectional study among athletes in the Czech Republic. *Journal of Sports Science & Medicine*, 123 – 134. <https://doi.org/10.52082/jssm.2025.123>.
- Serafim, T. T., Maffulli, N., Migliorini, F., & Okubo, R. (2022). Epidemiology of high intensity functional training (HIFT) injuries in Brazil. *Journal of Orthopaedic Surgery and Research*, 1 – 9. <https://doi.org/10.1186/s13018-022-03334-2>.
- Siregar, F. S., & Nugroho, A. (2022). Pengetahuan atlet terhadap resiko, pencegahan, dan penanganan pertama cedera olahraga bola voli. *Jurnal Olahraga Dan Kesehatan Indonesia (JOKI)*, 15 – 24. <https://doi.org/10.55081/joki.v3i1.876>.
- Sergi, T. E., Bode, K. B., Hildebrand, D. A., Dawes, J. J., & Joyce, J. M. (2023). Relationship between body mass index and health and occupational performance among law enforcement officers, firefighters, and military personnel: A systematic review. *Current Developments in Nutrition*, <https://doi.org/10.1016/j.cdnut.2023.100028>.
- Stavridis, I., Ekizos, A., Zisi, M., Agilara, G. O., Tsolakis, C., Terzis, G., & Paradisis, G. (2023). Influence of heavy resisted sled pulling on sprint mechanics and spatiotemporal parameters. *Journal of Strength and Conditioning Research*, 1745 – 1751. <https://doi.org/10.1519/JSC.0000000000004478>.
- Szeles, P. R. Q., Costa, T. S., Cunha, R. A., dkk. (2020). CrossFit and the epidemiology of musculoskeletal injuries: A prospective cohort study. *Orthopaedic Journal of Sports Medicine* <https://doi.org/10.1177/2325967120933105>.
- Thompson, W. R. (2023). Worldwide survey of fitness trends for 2023. *ACSM's Health & Fitness Journal*, 9 – 18. <https://doi.org/10.1249/FIT.0000000000000834>
- Villarroel López, P., Agudo-Ortega, A., & Juárez Santos-García, D. (2025). Characterization of the Profile of Hyrox Athletes. *Applied Sciences*, 1 – 15. <https://doi.org/10.3390/app15042145>
- Villarroel López, P., & Juárez Santos-García, D. (2025). High intensity functional training in hybrid competitions: A scoping review of performance models and physiological adaptations. *Journal of Functional Morphology and Kinesiology*, 1 – 20. <https://doi.org/10.3390/jfmk10010032>
- Wagener, S., Hoppe, M. W., Hotfiel, T., Engelhardt, M., Javanmardi, S., Baumgart, C., & Freiwald, J. (2020). CrossFit–development, benefits and risks. *Sports Orthopaedics and Traumatology*, 241 – 249. <https://doi.org/10.1016/j.orthtr.2020.07.001>