

Belmiro Freitas De Salles

List of Publications by Year in descending order

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Version: 2024-02-01

23
papers

967
citations

643344

15
h-index

721071

23
g-index

23
all docs

23
docs citations

23
times ranked

1194
citing authors

#	ARTICLE	IF	CITATIONS
1	Acute and Long-Term Comparison of Fixed vs. Self-Selected Rest Interval Between Sets on Upper-Body Strength. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 540-544.	1.0	3
2	Interaction effects of different orders of resistance exercises and rest intervals on performances by young athletes. <i>Journal of Bodywork and Movement Therapies</i> , 2021, 26, 273-278.	0.5	2
3	Single-Joint Exercise Results in Higher Hypertrophy of Elbow Flexors Than Multijoint Exercise. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, 2677-2681.	1.0	9
4	The Effect of Exercise Order in Circuit Training on Muscular Strength and Functional Fitness in Older Women. <i>International Journal of Exercise Science</i> , 2019, 12, 657-665.	0.5	3
5	Author's Reply to Souza et al: Comment on: "Volume for Muscle Hypertrophy and Health Outcomes: The Most Effective Variable in Resistance Training". <i>Sports Medicine</i> , 2018, 48, 1285-1287.	3.1	5
6	Volume for Muscle Hypertrophy and Health Outcomes: The Most Effective Variable in Resistance Training. <i>Sports Medicine</i> , 2018, 48, 499-505.	3.1	106
7	Effects of fixed vs. self-suggested rest between sets in upper and lower body exercises performance. <i>European Journal of Sport Science</i> , 2016, 16, 927-931.	1.4	16
8	Influence of Rest Interval Length Between Sets on Blood Pressure and Heart Rate Variability After a Strength Training Session Performed By Prehypertensive Men. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1813-1824.	1.0	32
9	Influence of upper-body exercise order on hormonal responses in trained men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013, 38, 177-181.	0.9	11
10	Influence of Inter-Set Stretching on Strength, Flexibility and Hormonal Adaptations. <i>Journal of Human Kinetics</i> , 2013, 36, 127-135.	0.7	20
11	Comparaç�o entre diferentes modelos de periodizaç�o sobre a forç�a e espessura muscular em uma sequ�ncia dos menores para os maiores grupamentos musculares. <i>Revista Brasileira De Medicina Do Esporte</i> , 2013, 19, 280-286.	0.1	7
12	Comparison Between Nonlinear and Linear Periodized Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1389-1395.	1.0	71
13	Exercise Order in Resistance Training. <i>Sports Medicine</i> , 2012, 42, 251-265.	3.1	72
14	Effects of Linear vs. Daily Undulatory Periodized Resistance Training on Maximal and Submaximal Strength Gains. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1824-1830.	1.0	59
15	Strength Training's Chronic Effects on Muscle Architecture Parameters of Different Arm Sites. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1711-1717.	1.0	46
16	Influence of Rest Interval Lengths on Hypotensive Response After Strength Training Sessions Performed by Older Men. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 3049-3054.	1.0	42
17	Influence of Exercise Order on Maximum Strength and Muscle Volume in Nonlinear Periodized Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2962-2969.	1.0	38
18	Creatine Kinase and Lactate Dehydrogenase Responses After Upper-Body Resistance Exercise With Different Rest Intervals. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1657-1662.	1.0	65

#	ARTICLE	IF	CITATIONS
19	Influence of exercise order on maximum strength in untrained young men. Journal of Science and Medicine in Sport, 2010, 13, 65-69.	0.6	39
20	Strength increases in upper and lower body are larger with longer inter-set rest intervals in trained men. Journal of Science and Medicine in Sport, 2010, 13, 429-433.	0.6	24
21	Exercise Order Interacts With Rest Interval During Upper-Body Resistance Exercise. Journal of Strength and Conditioning Research, 2010, 24, 1573-1577.	1.0	40
22	Rest Interval between Sets in Strength Training. Sports Medicine, 2009, 39, 765-777.	3.1	239
23	Effect of rest interval length on the volume completed during upper body resistance exercise. Journal of Sports Science and Medicine, 2009, 8, 388-92.	0.7	18