DAFTAR PUSTAKA

[1] S.-J. Heo, S.-K. Park, and Y.-S. Jee, "Detraining effects of covid-19 pandemic on physical fitness, cytokines, c-reactive protein and immunocytes in men of various age groups," *International Journal of Environmental Research and Public Health*, vol. 19, no. 3, p. 1845, 2022.

[2] D. Cerasola, C. Argano, and S. Corrao, "Lessons from covid-19: Physical exercise can improve and optimize health status," *Frontiers in Medicine*, vol. 9, p. 834844, 2022.

[3] D. A. Bonilla, L. A. Cardozo, J. M. Vélez-Gutiérrez, A. Arévalo-Rodríguez, S. Vargas-Molina, J. R. Stout, R. B. Kreider, and J. L. Petro, "Exercise selection and common injuries in fitness centers: a systematic integrative review and practical recommendations," *International journal of environmental research and public health*, vol. 19, no. 19, p. 12710, 2022.

[4] C. Prasetyo and W. Istiono, "Fitness exercise recommendation system using weighted products," *International Journal*, vol. 9, no. 9, 2021.

[5] V. Podvezko, "Application of ahp technique," *Journal of Business Economics and management*, no. 2, pp. 181–189, 2009.

[6] D. Kurniawati, F. N. Lenti, and R. W. Nugroho, "Implementation of ahp and saw methods for optimization of decision recommendations," in *Journal of International Conference Proceedings (JICP) Vol*, vol. 4, no. 1, 2021.

[7] M. F. Rozi, E. Santoso, and M. T. Furqon, "Sistem pendukung keputusan penerimaan pegawai baru menggunakan metode ahp dan topsis," *Jurnal Pengembangan Teknologi Informasi Dan Ilmu Komputer*, vol. 3, no. 9, pp. 8361–8366, 2019.

[8] R. A. Nugraha, I. Indriati, and I. Cholissodin, "Implementasi metode analytic hierarchy process-weighted product untuk rekomendasi hunian ideal (studi kasus: Kota malang)," *Jurnal Pengembangan Teknologi Informasi dan Ilmu Komputer*, vol. 2, no. 2, pp. 848–856, 2018.

[9] S. F. Ramadhani, N. Hidayat, and S. Suprapto, "Sistem pendukung keputusan rekomendasi pemberian usaha kredit mikro (ukm) dengan metode ahp-saw (study kasus: Pd. bpr bojonegoro)," *Jurnal Pengembangan Teknologi Informasi dan Ilmu Komputer*, vol. 2, no. 8, pp. 2620–2627, 2018.

[10] G. Wibisono and Suhirman, "Topsis hybrid methods comparison, ahp-topsis and saw-topsis," *International Journal of Computer Techniques*, vol. 9, no. 4, p. 5, July 2022.

[11] F. O. Isinkaye, Y. O. Folajimi, and B. A. Ojokoh, "Recommendation systems: Principles, methods and evaluation," *Egyptian informatics journal*, vol. 16, no. 3, pp. 261–273, 2015.

[12] S. K. Raghuwanshi and R. K. Pateriya, "Recommendation systems: techniques, challenges, application, and evaluation," in *Soft Computing for Problem Solving: SocProS 2017, Volume 2*. Springer, 2019, pp. 151–164.

[13] B. H. Mane, "The science behind strength training," *International Journal of Health, Physical Education & Computer Science in Sports*, p. 344.

[14] V. M. Zatsiorsky, W. J. Kraemer, and A. C. Fry, *Science and practice of strength training*. Human kinetics, 2020.

[15] J. Stoppani, *Jim Stoppani's encyclopedia of muscle & strength*. Human Kinetics, 2023.

[16] M. Tavana, M. Soltanifar, and F. J. Santos-Arteaga, "Analytical hierarchy process: Revolution and evolution," *Annals of operations research*, vol. 326, no. 2, pp. 879–907, 2023.

[17] R. Kumar, K. Singh, and S. K. Jain, "A combined ahp and topsis approach for prioritizing the attributes for successful implementation of agile manufacturing," *International Journal of Productivity and Performance Management*, vol. 69, no. 7, pp. 1395–1417, 2020.

[18] C. A. Siagian, E. E. Surbakti, and Y. Khaeruzzaman, "Recommendation system coffee shop using ahp and topsis methods," *Ultimatics: Jurnal Teknik Informatika*, vol. 16, no. 1, pp. 46–53, 2024.

[19] J. Hutagalung *et al.*, "Application of the ahp-topsis method to determine the feasibility of fund loans," *Pekommas*, vol. 6, no. 1, pp. 1–11, 2021.

[20] İ. Durak, H. M. Arslan, and Y. Özdemir, "Application of ahp–topsis methods in technopark selection of technology companies: Turkish case," *Technology Analysis & Strategic Management*, vol. 34, no. 10, pp. 1109–1123, 2022.

[21] J.-J. Huang, "Analytic hierarchy process with the correlation effect via wordnet," *Mathematics*, vol. 9, no. 8, p. 872, 2021.

[22] Y. Çelikbilek and F. Tüysüz, "An in-depth review of theory of the topsis method: An experimental analysis," *Journal of Management Analytics*, vol. 7, no. 2, pp. 281–300, 2020.

[23] R. I. Borman, D. A. Megawaty, and A. Attohiroh, "Implementasi metode topsis pada sistem pendukung keputusan pemilihan biji kopi robusta yang bernilai mutu ekspor (studi kasus: Pt. indo cafco fajar bulan lampung)," *Fountain of Informatics Journal*, vol. 5, no. 1, pp. 14–20, 2020.

[24] D. B. T. Wijaya, T. Wahyono *et al.*, "Topsis method implementation for employee performance information system," *International Journal of Information Technology and Business*, vol. 4, no. 2, pp. 21–26, 2022.

[25] S. H. Alshammari and M. S. Rosli, "A review of technology acceptance models and theories," *Innovative Teaching and Learning Journal (ITLJ)*, vol. 4, no. 2, pp. 12–22, 2020.

[26] C. Lazim, N. D. B. Ismail, and M. Tazilah, "Application of technology acceptance model (tam) towards online learning during covid-19 pandemic: Accounting students perspective," *International Journal of Business, Economics and Law*, vol. 24, no. 1, pp. 13–20, 2021.

[27] T. Martin, "A literature review on the technology acceptance model," *International Journal of Academic Research in Business and Social Sciences*, vol. 12, no. 11, pp. 2859–2884, 2022.

[28] R. A. Setyawan and W. F. Atapukan, "Pengukuran usability website e-commerce sambal nyoss menggunakan metode skala likert," *Jurnal Compiler*, vol. 7, no. 1, pp. 54–61, 2018.

[29] A. Setiawan and F. P. Putri, "Implementasi algoritma apriori untuk rekomendasi kombinasi produk penjualan," *Ultimatics: Jurnal Teknik Informatika*, vol. 12, no. 1, pp. 66–71, 2020.