

Keijo Hkkinen

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

211 papers	9,033 citations	51 h-index	88 g-index
214 ext. papers	10,058 ext. citations	2.9 avg, IF	5.72 L-index

#	Paper	IF	Citations
211	Explosive-strength training improves 5-km running time by improving running economy and muscle power. <i>Journal of Applied Physiology</i> , 1999 , 86, 1527-33	3.7	443
210	Effects of heavy-resistance training on hormonal response patterns in younger vs. older men. <i>Journal of Applied Physiology</i> , 1999 , 87, 982-92	3.7	300
209	Muscle hypertrophy, hormonal adaptations and strength development during strength training in strength-trained and untrained men. <i>European Journal of Applied Physiology</i> , 2003 , 89, 555-63	3.4	288
208	Kinematics, Kinetics, and Muscle Activation during Explosive Upper Body Movements. <i>Journal of Applied Biomechanics</i> , 1996 , 12, 31-43	1.2	248
207	Adverse metabolic response to regular exercise: is it a rare or common occurrence?. <i>PLoS ONE</i> , 2012 , 7, e37887	3.7	245
206	Selective muscle hypertrophy, changes in EMG and force, and serum hormones during strength training in older women. <i>Journal of Applied Physiology</i> , 2001 , 91, 569-80	3.7	241
205	Influence of load and stretch shortening cycle on the kinematics, kinetics and muscle activation that occurs during explosive upper-body movements. <i>European Journal of Applied Physiology</i> , 1997 , 75, 333-42	3.4	235
204	Aging, muscle fiber type, and contractile function in sprint-trained athletes. <i>Journal of Applied Physiology</i> , 2006 , 101, 906-17	3.7	200
203	Effects of long-term training specificity on maximal strength and power of the upper and lower extremities in athletes from different sports. <i>European Journal of Applied Physiology</i> , 2002 , 87, 264-71	3.4	198
202	Differential effects of strength training leading to failure versus not to failure on hormonal responses, strength, and muscle power gains. <i>Journal of Applied Physiology</i> , 2006 , 100, 1647-56	3.7	197
201	Electromyographic changes during strength training and detraining. <i>Medicine and Science in Sports and Exercise</i> , 1983 , 15, 455-460	1.2	188
200	Are skeletal muscle FNDC5 gene expression and irisin release regulated by exercise and related to health?. <i>Journal of Physiology</i> , 2013 , 591, 5393-400	3.9	170
199	Mixed-methods resistance training increases power and strength of young and older men. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 1367-75	1.2	137
198	Acute and long-term effects of resistance exercise with or without protein ingestion on muscle hypertrophy and gene expression. <i>Amino Acids</i> , 2009 , 37, 297-308	3.5	133
197	The effects of short-term resistance training on endocrine function in men and women. <i>European Journal of Applied Physiology</i> , 1998 , 78, 69-76	3.4	132
196	Hormonal responses of multiset versus single-set heavy-resistance exercise protocols. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1997 , 22, 244-55		124
195	Relationship between the number of repetitions and selected percentages of one repetition maximum in free weight exercises in trained and untrained men. <i>Journal of Strength and Conditioning Research</i> , 2006 , 20, 819-23	3.2	121

194	Panoramic ultrasonography is a valid method to measure changes in skeletal muscle cross-sectional area. <i>European Journal of Applied Physiology</i> , 2010 , 108, 273-9	3.4	119
193	Changes in exercise performance and hormonal concentrations over a big ten soccer season in starters and nonstarters. <i>Journal of Strength and Conditioning Research</i> , 2004 , 18, 121-8	3.2	114
192	Physiological changes with periodized resistance training in women tennis players. <i>Medicine and Science in Sports and Exercise</i> , 2003 , 35, 157-68	1.2	113
191	Body composition, fitness, and metabolic health during strength and endurance training and their combination in middle-aged and older women. <i>European Journal of Applied Physiology</i> , 2009 , 106, 285-96	3.4	108
190	Once weekly combined resistance and cardiovascular training in healthy older men. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 435-43	1.2	108
189	Heterogeneity in resistance training-induced muscle strength and mass responses in men and women of different ages. <i>Age</i> , 2016 , 38, 10		107
188	Serum hormones during prolonged training of neuromuscular performance. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1985 , 53, 287-93		103
187	Acute hormonal responses to heavy resistance exercise in younger and older men. <i>European Journal of Applied Physiology</i> , 1998 , 77, 206-11	3.4	96
186	Changes in muscle hypertrophy in women with periodized resistance training. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 697-708	1.2	93
185	Short vs. long rest period between the sets in hypertrophic resistance training: influence on muscle strength, size, and hormonal adaptations in trained men. <i>Journal of Strength and Conditioning Research</i> , 2005 , 19, 572-82	3.2	92
184	Muscle activity and inactivity periods during normal daily life. <i>PLoS ONE</i> , 2013 , 8, e52228	3.7	91
183	Effects of combined resistance and cardiovascular training on strength, power, muscle cross-sectional area, and endurance markers in middle-aged men. <i>European Journal of Applied Physiology</i> , 2005 , 94, 70-5	3.4	90
182	The effect of heavy resistance exercise on the circadian rhythm of salivary testosterone in men. <i>European Journal of Applied Physiology</i> , 2001 , 84, 13-8	3.4	90
181	Cytokine and hormone responses to resistance training. <i>European Journal of Applied Physiology</i> , 2009 , 107, 397-409	3.4	88
180	Biomechanical and skeletal muscle determinants of maximum running speed with aging. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 844-56	1.2	85
179	Effects of heavy resistance/power training on maximal strength, muscle morphology, and hormonal response patterns in 60-75-year-old men and women. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2002 , 27, 213-31		82
178	Individual responses to combined endurance and strength training in older adults. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 484-90	1.2	80
177	Effects of concurrent resistance and aerobic training on load-bearing performance and the Army physical fitness test. <i>Military Medicine</i> , 2004 , 169, 994-9	1.3	78

176	Acute hormonal responses to submaximal and maximal heavy resistance and explosive exercises in men and women. <i>Journal of Strength and Conditioning Research</i> , 2005 , 19, 566-71	3.2	73
175	Body composition and fitness during strength and/or endurance training in older men. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 950-8	1.2	68
174	Effect of time-of-day-specific strength training on serum hormone concentrations and isometric strength in men. <i>Chronobiology International</i> , 2007 , 24, 1159-77	3.6	68
173	Aquatic training and detraining on fitness and quality of life in fibromyalgia. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 1044-50	1.2	68
172	Muscle CSA, Force Production, and Activation of Leg Extensors during Isometric and Dynamic Actions in Middle-Aged and Elderly Men and Women. <i>Journal of Aging and Physical Activity</i> , 1998 , 6, 232-247	1.6	67
171	Body composition in 18- to 88-year-old adults--comparison of multifrequency bioimpedance and dual-energy X-ray absorptiometry. <i>Obesity</i> , 2014 , 22, 101-9	8	64
170	Effects of amino acids supplement on physiological adaptations to resistance training. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 1111-21	1.2	64
169	Postexercise myostatin and activin IIb mRNA levels: effects of strength training. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 289-97	1.2	63
168	The effects of creatine supplementation on muscular performance and body composition responses to short-term resistance training overreaching. <i>European Journal of Applied Physiology</i> , 2004 , 91, 628-37	3.4	63
167	Elevated endogenous testosterone concentrations potentiate muscle androgen receptor responses to resistance exercise. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2009 , 114, 195-9	5.1	60
166	Improvements of muscle strength predicted benefits in HRQOL and postural balance in women with fibromyalgia: an 8-month randomized controlled trial. <i>Rheumatology</i> , 2009 , 48, 1147-51	3.9	55
165	Acute heavy-resistance exercise-induced pain and neuromuscular fatigue in elderly women with fibromyalgia and in healthy controls: effects of strength training. <i>Arthritis and Rheumatism</i> , 2006 , 54, 1334-9		55
164	Effects of concurrent strength and endurance training on physical fitness and symptoms in postmenopausal women with fibromyalgia: a randomized controlled trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2008 , 89, 1660-6	2.8	54
163	Maximal strength and power, muscle mass, endurance and serum hormones in weightlifters and road cyclists. <i>Journal of Sports Sciences</i> , 2004 , 22, 465-78	3.6	54
162	Greater Strength Gains after Training with Accentuated Eccentric than Traditional Isoinertial Loads in Already Strength-Trained Men. <i>Frontiers in Physiology</i> , 2016 , 7, 149	4.6	53
161	Neuromuscular fatigue during dynamic maximal strength and hypertrophic resistance loadings. <i>Journal of Electromyography and Kinesiology</i> , 2012 , 22, 356-62	2.5	51
160	Association of physical fitness with health-related quality of life in Finnish young men. <i>Health and Quality of Life Outcomes</i> , 2010 , 8, 15	3	51
159	The effects of amino acid supplementation on hormonal responses to resistance training overreaching. <i>Metabolism: Clinical and Experimental</i> , 2006 , 55, 282-91	12.7	50

158	Heart rate dynamics after combined endurance and strength training in older men. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 1436-43	1.2	49
157	Physical fitness, BMI and sickness absence in male military personnel. <i>Occupational Medicine</i> , 2008 , 58, 251-6	2.1	48
156	Acute hormonal responses to heavy resistance exercise in strength athletes versus nonathletes. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2004 , 29, 527-43		48
155	Effect of resistance training regimens on treadmill running and neuromuscular performance in recreational endurance runners. <i>Journal of Sports Sciences</i> , 2011 , 29, 1359-71	3.6	47
154	Effect of resistance exercise on muscle steroid receptor protein content in strength-trained men and women. <i>Steroids</i> , 2009 , 74, 1033-9	2.8	47
153	Concurrent endurance and explosive type strength training increases activation and fast force production of leg extensor muscles in endurance athletes. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 613-20	3.2	47
152	Changes in body composition, hormonal status, and physical fitness in 11-, 13-, and 15-year-old Finnish regional youth soccer players during a two-year follow-up. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 3342-51	3.2	45
151	Effect of time-of-day-specific strength training on maximum strength and EMG activity of the leg extensors in men. <i>Journal of Sports Sciences</i> , 2008 , 26, 1005-14	3.6	45
150	Effects of strength training on muscle strength, cross-sectional area, maximal electromyographic activity, and serum hormones in premenopausal women with fibromyalgia. <i>Journal of Rheumatology</i> , 2002 , 29, 1287-95	4.1	45
149	Effects of morning versus evening combined strength and endurance training on physical performance, muscle hypertrophy, and serum hormone concentrations. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016 , 41, 1285-1294	3	44
148	PGC-1 isoforms and their target genes are expressed differently in human skeletal muscle following resistance and endurance exercise. <i>Physiological Reports</i> , 2015 , 3, e12563	2.6	44
147	Perspectives on Aerobic and Strength Influences on Military Physical Readiness: Report of an International Military Physiology Roundtable. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29 Suppl 11, S10-23	3.2	42
146	Heavy resistance exercise training and skeletal muscle androgen receptor expression in younger and older men. <i>Steroids</i> , 2011 , 76, 183-92	2.8	42
145	Changes in cardiovascular performance during an 8-week military basic training period combined with added endurance or strength training. <i>Military Medicine</i> , 2008 , 173, 1173-9	1.3	42
144	Serum sex hormone-binding globulin and cortisol concentrations are associated with overreaching during strenuous military training. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 787-97	3.2	41
143	The effects of amino acid supplementation on muscular performance during resistance training overreaching. <i>Journal of Strength and Conditioning Research</i> , 2003 , 17, 250-8	3.2	39
142	Circulating IGF-I is associated with fitness and health outcomes in a population of 846 young healthy men. <i>Growth Hormone and IGF Research</i> , 2011 , 21, 124-8	2	38
141	Effects of strength training on muscle fatigue mapping from surface EMG and blood metabolites. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 303-11	1.2	38

140	Changes in myosin heavy chain composition with heavy resistance training in 60- to 75-year-old men and women. <i>European Journal of Applied Physiology</i> , 2001 , 84, 127-32	3-4	37
139	Strength athletes are capable to produce greater muscle activation and neural fatigue during high-intensity resistance exercise than nonathletes. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1129-34	3-2	36
138	Effect of low-dose endurance training on heart rate variability at rest and during an incremental maximal exercise test. <i>European Journal of Applied Physiology</i> , 2008 , 104, 541-8	3-4	36
137	Maximal force, force/time and activation/coactivation characteristics of the neck muscles in extension and flexion in healthy men and women at different ages. <i>European Journal of Applied Physiology</i> , 2002 , 88, 247-54	3-4	34
136	Testosterone responses after resistance exercise in women: influence of regional fat distribution. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2001 , 11, 451-65	4-4	34
135	The effects of L-carnitine L-tartrate supplementation on hormonal responses to resistance exercise and recovery. <i>Journal of Strength and Conditioning Research</i> , 2003 , 17, 455-62	3-2	34
134	Effects of different strength training frequencies on maximum strength, body composition and functional capacity in healthy older individuals. <i>Experimental Gerontology</i> , 2017 , 98, 13-21	4-5	33
133	Effect of time-of-day-specific strength training on muscular hypertrophy in men. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 2451-7	3-2	33
132	Androgen receptors and testosterone in men--effects of protein ingestion, resistance exercise and fiber type. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2008 , 110, 130-7	5-1	33
131	Fitness and lean mass increases during combined training independent of loading order. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 1758-68	1-2	31
130	Associations of Physical Fitness and Body Composition Characteristics With Simulated Military Task Performance. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 1089-1098	3-2	29
129	The effects of whey protein with or without carbohydrates on resistance training adaptations. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 48	4-5	29
128	Leukocyte β -adrenergic receptor expression in response to resistance exercise. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1422-32	1-2	29
127	Electromyographical and Perceptual Responses to Different Resistance Intensities in a Squat Protocol: Does Performing Sets to Failure With Light Loads Produce the Same Activity?. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 792-9	3-2	29
126	Recovery after heavy resistance exercise and skeletal muscle androgen receptor and insulin-like growth factor-I isoform expression in strength trained men. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 767-77	3-2	28
125	Power output and electromyographic activity during and after a moderate load muscular endurance session. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 2122-31	3-2	28
124	Effects of HRV-Guided vs. Predetermined Block Training on Performance, HRV and Serum Hormones. <i>International Journal of Sports Medicine</i> , 2017 , 38, 909-920	3-6	27
123	Neuromuscular function and balance of prepubertal and pubertal blind and sighted boys. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2006 , 95, 1277-83	3-1	27

122	Alterations of mechanical characteristics of human skeletal muscle during strength training. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1983 , 50, 161-72		27
121	Variable resistance training promotes greater fatigue resistance but not hypertrophy versus constant resistance training. <i>European Journal of Applied Physiology</i> , 2013 , 113, 2233-44	3.4	26
120	Exercise type and volume alter signaling pathways regulating skeletal muscle glucose uptake and protein synthesis. <i>European Journal of Applied Physiology</i> , 2015 , 115, 1835-45	3.4	25
119	Acute leukocyte, cytokine and adipocytokine responses to maximal and hypertrophic resistance exercise bouts. <i>European Journal of Applied Physiology</i> , 2014 , 114, 2607-16	3.4	25
118	The Effects of Intensive Weight Reduction on Body Composition and Serum Hormones in Female Fitness Competitors. <i>Frontiers in Physiology</i> , 2016 , 7, 689	4.6	24
117	Association of military training with oxidative stress and overreaching. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1552-60	1.2	24
116	Strength and power profiles of the lower and upper extremities in master throwers at different ages. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 216-22	3.2	24
115	Influence of HMB supplementation and resistance training on cytokine responses to resistance exercise. <i>Journal of the American College of Nutrition</i> , 2014 , 33, 247-55	3.5	23
114	Body composition changes by DXA, BIA and skinfolds during exercise training in women. <i>European Journal of Applied Physiology</i> , 2013 , 113, 2331-41	3.4	23
113	Sex differences in creatine kinase after acute heavy resistance exercise on circulating granulocyte estradiol receptors. <i>European Journal of Applied Physiology</i> , 2012 , 112, 3335-40	3.4	23
112	Kinetic and electromyographic analysis of single repetition constant and variable resistance leg press actions. <i>Journal of Electromyography and Kinesiology</i> , 2011 , 21, 262-9	2.5	23
111	Neuromuscular and hormonal responses to constant and variable resistance loadings. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 26-33	1.2	23
110	The repeated bout effect of typical lower body strength training sessions on sub-maximal running performance and hormonal response. <i>European Journal of Applied Physiology</i> , 2015 , 115, 1789-99	3.4	22
109	Cardiorespiratory Adaptations during Concurrent Aerobic and Strength Training in Men and Women. <i>PLoS ONE</i> , 2015 , 10, e0139279	3.7	22
108	Effects of different accentuated eccentric loads on acute neuromuscular, growth hormone, and blood lactate responses during a hypertrophic protocol. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 946-53	3.2	22
107	Acute hormonal and force responses to combined strength and endurance loadings in men and women: the "order effect". <i>PLoS ONE</i> , 2013 , 8, e55051	3.7	22
106	Muscle strength and range of movement deficits 1 year after hip resurfacing surgery using posterior approach. <i>Disability and Rehabilitation</i> , 2010 , 32, 483-91	2.4	21
105	Changes in maximal and explosive strength, electromyography, and muscle thickness of lower and upper extremities induced by combined strength and endurance training in soldiers. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1300-8	3.2	21

104	Effects of combined strength and endurance training on treadmill load carrying walking performance in aging men. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 1584-95	3.2	21
103	Acute neuromuscular and endocrine responses and recovery to single-session combined endurance and strength loadings: "order effect" in untrained young men. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 421-33	3.2	20
102	Cardiovascular and neuromuscular performance responses induced by 8 weeks of basic training followed by 8 weeks of specialized military training. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 745-51	3.2	20
101	Resistance Training Load Effects on Muscle Hypertrophy and Strength Gain: Systematic Review and Network Meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 1206-1216	1.2	20
100	Similar increases in strength after short-term resistance training due to different neuromuscular adaptations in young and older men. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 3041-8	3.2	19
99	L-Carnitine L-tartrate supplementation favorably affects biochemical markers of recovery from physical exertion in middle-aged men and women. <i>Metabolism: Clinical and Experimental</i> , 2010 , 59, 1190-5	12.7	19
98	Molecular Pathways Mediating Immunosuppression in Response to Prolonged Intensive Physical Training, Low-Energy Availability, and Intensive Weight Loss. <i>Frontiers in Immunology</i> , 2019 , 10, 907	8.4	18
97	Increased rate of force development during periodized maximum strength and power training is highly individual. <i>European Journal of Applied Physiology</i> , 2018 , 118, 1033-1042	3.4	18
96	Training-induced changes in daily energy expenditure: Methodological evaluation using wrist-worn accelerometer, heart rate monitor, and doubly labeled water technique. <i>PLoS ONE</i> , 2019 , 14, e0219563	3.7	17
95	Comparison between direct and predicted maximal oxygen uptake measurement during cycling. <i>Military Medicine</i> , 2013 , 178, 234-8	1.3	17
94	Heart rate dynamics after combined strength and endurance training in middle-aged women: heterogeneity of responses. <i>PLoS ONE</i> , 2013 , 8, e72664	3.7	17
93	Fitness, body composition and blood lipids following 3 concurrent strength and endurance training modes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016 , 41, 767-74	3	16
92	Acute Endocrine and Force Responses and Long-Term Adaptations to Same-Session Combined Strength and Endurance Training in Women. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 164-75	3.2	16
91	Medium-intensity, high-volume "hypertrophic" resistance training did not induce improvements in rapid force production in healthy older men. <i>Age</i> , 2015 , 37, 9786		15
90	The effects of a roundtrip trans-American jet travel on physiological stress, neuromuscular performance, and recovery. <i>Journal of Applied Physiology</i> , 2016 , 121, 438-48	3.7	15
89	Neuromuscular fatigue in young and older men using constant or variable resistance. <i>European Journal of Applied Physiology</i> , 2013 , 113, 1069-79	3.4	15
88	Cardiorespiratory responses induced by various military field tasks. <i>Military Medicine</i> , 2014 , 179, 218-24	1.3	15
87	Effects of basic training on acute physiological responses to a combat loaded run test. <i>Military Medicine</i> , 2010 , 175, 273-9	1.3	15

86	Comparison of running kinematics between elite and national-standard 1500-m runners. <i>Sports Biomechanics</i> , 2009 , 8, 1-9	2.2	15
85	Effects of resistance training on testosterone metabolism in younger and older men. <i>Experimental Gerontology</i> , 2015 , 69, 148-58	4.5	14
84	Morphological, molecular and hormonal adaptations to early morning versus afternoon resistance training. <i>Chronobiology International</i> , 2018 , 35, 450-464	3.6	14
83	Effects of easy-to-use protein-rich energy bar on energy balance, physical activity and performance during 8 days of sustained physical exertion. <i>PLoS ONE</i> , 2012 , 7, e47771	3.7	14
82	The order effect of combined endurance and strength loadings on force and hormone responses: effects of prolonged training. <i>European Journal of Applied Physiology</i> , 2014 , 114, 867-80	3.4	13
81	Moderate-Load Muscular Endurance Strength Training Did Not Improve Peak Power or Functional Capacity in Older Men and Women. <i>Frontiers in Physiology</i> , 2017 , 8, 743	4.6	13
80	Mixed maximal and explosive strength training in recreational endurance runners. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 689-99	3.2	13
79	Effects of time-of-day on neuromuscular function in untrained men: Specific responses of high morning performers and high evening performers. <i>Chronobiology International</i> , 2015 , 32, 1115-24	3.6	12
78	Changes in Physical Performance During 21 d of Military Field Training in Warfighters. <i>Military Medicine</i> , 2018 , 183, e174-e181	1.3	12
77	Effects of Combined Strength and Endurance Training on Physical Performance and Biomarkers of Healthy Young Women. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 1554-1561	3.2	12
76	Common genetic variation in the IGF1 associates with maximal force output. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 2368-74	1.2	12
75	Development of body composition, hormone profile, physical fitness, general perceptual motor skills, soccer skills and on-the-ball performance in soccer-specific laboratory test among adolescent soccer players. <i>Journal of Sports Science and Medicine</i> , 2010 , 9, 547-56	2.7	12
74	Effects of resistance training on expression of IGF-I splice variants in younger and older men. <i>European Journal of Sport Science</i> , 2016 , 16, 1055-63	3.9	12
73	Mucosal immunity and upper respiratory tract symptoms in recreational endurance runners. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016 , 41, 96-102	3	11
72	Acute neuromuscular and metabolic responses to combined strength and endurance loadings: the "order effect" in recreationally endurance trained runners. <i>Journal of Sports Sciences</i> , 2014 , 32, 1155-64	3.6	11
71	Effects of prolonged hypertrophic resistance training on acute endocrine responses in young and older men. <i>Journal of Aging and Physical Activity</i> , 2015 , 23, 230-6	1.6	11
70	Neuromuscular fatigue induced by an isotonic heavy-resistance loading protocol in knee extensors. <i>Journal of Sports Sciences</i> , 2009 , 27, 1271-9	3.6	11
69	Isometric parameters in the monitoring of maximal strength, power, and hypertrophic resistance-training. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 145-153	3	10

68	Adverse Cardiovascular Response to Aerobic Exercise Training: Is This a Concern?. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 20-5	1.2	10
67	Associations of leisure time, commuting, and occupational physical activity with physical fitness and cardiovascular risk factors in young men. <i>Journal of Physical Activity and Health</i> , 2014 , 11, 1482-91	2.5	10
66	Glucocorticoid receptor expression on human B cells in response to acute heavy resistance exercise. <i>NeuroImmunoModulation</i> , 2011 , 18, 156-64	2.5	10
65	Relationship between heart rate variability and the serum testosterone-to-cortisol ratio during military service. <i>European Journal of Sport Science</i> , 2009 , 9, 277-284	3.9	10
64	Serum thyroid hormones, thyrotropin and thyroxine binding globulin during prolonged strength training. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1988 , 57, 394-8		10
63	Validity of Using Velocity to Estimate Intensity in Resistance Exercises in Men and Women. <i>International Journal of Sports Medicine</i> , 2020 , 41, 1047-1055	3.6	10
62	Increased fascicle length but not patellar tendon stiffness after accentuated eccentric-load strength training in already-trained men. <i>European Journal of Applied Physiology</i> , 2020 , 120, 2371-2382	3.4	10
61	Acute elevations in serum hormones are attenuated after chronic training with traditional isoinertial but not accentuated eccentric loads in strength-trained men. <i>Physiological Reports</i> , 2017 , 5, e13241	2.6	9
60	Monitoring Training Adaptation With a Submaximal Running Test Under Field Conditions. <i>International Journal of Sports Physiology and Performance</i> , 2016 , 11, 393-9	3.5	9
59	Estimation of maximal heart rate using the relationship between heart rate variability and exercise intensity in 40-67 years old men. <i>European Journal of Applied Physiology</i> , 2008 , 103, 25-32	3.4	9
58	RELATIONSHIP BETWEEN THE NUMBER OF REPETITIONS AND SELECTED PERCENTAGES OF ONE REPETITION MAXIMUM IN FREE WEIGHT EXERCISES IN TRAINED AND UNTRAINED MEN. <i>Journal of Strength and Conditioning Research</i> , 2006 , 20, 819-823	3.2	9
57	Neuromuscular responses to different resistance loading protocols using pneumatic and weight stack devices. <i>Journal of Electromyography and Kinesiology</i> , 2013 , 23, 118-24	2.5	8
56	Serum basal hormone concentrations and muscle mass in aging women: effects of strength training and diet. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2006 , 16, 316-31	4.4	8
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