Keijo Hkkinen

List of Publications by Year in Descending Order

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	Exercise medicine for cancer cachexia: targeted exercise to counteract mechanisms and treatment side effects.. *Journal of Cancer Research and Clinical Oncology*, **2022**, 1	4.9	1
210	Resistance Training Load Effects on Muscle Hypertrophy and Strength Gain: Systematic Review and Network Meta-analysis. *Medicine and Science in Sports and Exercise*, **2021**, 53, 1206-1216	1.2	20
209	Acute Physiological Responses to Four Running Sessions Performed at Different Intensity Zones. *International Journal of Sports Medicine*, **2021**, 42, 513-522	3.6	2
208	Mitochondrial bioenergetic pathways in blood leukocyte transcriptome decrease after intensive weight loss but are rescued following weight regain in female physique athletes. *FASEB Journal*, **2021**, 35, e21484	0.9	0
207	Monitoring Training and Recovery during a Period of Increased Intensity or Volume in Recreational Endurance Athletes. *International Journal of Environmental Research and Public Health*, **2021**, 18,	4.6	3
206	High Responders to Hypertrophic Strength Training Also Tend to Lose More Muscle Mass and Strength During Detraining Than Low Responders. *Journal of Strength and Conditioning Research*, **2021**, 35, 1500-1511	3.2	2
205	Acute Effects of High-intensity Resistance Exercise on Cognitive Function. *Journal of Sports Science and Medicine*, **2021**, 20, 391-397	2.7	1
204	Hormonal Contraceptive Use Does Not Affect Strength, Endurance, or Body Composition Adaptations to Combined Strength and Endurance Training in Women. *Journal of Strength and Conditioning Research*, **2021**, 35, 449-457	3.2	8
203	Aiming strategy affects performance-related factors in biathlon standing shooting. *Scandinavian Journal of Medicine and Science in Sports*, **2021**, 31, 573-585	4.6	5
202	Radiotherapy before or during androgen-deprivation therapy does not blunt the exercise-induced body composition protective effects in prostate cancer patients: A secondary analysis of two randomized controlled trials. *Experimental Gerontology*, **2021**, 151, 111427	4.5	3
201	Hormonal stress responses of growth hormone and insulin-like growth factor-I in highly resistance trained women and men. *Growth Hormone and IGF Research*, **2021**, 59, 101407	2	1
200	Effects of Task-Specific and Strength Training on Simulated Military Task Performance in Soldiers. *International Journal of Environmental Research and Public Health*, **2020**, 17,	4.6	3
199	Changes in strength and power performance and serum hormone concentrations during 12 weeks of task-specific or strength training in conscripts. *Physiological Reports*, **2020**, 8, e14422	2.6	3
198	Effectiveness of a 12-month home-based exercise program on trunk muscle strength and spine function after lumbar spine fusion surgery: a randomized controlled trial. *Disability and Rehabilitation*, **2020**, 1-9	2.4	2
197	Microdialysis-Assessed Exercised Muscle Reveals Localized and Differential IGFBP Responses to Unilateral Stretch Shortening Cycle Exercise. *Frontiers in Endocrinology*, **2020**, 11, 315	5.7	2
196	Differences in Training Adaptations of Endurance Performance during Combined Strength and Endurance Training in a 6-Month Crisis Management Operation. *International Journal of Environmental Research and Public Health*, **2020**, 17,	4.6	2
195	Inter-individual variation in response to resistance training in cardiometabolic health indicators. *Scandinavian Journal of Medicine and Science in Sports*, **2020**, 30, 1040-1053	4.6	5

194	Acute Hemodynamic Responses to Combined Exercise and Sauna. *International Journal of Sports Medicine*, **2020**, 41, 824-831	3.6	2
193	Training-Induced Acute Neuromuscular Responses to Military Specific Test during a Six-Month Military Operation. *International Journal of Environmental Research and Public Health*, **2020**, 18,	4.6	1
192	Changes in sprint performance and sagittal plane kinematics after heavy resisted sprint training in professional soccer players. *PeerJ*, **2020**, 8, e10507	3.1	7
191	Effects of strength vs. endurance training and their combination on physical performance characteristics in female horseback riders. *Journal of Sports Medicine and Physical Fitness*, **2020**, 60, 814-822	1.4	
190	Acute Neuromuscular and Hormonal Responses to Different Exercise Loadings Followed by a Sauna. *Journal of Strength and Conditioning Research*, **2020**, 34, 313-322	3.2	7
189	Acute responses of comprehensive gonadosteroids and corticosteroids to resistance exercise before and after 10 weeks of supervised strength training. *Experimental Physiology*, **2020**, 105, 438-448	2.4	1
188	A 10-Week Block of Combined High-Intensity Endurance and Strength Training Produced Similar Changes in Dynamic Strength, Body Composition, and Serum Hormones in Women and Men. *Frontiers in Sports and Active Living*, **2020**, 2, 581305	2.3	1
187	Validity of Using Velocity to Estimate Intensity in Resistance Exercises in Men and Women. *International Journal of Sports Medicine*, **2020**, 41, 1047-1055	3.6	10
186	Increased fascicle length but not patellar tendon stiffness after accentuated eccentric-load strength training in already-trained men. *European Journal of Applied Physiology*, **2020**, 120, 2371-2382	3.4	10
185	Molecular Pathways Mediating Immunosuppression in Response to Prolonged Intensive Physical Training, Low-Energy Availability, and Intensive Weight Loss. *Frontiers in Immunology*, **2019**, 10, 907	8.4	18
184	Training-induced changes in daily energy expenditure: Methodological evaluation using wrist-worn accelerometer, heart rate monitor, and doubly labeled water technique. *PLoS ONE*, **2019**, 14, e0219563	3.7	17
183	Cold-water immersion combined with active recovery is equally as effective as active recovery during 10 weeks of high-intensity combined strength and endurance training in men. *Biomedical Human Kinetics*, **2019**, 11, 189-192	0.8	1
182	Trunk Muscle Strength After Lumbar Spine Fusion: A 12-Month Follow-up. *Neurospine*, **2019**, 16, 332-338	3.1	2
181	Physical fitness profile in female horseback riders. *Journal of Sports Medicine and Physical Fitness*, **2019**, 59, 1944-1950	1.4	1
180	Increased interleukin-6 and C-reactive protein levels after instrumented lumbar spine fusion in older patients. *Journal of Orthopaedic Surgery*, **2019**, 27, 2309499019826406	1.4	4
179	Increased rate of force development during periodized maximum strength and power training is highly individual. *European Journal of Applied Physiology*, **2018**, 118, 1033-1042	3.4	18
178	Changes in Physical Performance During 21 d of Military Field Training in Warfighters. *Military Medicine*, **2018**, 183, e174-e181	1.3	12
177	Morphological, molecular and hormonal adaptations to early morning versus afternoon resistance training. *Chronobiology International*, **2018**, 35, 450-464	3.6	14

176	Associations of Physical Fitness and Body Composition Characteristics With Simulated Military Task Performance. *Journal of Strength and Conditioning Research*, **2018**, 32, 1089-1098	3.2	29
175	Effects of Combined Strength and Endurance Training on Physical Performance and Biomarkers of Healthy Young Women. *Journal of Strength and Conditioning Research*, **2018**, 32, 1554-1561	3.2	12
174	Isometric parameters in the monitoring of maximal strength, power, and hypertrophic resistance-training. *Applied Physiology, Nutrition and Metabolism*, **2018**, 43, 145-153	3	10
173	Effects of 12-Week Low or Moderate Dietary Acid Intake on Acid-Base Status and Kidney Function at Rest and during Submaximal Cycling. *Nutrients*, **2018**, 10,	6.7	2
172	Basal Endogenous Steroid Hormones, Sex Hormone-Binding Globulin, Physical Fitness, and Health Risk Factors in Young Adult Men. *Frontiers in Physiology*, **2018**, 9, 1005	4.6	3
171	Effect of Prolonged Military Field Training on Neuromuscular and Hormonal Responses and Shooting Performance in Warfighters. *Military Medicine*, **2018**, 183, e705-e712	1.3	6
170	Evaluation of occupational physical load during 6-month international crisis management operation. *International Journal of Occupational Medicine and Environmental Health*, **2018**, 31, 185-197	1.5	3
169	A Submaximal Running Test With Postexercise Cardiac Autonomic and Neuromuscular Function in Monitoring Endurance Training Adaptation. *Journal of Strength and Conditioning Research*, **2017**, 31, 233-243	3.2	5
168	Acute elevations in serum hormones are attenuated after chronic training with traditional isoinertial but not accentuated eccentric loads in strength-trained men. *Physiological Reports*, **2017**, 5, e13241	2.6	9
167	Effects of HRV-Guided vs. Predetermined Block Training on Performance, HRV and Serum Hormones. *International Journal of Sports Medicine*, **2017**, 38, 909-920	3.6	27
166	Effects of different strength training frequencies on maximum strength, body composition and functional capacity in healthy older individuals. *Experimental Gerontology*, **2017**, 98, 13-21	4.5	33
165	Neuromuscular Adaptations to Combined Strength and Endurance Training: Order and Time-of-Day. *International Journal of Sports Medicine*, **2017**, 38, 707-716	3.6	6
164	Moderate-Load Muscular Endurance Strength Training Did Not Improve Peak Power or Functional Capacity in Older Men and Women. *Frontiers in Physiology*, **2017**, 8, 743	4.6	13
163	Mucosal immunity and upper respiratory tract symptoms in recreational endurance runners. *Applied Physiology, Nutrition and Metabolism*, **2016**, 41, 96-102	3	11
162	Effects of morning versus evening combined strength and endurance training on physical performance, muscle hypertrophy, and serum hormone concentrations. *Applied Physiology, Nutrition and Metabolism*, **2016**, 41, 1285-1294	3	44
161	The effects of a roundtrip trans-American jet travel on physiological stress, neuromuscular performance, and recovery. *Journal of Applied Physiology*, **2016**, 121, 438-48	3.7	15
160	Monitoring Training Adaptation With a Submaximal Running Test Under Field Conditions. *International Journal of Sports Physiology and Performance*, **2016**, 11, 393-9	3.5	9
159	Heterogeneity in resistance training-induced muscle strength and mass responses in men and women of different ages. *Age*, **2016**, 38, 10		107

158	Fitness, body composition and blood lipids following 3 concurrent strength and endurance training modes. *Applied Physiology, Nutrition and Metabolism*, **2016**, 41, 767-74	3	16
157	Adverse Cardiovascular Response to Aerobic Exercise Training: Is This a Concern?. *Medicine and Science in Sports and Exercise*, **2016**, 48, 20-5	1.2	10
156	The Effects of Intensive Weight Reduction on Body Composition and Serum Hormones in Female Fitness Competitors. *Frontiers in Physiology*, **2016**, 7, 689	4.6	24
155	Greater Strength Gains after Training with Accentuated Eccentric than Traditional Isoinertial Loads in Already Strength-Trained Men. *Frontiers in Physiology*, **2016**, 7, 149	4.6	53
154	Electromyographical and Perceptual Responses to Different Resistance Intensities in a Squat Protocol: Does Performing Sets to Failure With Light Loads Produce the Same Activity?. *Journal of Strength and Conditioning Research*, **2016**, 30, 792-9	3.2	29
153	Acute Endocrine and Force Responses and Long-Term Adaptations to Same-Session Combined Strength and Endurance Training in Women. *Journal of Strength and Conditioning Research*, **2016**, 30, 164-75	3.2	16
152	Effects of resistance training on expression of IGF-I splice variants in younger and older men. *European Journal of Sport Science*, **2016**, 16, 1055-63	3.9	12
151	Biomechanical analysis of different starting strategies utilized during cross-country skiing starts. *European Journal of Sport Science*, **2016**, 16, 1111-20	3.9	6
150	Effects of resistance training on testosterone metabolism in younger and older men. *Experimental Gerontology*, **2015**, 69, 148-58	4.5	14
149	Medium-intensity, high-volume "hypertrophic" resistance training did not induce improvements in rapid force production in healthy older men. *Age*, **2015**, 37, 9786		15
148	The repeated bout effect of typical lower body strength training sessions on sub-maximal running performance and hormonal response. *European Journal of Applied Physiology*, **2015**, 115, 1789-99	3.4	22
147	Exercise type and volume alter signaling pathways regulating skeletal muscle glucose uptake and protein synthesis. *European Journal of Applied Physiology*, **2015**, 115, 1835-45	3.4	25
146	Effects of time-of-day on neuromuscular function in untrained men: Specific responses of high morning performers and high evening performers. *Chronobiology International*, **2015**, 32, 1115-24	3.6	12
145	Combined strength and endurance session order: differences in force production and oxygen uptake. *International Journal of Sports Physiology and Performance*, **2015**, 10, 418-25	3.5	3
144	Effects of prolonged hypertrophic resistance training on acute endocrine responses in young and older men. *Journal of Aging and Physical Activity*, **2015**, 23, 230-6	1.6	11
143	Hormonal Responses to Active and Passive Recovery After Load Carriage. *Journal of Strength and Conditioning Research*, **2015**, 29 Suppl 11, S149-53	3.2	0
142	Perspectives on Aerobic and Strength Influences on Military Physical Readiness: Report of an International Military Physiology Roundtable. *Journal of Strength and Conditioning Research*, **2015**, 29 Suppl 11, S10-23	3.2	42
141	Cardiorespiratory Adaptations during Concurrent Aerobic and Strength Training in Men and Women. *PLoS ONE*, **2015**, 10, e0139279	3.7	22

140	PGC-1 isoforms and their target genes are expressed differently in human skeletal muscle following resistance and endurance exercise. *Physiological Reports*, **2015**, 3, e12563	2.6	44
139	The effects of whey protein with or without carbohydrates on resistance training adaptations. *Journal of the International Society of Sports Nutrition*, **2015**, 12, 48	4.5	29
138	Acute neuromuscular and metabolic responses to combined strength and endurance loadings: the "order effect" in recreationally endurance trained runners. *Journal of Sports Sciences*, **2014**, 32, 1155-64	3.6	11
137	The order effect of combined endurance and strength loadings on force and hormone responses: effects of prolonged training. *European Journal of Applied Physiology*, **2014**, 114, 867-80	3.4	13
136	Acute leukocyte, cytokine and adipocytokine responses to maximal and hypertrophic resistance exercise bouts. *European Journal of Applied Physiology*, **2014**, 114, 2607-16	3.4	25
135	Influence of HMB supplementation and resistance training on cytokine responses to resistance exercise. *Journal of the American College of Nutrition*, **2014**, 33, 247-55	3.5	23
134	Associations of leisure time, commuting, and occupational physical activity with physical fitness and cardiovascular risk factors in young men. *Journal of Physical Activity and Health*, **2014**, 11, 1482-91	2.5	10
133	Epinephrine preworkout elevation may offset early morning melatonin concentrations to maintain maximal muscular force and power in track athletes. *Journal of Strength and Conditioning Research*, **2014**, 28, 2604-10	3.2	2
132	Cardiorespiratory responses induced by various military field tasks. *Military Medicine*, **2014**, 179, 218-24	1.3	15
131	Mixed maximal and explosive strength training in recreational endurance runners. *Journal of Strength and Conditioning Research*, **2014**, 28, 689-99	3.2	13
130	Fitness and lean mass increases during combined training independent of loading order. *Medicine and Science in Sports and Exercise*, **2014**, 46, 1758-68	1.2	31
129	Neuromuscular fatigue to power loading using a weight-stack device fitted with or without additional rubber band resistance. *Journal of Strength and Conditioning Research*, **2014**, 28, 1802-11	3.2	3
128	Similar increases in strength after short-term resistance training due to different neuromuscular adaptations in young and older men. *Journal of Strength and Conditioning Research*, **2014**, 28, 3041-8	3.2	19
127	Body composition in 18- to 88-year-old adults--comparison of multifrequency bioimpedance and dual-energy X-ray absorptiometry. *Obesity*, **2014**, 22, 101-9	8	64
126	Neuromuscular fatigue in young and older men using constant or variable resistance. *European Journal of Applied Physiology*, **2013**, 113, 1069-79	3.4	15
125	Body composition changes by DXA, BIA and skinfolds during exercise training in women. *European Journal of Applied Physiology*, **2013**, 113, 2331-41	3.4	23
124	Effects of time of day on resistance exercise-induced anabolic signaling in skeletal muscle. *Biological Rhythm Research*, **2013**, 44, 756-770	0.8	4
123	Neuromuscular responses to different resistance loading protocols using pneumatic and weight stack devices. *Journal of Electromyography and Kinesiology*, **2013**, 23, 118-24	2.5	8

122	Variable resistance training promotes greater fatigue resistance but not hypertrophy versus constant resistance training. *European Journal of Applied Physiology*, **2013**, 113, 2233-44	3.4	26
121	Are skeletal muscle FNDC5 gene expression and irisin release regulated by exercise and related to health?. *Journal of Physiology*, **2013**, 591, 5393-400	3.9	170
120	Comparison between direct and predicted maximal oxygen uptake measurement during cycling. *Military Medicine*, **2013**, 178, 234-8	1.3	17
119	Acute neuromuscular and endocrine responses and recovery to single-session combined endurance and strength loadings: "order effect" in untrained young men. *Journal of Strength and Conditioning Research*, **2013**, 27, 421-33	3.2	20
118	Heart rate dynamics after combined strength and endurance training in middle-aged women: heterogeneity of responses. *PLoS ONE*, **2013**, 8, e72664	3.7	17
117	Muscle activity and inactivity periods during normal daily life. *PLoS ONE*, **2013**, 8, e52228	3.7	91
116	Acute hormonal and force responses to combined strength and endurance loadings in men and women: the "order effect". *PLoS ONE*, **2013**, 8, e55051	3.7	22
115	Sex differences in creatine kinase after acute heavy resistance exercise on circulating granulocyte estradiol receptors. *European Journal of Applied Physiology*, **2012**, 112, 3335-40	3.4	23
114	Neuromuscular fatigue during dynamic maximal strength and hypertrophic resistance loadings. *Journal of Electromyography and Kinesiology*, **2012**, 22, 356-62	2.5	51
113	Adverse metabolic response to regular exercise: is it a rare or common occurrence?. *PLoS ONE*, **2012**, 7, e37887	3.7	245
112	Effects of easy-to-use protein-rich energy bar on energy balance, physical activity and performance during 8 days of sustained physical exertion. *PLoS ONE*, **2012**, 7, e47771	3.7	14
111	Cardiovascular and neuromuscular performance responses induced by 8 weeks of basic training followed by 8 weeks of specialized military training. *Journal of Strength and Conditioning Research*, **2012**, 26, 745-51	3.2	20
110	Aerobic fitness does not modify the effect of FTO variation on body composition traits. *PLoS ONE*, **2012**, 7, e51635	3.7	7
109	Glucocorticoid receptor expression on human B cells in response to acute heavy resistance exercise. *NeuroImmunoModulation*, **2011**, 18, 156-64	2.5	10
108	Effect of resistance training regimens on treadmill running and neuromuscular performance in recreational endurance runners. *Journal of Sports Sciences*, **2011**, 29, 1359-71	3.6	47
107	Circulating IGF-I is associated with fitness and health outcomes in a population of 846 young healthy men. *Growth Hormone and IGF Research*, **2011**, 21, 124-8	2	38
106	Kinetic and electromyographic analysis of single repetition constant and variable resistance leg press actions. *Journal of Electromyography and Kinesiology*, **2011**, 21, 262-9	2.5	23
105	Heavy resistance exercise training and skeletal muscle androgen receptor expression in younger and older men. *Steroids*, **2011**, 76, 183-92	2.8	42

104	Effects of strength training on muscle fatigue mapping from surface EMG and blood metabolites. *Medicine and Science in Sports and Exercise*, **2011**, 43, 303-11	1.2	38
103	Individual responses to combined endurance and strength training in older adults. *Medicine and Science in Sports and Exercise*, **2011**, 43, 484-90	1.2	80
102	Common genetic variation in the IGF1 associates with maximal force output. *Medicine and Science in Sports and Exercise*, **2011**, 43, 2368-74	1.2	12
101	Recovery after heavy resistance exercise and skeletal muscle androgen receptor and insulin-like growth factor-I isoform expression in strength trained men. *Journal of Strength and Conditioning Research*, **2011**, 25, 767-77	3.2	28
100	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. *Journal of Strength and Conditioning Research*, **2011**, 25, 3342-51	3.2	45
99	Serum sex hormone-binding globulin and cortisol concentrations are associated with overreaching during strenuous military training. *Journal of Strength and Conditioning Research*, **2011**, 25, 787-97	3.2	41
98	Cardiac autonomic function reveals adaptation to military training. *European Journal of Sport Science*, **2011**, 11, 231-240	3.9	6
97	Neuromuscular and hormonal responses to constant and variable resistance loadings. *Medicine and Science in Sports and Exercise*, **2011**, 43, 26-33	1.2	23
96	Leukocyte β2-adrenergic receptor expression in response to resistance exercise. *Medicine and Science in Sports and Exercise*, **2011**, 43, 1422-32	1.2	29
95	Association of military training with oxidative stress and overreaching. *Medicine and Science in Sports and Exercise*, **2011**, 43, 1552-60	1.2	24
94	Effects of basic training on acute physiological responses to a combat loaded run test. *Military Medicine*, **2010**, 175, 273-9	1.3	15
93	Muscle strength and range of movement deficits 1 year after hip resurfacing surgery using posterior approach. *Disability and Rehabilitation*, **2010**, 32, 483-91	2.4	21
92	Power output and electromyographic activity during and after a moderate load muscular endurance session. *Journal of Strength and Conditioning Research*, **2010**, 24, 2122-31	3.2	28
91	Relationship between off-ice testing variables and on-ice speed in women's collegiate synchronized figure skaters: implications for training. *Journal of Strength and Conditioning Research*, **2010**, 24, 831-9	3.2	6
90	Effects of combined strength and endurance training on treadmill load carrying walking performance in aging men. *Journal of Strength and Conditioning Research*, **2010**, 24, 1584-95	3.2	21
89	Panoramic ultrasonography is a valid method to measure changes in skeletal muscle cross-sectional area. *European Journal of Applied Physiology*, **2010**, 108, 273-9	3.4	119
88	l-Carnitine l-tartrate supplementation favorably affects biochemical markers of recovery from physical exertion in middle-aged men and women. *Metabolism: Clinical and Experimental*, **2010**, 59, 1190-9	12.7	19
87	Association of physical fitness with health-related quality of life in Finnish young men. *Health and Quality of Life Outcomes*, **2010**, 8, 15	3	51

86	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. *Journal of Sports Science and Medicine*, **2010**, 9, 547-56	2.7	12
85	Muscle hypertrophy and metabolic signaling after two different resistance exercises in young men. *FASEB Journal*, **2010**, 24, 1046.6	0.9	1
84	Relationship between heart rate variability and the serum testosterone-to-cortisol ratio during military service. *European Journal of Sport Science*, **2009**, 9, 277-284	3.9	10
83	External rotation strength deficit after hip resurfacing surgery. *Disability and Rehabilitation*, **2009**, 31, 865-70	2.4	7
82	Improvements of muscle strength predicted benefits in HRQOL and postural balance in women with fibromyalgia: an 8-month randomized controlled trial. *Rheumatology*, **2009**, 48, 1147-51	3.9	55
81	Body composition, fitness, and metabolic health during strength and endurance training and their combination in middle-aged and older women. *European Journal of Applied Physiology*, **2009**, 106, 285-96	3.4	108
80	Cytokine and hormone responses to resistance training. *European Journal of Applied Physiology*, **2009**, 107, 397-409	3.4	88
79	Acute and long-term effects of resistance exercise with or without protein ingestion on muscle hypertrophy and gene expression. *Amino Acids*, **2009**, 37, 297-308	3.5	133
78	Neuromuscular fatigue induced by an isotonic heavy-resistance loading protocol in knee extensors. *Journal of Sports Sciences*, **2009**, 27, 1271-9	3.6	11
77	Elevated endogenous testosterone concentrations potentiate muscle androgen receptor responses to resistance exercise. *Journal of Steroid Biochemistry and Molecular Biology*, **2009**, 114, 195-9	5.1	60
76	Comparison of running kinematics between elite and national-standard 1500-m runners. *Sports Biomechanics*, **2009**, 8, 1-9	2.2	15
75	Effect of resistance exercise on muscle steroid receptor protein content in strength-trained men and women. *Steroids*, **2009**, 74, 1033-9	2.8	47
74	Effect of time-of-day-specific strength training on muscular hypertrophy in men. *Journal of Strength and Conditioning Research*, **2009**, 23, 2451-7	3.2	33
73	Heart rate dynamics after combined endurance and strength training in older men. *Medicine and Science in Sports and Exercise*, **2009**, 41, 1436-43	1.2	49
72	Changes in maximal and explosive strength, electromyography, and muscle thickness of lower and upper extremities induced by combined strength and endurance training in soldiers. *Journal of Strength and Conditioning Research*, **2009**, 23, 1300-8	3.2	21
71	Effects of amino acids supplement on physiological adaptations to resistance training. *Medicine and Science in Sports and Exercise*, **2009**, 41, 1111-21	1.2	64
70	Serum hormones in soldiers after basic training: effect of added strength or endurance regimens. *Aviation, Space, and Environmental Medicine*, **2009**, 80, 615-20		7
69	Effects of different accentuated eccentric loads on acute neuromuscular, growth hormone, and blood lactate responses during a hypertrophic protocol. *Journal of Strength and Conditioning Research*, **2009**, 23, 946-53	3.2	22

68	Strength athletes are capable to produce greater muscle activation and neural fatigue during high-intensity resistance exercise than nonathletes. *Journal of Strength and Conditioning Research*, **2009**, 23, 1129-34	3.2	36
67	Biomechanical and skeletal muscle determinants of maximum running speed with aging. *Medicine and Science in Sports and Exercise*, **2009**, 41, 844-56	1.2	85
66	Androgen receptors and testosterone in men--effects of protein ingestion, resistance exercise and fiber type. *Journal of Steroid Biochemistry and Molecular Biology*, **2008**, 110, 130-7	5.1	33
65	Effects of concurrent strength and endurance training on physical fitness and symptoms in postmenopausal women with fibromyalgia: a randomized controlled trial. *Archives of Physical Medicine and Rehabilitation*, **2008**, 89, 1660-6	2.8	54
64	Effect of time-of-day-specific strength training on maximum strength and EMG activity of the leg extensors in men. *Journal of Sports Sciences*, **2008**, 26, 1005-14	3.6	45
63	Physical fitness, BMI and sickness absence in male military personnel. *Occupational Medicine*, **2008**, 58, 251-6	2.1	48
62	Body composition and fitness during strength and/or endurance training in older men. *Medicine and Science in Sports and Exercise*, **2008**, 40, 950-8	1.2	68
61	Changes in cardiovascular performance during an 8-week military basic training period combined with added endurance or strength training. *Military Medicine*, **2008**, 173, 1173-9	1.3	42
60	Estimation of maximal heart rate using the relationship between heart rate variability and exercise intensity in 40-67 years old men. *European Journal of Applied Physiology*, **2008**, 103, 25-32	3.4	9
59	Effect of low-dose endurance training on heart rate variability at rest and during an incremental maximal exercise test. *European Journal of Applied Physiology*, **2008**, 104, 541-8	3.4	36
58	Effect of time-of-day-specific strength training on serum hormone concentrations and isometric strength in men. *Chronobiology International*, **2007**, 24, 1159-77	3.6	68
57	Strength and power profiles of the lower and upper extremities in master throwers at different ages. *Journal of Strength and Conditioning Research*, **2007**, 21, 216-22	3.2	24
56	CONCURRENT ENDURANCE AND EXPLOSIVE TYPE STRENGTH TRAINING INCREASES ACTIVATION AND FAST FORCE PRODUCTION OF LEG EXTENSOR MUSCLES IN ENDURANCE ATHLETES. *Journal of Strength and Conditioning Research*, **2007**, 21, 613-620	3.2	5
55	DETRAINING AND TAPERING EFFECTS ON HORMONAL RESPONSES AND STRENGTH PERFORMANCE. *Journal of Strength and Conditioning Research*, **2007**, 21, 768-775	3.2	5
54	Aquatic training and detraining on fitness and quality of life in fibromyalgia. *Medicine and Science in Sports and Exercise*, **2007**, 39, 1044-50	1.2	68
53	Postexercise myostatin and activin IIb mRNA levels: effects of strength training. *Medicine and Science in Sports and Exercise*, **2007**, 39, 289-97	1.2	63
52	Concurrent endurance and explosive type strength training increases activation and fast force production of leg extensor muscles in endurance athletes. *Journal of Strength and Conditioning Research*, **2007**, 21, 613-20	3.2	47
51	Neuromuscular function and balance of prepubertal and pubertal blind and sighted boys. *Acta Paediatrica, International Journal of Paediatrics*, **2006**, 95, 1277-83	3.1	27

50	Acute heavy-resistance exercise-induced pain and neuromuscular fatigue in elderly women with fibromyalgia and in healthy controls: effects of strength training. *Arthritis and Rheumatism*, **2006**, 54, 1334-9		55
49	Aging, muscle fiber type, and contractile function in sprint-trained athletes. *Journal of Applied Physiology*, **2006**, 101, 906-17	3.7	200
48	Differential effects of strength training leading to failure versus not to failure on hormonal responses, strength, and muscle power gains. *Journal of Applied Physiology*, **2006**, 100, 1647-56	3.7	197
47	The effects of amino acid supplementation on hormonal responses to resistance training overreaching. *Metabolism: Clinical and Experimental*, **2006**, 55, 282-91	12.7	50
46	Serum basal hormone concentrations and muscle mass in aging women: effects of strength training and diet. *International Journal of Sport Nutrition and Exercise Metabolism*, **2006**, 16, 316-31	4.4	8
45	RELATIONSHIP BETWEEN THE NUMBER OF REPETITIONS AND SELECTED PERCENTAGES OF ONE REPETITION MAXIMUM IN FREE WEIGHT EXERCISES IN TRAINED AND UNTRAINED MEN. *Journal of Strength and Conditioning Research*, **2006**, 20, 819-823	3.2	9
44	Relationship between the number of repetitions and selected percentages of one repetition maximum in free weight exercises in trained and untrained men. *Journal of Strength and Conditioning Research*, **2006**, 20, 819-23	3.2	121
43	Effects of strength training and nutritional counseling on metabolic health indicators in aging women. *Applied Physiology, Nutrition, and Metabolism*, **2005**, 30, 690-707		3
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