

Bret Contreras

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/10857129/publications.pdf>

Version: 2024-02-01

7
papers

277
citations

1307594

7
h-index

1720034

7
g-index

7
all docs

7
docs citations

7
times ranked

346
citing authors

#	ARTICLE	IF	CITATIONS
1	Muscle activation during low- versus high-load resistance training in well-trained men. <i>European Journal of Applied Physiology</i> , 2014, 114, 2491-2497.	2.5	86
2	Acute effects of anterior thigh foam rolling on hip angle, knee angle, and rectus femoris length in the modified Thomas test. <i>PeerJ</i> , 2015, 3, e1281.	2.0	50
3	An electromyographic comparison of a modified version of the plank with a long lever and posterior tilt versus the traditional plank exercise. <i>Sports Biomechanics</i> , 2014, 13, 296-306.	1.6	38
4	Greater Electromyographic Responses Do Not Imply Greater Motor Unit Recruitment and "Hypertrophic Potential" Cannot Be Inferred. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, e1-e4.	2.1	34
5	A Comparison of Gluteus Maximus, Biceps Femoris, and Vastus Lateralis Electromyography Amplitude for the Barbell, Band, and American Hip Thrust Variations. <i>Journal of Applied Biomechanics</i> , 2016, 32, 254-260.	0.8	31
6	Upper body muscle activation during low-versus high-load resistance exercise in the bench press. <i>Isokinetics and Exercise Science</i> , 2016, 24, 217-224.	0.4	22
7	Effects of load on good morning kinematics and EMG activity. <i>PeerJ</i> , 2015, 3, e708.	2.0	16