

Humberto L Miranda

List of Publications by Year in descending order

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86
papers

1,012
citations

471371

17
h-index

477173

29
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86
all docs

86
docs citations

86
times ranked

1226
citing authors

#	ARTICLE	IF	CITATIONS
1	Anti-inflammatory effects of low-level light emitting diode therapy on achilles tendinitis in rats. <i>Lasers in Surgery and Medicine</i> , 2010, 42, 553-558.	1.1	83
2	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
3	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
4	Influence of Number of Sets on Blood Pressure and Heart Rate Variability After a Strength Training Session. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1556-1563.	1.0	55
5	Influence of Load Intensity on Postexercise Hypotension and Heart Rate Variability after a Strength Training Session. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2941-2948.	1.0	54
6	Influence of exercise order on maximum strength and muscle thickness in untrained men. <i>Journal of Sports Science and Medicine</i> , 2010, 9, 1-7.	0.7	43
7	Exercise Order Interacts With Rest Interval During Upper-Body Resistance Exercise. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1573-1577.	1.0	40
8	Effect of Two Different Rest Period Lengths on the Number of Repetitions Performed During Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 1032.	1.0	35
9	Volume Load and Neuromuscular Fatigue During an Acute Bout of Agonist-Antagonist Paired-Set vs. Traditional-Set Training. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2777-2784.	1.0	33
10	Effects of Different Rest Intervals Between Antagonist Paired Sets on Repetition Performance and Muscle Activation. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2529-2535.	1.0	32
11	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
12	Acute Effects of Antagonist Static Stretching in the Inter-Set Rest Period on Repetition Performance and Muscle Activation. <i>Research in Sports Medicine</i> , 2015, 23, 37-50.	0.7	26
13	Strength increases in upper and lower body are larger with longer inter-set rest intervals in trained men. <i>Journal of Science and Medicine in Sport</i> , 2010, 13, 429-433.	0.6	24
14	The Effect of Rest Interval Length on Repetition Consistency and Perceived Exertion During Near Maximal Loaded Bench Press Sets. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 3079-3083.	1.0	21
15	Acute effects of dropsets among different resistance training methods in upper body performance. <i>Journal of Human Kinetics</i> , 2012, 34, 105-111.	0.7	20
16	Influence of Inter-Set Stretching on Strength, Flexibility and Hormonal Adaptations. <i>Journal of Human Kinetics</i> , 2013, 36, 127-135.	0.7	20
17	Low-level laser therapy attenuates the myeloperoxidase activity and inflammatory mediator generation in lung inflammation induced by gut ischemia and reperfusion: a dose-response study. <i>Journal of Lasers in Medical Sciences</i> , 2014, 5, 63-70.	0.4	19
18	Effect of rest interval length on the volume completed during upper body resistance exercise. <i>Journal of Sports Science and Medicine</i> , 2009, 8, 388-92.	0.7	18

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19	Chronic Effect of Static Stretching on Strength Performance and Basal Serum IGF-1 Levels. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2465-2472.	1.0	17
20	Hypotensive effects and performance responses between different resistance training intensities and exercise orders in apparently health women. <i>Clinical Physiology and Functional Imaging</i> , 2015, 35, 185-190.	0.5	17
21	Maximal Strength Performance and Muscle Activation for the Bench Press and Triceps Extension Exercises Adopting Dumbbell, Barbell, and Machine Modalities Over Multiple Sets. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1879-1887.	1.0	17
22	Oxidative stress and antioxidant biomarker responses after a moderate-intensity soccer training session. <i>Research in Sports Medicine</i> , 2017, 25, 322-332.	0.7	15
23	Postexercise Hypotension and Heart Rate Variability Responses Subsequent to Traditional, Paired Set, and Superset Resistance Training Methods. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2433-2442.	1.0	15
24	Influence of Exercise Order on Repetition Performance Among All Possible Combinations on Resistance Training. <i>Research in Sports Medicine</i> , 2013, 21, 355-366.	0.7	14
25	Influence of Exercise Order on Muscle Damage During Moderate-Intensity Resistance Exercise and Recovery. <i>Research in Sports Medicine</i> , 2013, 21, 176-186.	0.7	14
26	Knee Frontal Plane Projection Angle: A Comparison Study Between Drop Vertical Jump and Step-Down Tests With Young Volleyball Athletes. <i>Journal of Sport Rehabilitation</i> , 2019, 28, 153-158.	0.4	13
27	Physical performance and positional differences among young female volleyball players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 1282-1289.	0.4	12
28	KINEMATIC ANALYSIS OF KNEE VALGUS DURING DROP VERTICAL JUMP AND FORWARD STEP-UP IN YOUNG BASKETBALL PLAYERS. <i>International Journal of Sports Physical Therapy</i> , 2016, 11, 212-9.	0.5	12
29	Effects of high-dose creatine supplementation on kidney and liver responses in sedentary and exercised rats. <i>Journal of Sports Science and Medicine</i> , 2009, 8, 672-81.	0.7	11
30	Effects of Different Swimming Exercise Intensities on Bone Tissue Composition in Mice: A Raman Spectroscopy Study. <i>Photomedicine and Laser Surgery</i> , 2011, 29, 217-225.	2.1	10
31	Long Rest Interval Promotes Durable Testosterone Responses in High-Intensity Bench Press. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1275-1286.	1.0	10
32	Repetition Performance and Blood Lactate Responses Adopting Different Recovery Periods Between Training Sessions in Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 3340-3347.	1.0	9
33	Acute Hormone Responses Subsequent to Agonist-Antagonist Paired Set vs. Traditional Straight Set Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1591-1599.	1.0	9
34	Myoelectric Activity of the Quadriceps During Leg Press Exercise Performed With Differing Techniques. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 422-429.	1.0	8
35	Comparison between traditional strength training and complex contrast training on soccer players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 59, 42-49.	0.4	8
36	EFFECTS OF DIFFERENT ANTAGONIST PROTOCOLS ON REPETITION PERFORMANCE AND MUSCLE ACTIVATION " ORIGINAL RESEARCH. <i>Medicina Sportiva</i> , 2013, 17, 106-112.	0.3	8

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37	Effects of Resistance Exercise Order on the Number of Repetitions Performed to Failure and Perceived Exertion in Untrained Young Males. <i>Journal of Human Kinetics</i> , 2013, 39, 177-183.	0.7	7
38	Maximal repetition performance, rating of perceived exertion, and muscle fatigue during paired set training performed with different rest intervals. <i>Journal of Exercise Science and Fitness</i> , 2015, 13, 104-110.	0.8	7
39	Anthropometric and physical fitness parameters versus specific performance tests in Brazilian field hockey athletes: a pilot study. <i>Biomedical Human Kinetics</i> , 2017, 9, 57-63.	0.2	7
40	Prediction of $\dot{V}O_{2max}$ During Cycle Ergometry Based on Submaximal Ventilatory Indicators. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 1745-1751.	1.0	6
41	Myoelectric indices of fatigue adopting different rest intervals during leg press sets. <i>Journal of Bodywork and Movement Therapies</i> , 2018, 22, 178-183.	0.5	6
42	Hypotensive effects of resistance exercise with continuous and intermittent blood flow restriction. <i>Motriz Revista De Educacao Fisica</i> , 2016, 22, 198-204.	0.3	5
43	Association between muscle function and body composition, vitamin D status, and blood glucose in postmenopausal women with type 2 diabetes. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2017, 11, S679-S684.	1.8	5
44	Electromyography Activation of the Lower-Limb Muscles Adopting a Physioball and Elastic Band to Stabilize the Knee Joint During Multiple Sets With Submaximal Loads. <i>Journal of Sport Rehabilitation</i> , 2017, 26, 406-414.	0.4	5
45	Hypotensive Responses of Reciprocal Supersets versus Traditional Resistance Training in Apparently Healthy Men. <i>International Journal of Exercise Science</i> , 2017, 10, 434-445.	0.5	5
46	Strength performance parameters when adopting different exercise sequences during agonist-antagonist paired sets. <i>Apunts Medicine De L'Esport</i> , 2015, 50, 103-110.	0.5	4
47	Vertical jump performance after passive static stretching of knee flexors muscles. <i>Apunts Medicine De L'Esport</i> , 2016, 51, 131-136.	0.5	4
48	Cardiovascular Acute Effects of Traditional vs. Paired Set Resistance Training in Patients With Liver Cirrhosis. <i>Research Quarterly for Exercise and Sport</i> , 2020, 91, 630-639.	0.8	4
49	Effects of 12 Months of Vitamin D Supplementation on Physical Fitness Levels in Postmenopausal Women with Type 2 Diabetes. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 87.	1.1	4
50	Effect of different doses of creatine on the bone in thirty days of supplementation in mice: FT-Raman study. <i>Spectroscopy</i> , 2011, 25, 225-233.	0.8	3
51	Influence of load intensity on blood pressure after a resistance training session. <i>Apunts Medicine De L'Esport</i> , 2017, 52, 23-28.	0.5	3
52	Greater postexercise hypotension response in low-load and high-volume resistance training versus high-load and low-volume resistance training. <i>Sport Sciences for Health</i> , 2020, 16, 393-400.	0.4	3
53	Total Training Volume and Muscle Soreness Parameters Performing Agonist or Antagonist Foam Rolling between Sets. <i>Sports</i> , 2021, 9, 57.	0.7	3
54	Limited cardiopulmonary capacity in patients with liver cirrhosis when compared to healthy subjects. <i>Revista Da Associação Médica Brasileira</i> , 2021, 67, 94-100.	0.3	3

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55	Does the combination of resistance training and stretching increase cardiac overload?. Clinics, 2019, 74, e1066.	0.6	3
56	The Effect of Exercise Order in Circuit Training on Muscular Strength and Functional Fitness in Older Women. International Journal of Exercise Science, 2019, 12, 657-665.	0.5	3
57	Association between handgrip strength and body composition, physical fitness, and biomarkers in postmenopausal women with metabolic syndrome. Revista Da Associação Médica Brasileira, 2022, 68, 323-328.	0.3	3
58	EFFECT OF TWO DIFFERENT REST PERIOD LENGTHS ON THE NUMBER OF REPETITIONS PERFORMED DURING RESISTANCE TRAINING. Journal of Strength and Conditioning Research, 2007, 21, 1032-1036.	1.0	2
59	Influência da suplementação aguda e crônica de creatina sobre marcadores enzimáticos de dano muscular de ratos sedentários e exercitados com natação. Revista Brasileira De Educação Física E Esporte: RBEFE, 2010, 24, 343-352.	0.1	2
60	Can Vitamin D supplementation alone effective to increase a physical fitness levels in post-menopausal women with metabolic disorders? Brief Review. Diabetes and Metabolic Syndrome: Clinical Research and Reviews, 2018, 12, 65-68.	1.8	2
61	Positional relationship between several performance tests and physical profile of Brazilian football athletes. Acta Scientiarum - Health Sciences, 2019, 41, 43155.	0.2	2
62	Effect of Different Circuit Training on Cardiovascular Responses in Cirrhotic Patients. International Journal of Sports Medicine, 2019, 40, 139-146.	0.8	2
63	Maximal strength performance, efficiency, and myoelectric responses with differing intra-set rest intervals during paired set training. Journal of Bodywork and Movement Therapies, 2020, 24, 263-268.	0.5	2
64	Influence of exercise order on the number of repetitions in untrained teenagers.. Manual Therapy, Posturology & Rehabilitation Journal, 0, , 1-5.	0.0	2
65	Hypotensive Effect Induced by Strength Training Using the Delorme and Oxford Methods in Trained Men. Polish Journal of Sport and Tourism, 2018, 25, 23-30.	0.2	2
66	The Effect Of Video And Verbal Biofeedback In Landing Mechanics Parameters During Drop Vertical Jump. Medicine and Science in Sports and Exercise, 2019, 51, 266-266.	0.2	1
67	Effect of exercise order with barbell and machine modalities on upper body volume load and myoelectric activity. Sports Biomechanics, 2020, 19, 778-791.	0.8	1
68	Myoelectric activity of the gastrocnemius during plantar flexion in a standing versus seated position and with a neutral or dorsiflexed ankle: A pilot study. Journal of Bodywork and Movement Therapies, 2021, 26, 406-410.	0.5	1
69	Myoelectric Responses of Lower-Body Muscles Performing Squat and Lunge Exercise Variations Adopting Visual Feedback With a Laser Sensor. Journal of Sport Rehabilitation, 2020, 29, 1159-1165.	0.4	1
70	Neuromuscular responses for resistance training sessions adopting traditional, superset, paired set and circuit methods. Journal of Sports Medicine and Physical Fitness, 2020, 59, 1991-2002.	0.4	1
71	Effects of non-linear periodisation training on the explosive force and plasma testosterone. Biomedical Human Kinetics, 2010, 2, 97-101.	0.2	0
72	Agonist-antagonist Paired Set Exercise Order And Total Training Volume And Muscle Activation. Medicine and Science in Sports and Exercise, 2014, 46, 818.	0.2	0

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73	Comparison study of resistance exercise nomenclature adopted among professionals and undergraduate physical education students. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2016, 18, 233.	0.5	0
74	The Relationship Between Y Balance Performance & Hip Strength & Recreationally Trained Women.. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 348-348.	0.2	0
75	The relationship between y balance performance and hip strength in recreationally trained women. <i>Research, Society and Development</i> , 2021, 10, e327101019167.	0.0	0
76	Creatine Supplementation in Wistar Rats Submitted to Physical Tests of Swimming: Evaluation of the Physiological Effects through Raman Spectroscopy. <i>British Journal of Pharmaceutical Research</i> , 2011, 1, 19-28.	0.4	0
77	Training Volume and Muscle Fatigue During Agonist-antagonist Paired Sets Adopting Different Rest Intervals. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 818-819.	0.2	0
78	Hypotensive Effect After Traditional Set Versus Agonist-antagonist Paired Sets For Upper-Body Resistance Exercises. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 816-817.	0.2	0
79	Comparação do exercício agachamento nas superfícies estável e instável sobre a eletromiografia e percepção subjetiva de esforço. <i>ConScientiae Saúde</i> , 2019, 18, 165-173.	0.1	0
80	The Effect of Different Rest Intervals Between Agonist-Antagonist Paired Sets on Training Performance and Efficiency. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	1.0	0
81	ISOKINETIC RESPONSE, VISCOSUPPLEMENTATION AND STRENGTH TRAINING IN GONARTHROSIS. <i>Revista Brasileira De Medicina Do Esporte</i> , 2020, 26, 258-261.	0.1	0
82	Different Methods Of Post Activation Potential On Swimming. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 700-700.	0.2	0
83	The Effect of Set Configuration and Load on Post-Activation Potentiation on Vertical Jump in Athletes. <i>International Journal of Exercise Science</i> , 2021, 14, 902-911.	0.5	0
84	Correlation between lower limb and trunk muscle endurance with drop vertical jump in the special military forces. <i>Journal of Bodywork and Movement Therapies</i> , 2022, 30, 154-159.	0.5	0
85	Association Between Upper Limb Strength Through 1-Repetition Maximum Test and V_{peak} in Heart Failure. <i>Research Quarterly for Exercise and Sport</i> , 2021, , 1-6.	0.8	0
86	Effect of Different Numbers of Interset Antagonist Proprioceptive Neuromuscular Facilitation Stretching on the Total Number of Repetitions for the Agonists.. <i>International Journal of Exercise Science</i> , 2022, 15, 498-506.	0.5	0