

# Glyn Howatson

## 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.

234  
papers

6,050  
citations

42  
h-index

67  
g-index

265  
ext. papers

7,250  
ext. citations

3.2  
avg, IF

6.31  
L-index

#	Paper	IF	Citations
234	The prevention and treatment of exercise-induced muscle damage. <i>Sports Medicine</i> , <b>2008</b> , 38, 483-503	10.6	293
233	Influence of tart cherry juice on indices of recovery following marathon running. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2010</b> , 20, 843-52	4.6	241
232	The potential benefits of red beetroot supplementation in health and disease. <i>Nutrients</i> , <b>2015</b> , 7, 2801-2827	2.7	219
231	Cold water immersion and recovery from strenuous exercise: a meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2012</b> , 46, 233-40	10.3	181
230	The reliability and validity of fatigue measures during multiple-sprint work: an issue revisited. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 1597-601	3.2	149
229	Central and peripheral fatigue in male cyclists after 4-, 20-, and 40-km time trials. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 537-46	1.2	122
228	Compression garments and recovery from exercise-induced muscle damage: a meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2014</b> , 48, 1340-6	10.3	113
227	Exercise-induced muscle damage is reduced in resistance-trained males by branched chain amino acids: a randomized, double-blind, placebo controlled study. <i>Journal of the International Society of Sports Nutrition</i> , <b>2012</b> , 9, 20	4.5	111
226	Effect of tart cherry juice ( <i>Prunus cerasus</i> ) on melatonin levels and enhanced sleep quality. <i>European Journal of Nutrition</i> , <b>2012</b> , 51, 909-16	5.2	110
225	Montmorency cherries reduce the oxidative stress and inflammatory responses to repeated days high-intensity stochastic cycling. <i>Nutrients</i> , <b>2014</b> , 6, 829-43	6.7	103
224	Effects of dynamic and static stretching on vertical jump performance and electromyographic activity. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 507-12	3.2	94
223	Caffeine supplementation and multiple sprint running performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, 1835-40	1.2	93
222	The influence of cold water immersions on adaptation following a single bout of damaging exercise. <i>European Journal of Applied Physiology</i> , <b>2009</b> , 105, 615-21	3.4	91
221	Exercise-induced muscle damage following a bout of sport specific repeated sprints. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 2419-24	3.2	90
220	Exercise-induced muscle damage: What is it, what causes it and what are the nutritional solutions?. <i>European Journal of Sport Science</i> , <b>2019</b> , 19, 71-85	3.9	85
219	Assessment of eccentric exercise-induced muscle damage of the elbow flexors by tensiomyography. <i>Journal of Electromyography and Kinesiology</i> , <b>2012</b> , 22, 334-41	2.5	82
218	Repeated bout effect after maximal eccentric exercise. <i>International Journal of Sports Medicine</i> , <b>2007</b> , 28, 557-63	3.6	77

217	Evidence of a contralateral repeated bout effect after maximal eccentric contractions. <i>European Journal of Applied Physiology</i> , <b>2007</b> , 101, 207-14	3.4	76
216	Intensity-Dependent Contribution of Neuromuscular Fatigue after Constant-Load Cycling. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 1751-60	1.2	75
215	Supplementation with beta-hydroxy-beta-methylbutyrate (HMB) and alpha-ketoisocaproic acid (KIC) reduces signs and symptoms of exercise-induced muscle damage in man. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2005</b> , 15, 413-24	4.4	74
214	Recovery facilitation with Montmorency cherries following high-intensity, metabolically challenging exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2015</b> , 40, 414-23	3	71
213	Increased cross-education of muscle strength and reduced corticospinal inhibition following eccentric strength training. <i>Neuroscience</i> , <b>2015</b> , 300, 566-75	3.9	69
212	Ipsilateral motor cortical responses to TMS during lengthening and shortening of the contralateral wrist flexors. <i>European Journal of Neuroscience</i> , <b>2011</b> , 33, 978-90	3.5	69
211	Evidence for Acute Electrophysiological and Cognitive Changes Following Routine Soccer Heading. <i>EBioMedicine</i> , <b>2016</b> , 13, 66-71	8.8	66
210	Effects of Strength Training on the Physiological Determinants of Middle- and Long-Distance Running Performance: A Systematic Review. <i>Sports Medicine</i> , <b>2018</b> , 48, 1117-1149	10.6	64
209	The efficacy of ice massage in the treatment of exercise-induced muscle damage. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2005</b> , 15, 416-22	4.6	62
208	The Effects of Montmorency Tart Cherry Concentrate Supplementation on Recovery Following Prolonged, Intermittent Exercise. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	62
207	Effects of Montmorency tart cherry ( <i>Prunus Cerasus</i> L.) consumption on vascular function in men with early hypertension. <i>American Journal of Clinical Nutrition</i> , <b>2016</b> , 103, 1531-9	7	59
206	Menstrual cycle-associated modulations in neuromuscular function and fatigability of the knee extensors in eumenorrheic women. <i>Journal of Applied Physiology</i> , <b>2019</b> , 126, 1701-1712	3.7	58
205	The role of cherries in exercise and health. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2014</b> , 24, 477-90	4.6	58
204	Etiology and Recovery of Neuromuscular Fatigue after Simulated Soccer Match Play. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 955-964	1.2	55
203	Effect of milk-based carbohydrate-protein supplement timing on the attenuation of exercise-induced muscle damage. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2010</b> , 35, 270-7	3	55
202	Prevalence of allergy and upper respiratory tract symptoms in runners of the London marathon. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 999-1004	1.2	55
201	Phytochemical uptake following human consumption of Montmorency tart cherry ( <i>L. Prunus cerasus</i> ) and influence of phenolic acids on vascular smooth muscle cells in vitro. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 1695-705	5.2	51
200	Neuromuscular fatigability during repeated-sprint exercise in male athletes. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 528-36	1.2	51

199	Etiology and Recovery of Neuromuscular Fatigue following Competitive Soccer Match-Play. <i>Frontiers in Physiology</i> , <b>2017</b> , 8, 831	4.6	51
198	The effects of multiple cold water immersions on indices of muscle damage. <i>Journal of Sports Science and Medicine</i> , <b>2008</b> , 7, 235-41	2.7	48
197	Compression Garments and Recovery from Exercise: A Meta-Analysis. <i>Sports Medicine</i> , <b>2017</b> , 47, 2245-2267	6.6	46
196	Physiological sex differences affect the integrative response to exercise: acute and chronic implications. <i>Experimental Physiology</i> , <b>2020</b> , 105, 2007-2021	2.4	46
195	Corticospinal responses following strength training: a systematic review and meta-analysis. <i>European Journal of Neuroscience</i> , <b>2017</b> , 46, 2648-2661	3.5	44
194	The effects of beetroot juice supplementation on indices of muscle damage following eccentric exercise. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 353-62	3.4	43
193	Montmorency tart cherry ( <i>Prunus cerasus</i> L.) concentrate lowers uric acid, independent of plasma cyanidin-3-O-glucosiderutinoside. <i>Journal of Functional Foods</i> , <b>2014</b> , 11, 82-90	5.1	43
192	Influence of compression garments on recovery after marathon running. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2228-35	3.2	42
191	Transcranial magnetic stimulation in sport science: a commentary. <i>European Journal of Sport Science</i> , <b>2014</b> , 14 Suppl 1, S332-40	3.9	41
190	Prediction of flatwater kayaking performance. <i>International Journal of Sports Physiology and Performance</i> , <b>2008</b> , 3, 207-18	3.5	39
189	Effects of Beetroot Juice on Recovery of Muscle Function and Performance between Bouts of Repeated Sprint Exercise. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	39
188	Dietary intake of anthocyanins and risk of cardiovascular disease: A systematic review and meta-analysis of prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2019</b> , 59, 3032-3043	11.5	39
187	The plasma bioavailability of nitrate and betanin from <i>Beta vulgaris rubra</i> in humans. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 1245-1254	5.2	38
186	Minimal muscle damage after a marathon and no influence of beetroot juice on inflammation and recovery. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2017</b> , 42, 263-270	3	38
185	Performance Fatigability Is Not Regulated to A Peripheral Critical Threshold. <i>Exercise and Sport Sciences Reviews</i> , <b>2018</b> , 46, 240-246	6.7	38
184	Neuromuscular changes and the rapid adaptation following a bout of damaging eccentric exercise. <i>Acta Physiologica</i> , <b>2017</b> , 220, 486-500	5.6	36
183	The reliability of electromechanical delay and torque during isometric and concentric isokinetic contractions. <i>Journal of Electromyography and Kinesiology</i> , <b>2009</b> , 19, 975-9	2.5	36
182	The Role of Intra-Session Exercise Sequence in the Interference Effect: A Systematic Review with Meta-Analysis. <i>Sports Medicine</i> , <b>2018</b> , 48, 177-188	10.6	35

181	Modulation of specific inhibitory networks in fatigued locomotor muscles of healthy males. <i>Experimental Brain Research</i> , <b>2018</b> , 236, 463-473	2.3	35
180	Alterations in redox homeostasis in the elite endurance athlete. <i>Sports Medicine</i> , <b>2015</b> , 45, 379-409	10.6	34
179	Analgesic and anti-inflammatory drugs in sports: Implications for exercise performance and training adaptations. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 2252-2262	4.6	34
178	Cross-education of wrist extensor strength is not influenced by non-dominant training in right-handers. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 1757-69	3.4	33
177	Performance and neuromuscular adaptations following differing ratios of concurrent strength and endurance training. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 3342-51	3.2	33
176	Familiarization and reliability of multiple sprint running performance indices. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 857-9	3.2	32
175	Montmorency Tart cherries ( <i>Prunus cerasus</i> L.) modulate vascular function acutely, in the absence of improvement in cognitive performance. <i>British Journal of Nutrition</i> , <b>2016</b> , 116, 1935-1944	3.6	32
174	Sex differences in fatigability and recovery relative to the intensity-duration relationship. <i>Journal of Physiology</i> , <b>2019</b> , 597, 5577-5595	3.9	31
173	Muscle Damage Response in Female Collegiate Athletes After Repeated Sprint Activity. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 2802-7	3.2	31
172	Mirror Training Augments the Cross-education of Strength and Affects Inhibitory Paths. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 1001-13	1.2	31
171	Test-Retest Reliability of Physiological and Performance Responses to 120 Minutes of Simulated Soccer Match Play. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 3178-3186	3.2	31
170	Mirror training to augment cross-education during resistance training: a hypothesis. <i>Frontiers in Human Neuroscience</i> , <b>2013</b> , 7, 396	3.3	29
169	The Effects of Compression-Garment Pressure on Recovery After Strenuous Exercise. <i>International Journal of Sports Physiology and Performance</i> , <b>2017</b> , 12, 1078-1084	3.5	28
168	Determining the Sites of Neural Adaptations to Resistance Training: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , <b>2020</b> , 50, 1107-1128	10.6	28
167	Exercise-induced muscle damage is not attenuated by beta-hydroxy-beta-methylbutyrate and alpha-ketoglutaric acid supplementation. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 531-7	3.2	28
166	Effects of montmorency tart cherry ( <i>L. Prunus Cerasus</i> ) consumption on nitric oxide biomarkers and exercise performance. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 1746-1756	4.6	27
165	Role of the mirror-neuron system in cross-education. <i>Sports Medicine</i> , <b>2014</b> , 44, 159-78	10.6	27
164	Effects of seated and standing cold water immersion on recovery from repeated sprinting. <i>Journal of Sports Sciences</i> , <b>2015</b> , 33, 1544-52	3.6	27

163	The assessment of neuromuscular fatigue during 120min of simulated soccer exercise. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 687-697	3.4	26
162	Trekking poles reduce exercise-induced muscle injury during mountain walking. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 140-5	1.2	26
161	Recovery and adaptation from repeated intermittent-sprint exercise. <i>International Journal of Sports Physiology and Performance</i> , <b>2014</b> , 9, 489-96	3.5	25
160	The impact of damaging exercise on electromechanical delay in biceps brachii. <i>Journal of Electromyography and Kinesiology</i> , <b>2010</b> , 20, 477-81	2.5	25
159	Influence of a montmorency cherry juice blend on indices of exercise-induced stress and upper respiratory tract symptoms following marathon running--a pilot investigation. <i>Journal of the International Society of Sports Nutrition</i> , <b>2015</b> , 12, 22	4.5	24
158	Nutritional interventions for reducing the signs and symptoms of exercise-induced muscle damage and accelerate recovery in athletes: current knowledge, practical application and future perspectives. <i>European Journal of Applied Physiology</i> , <b>2020</b> , 120, 1965-1996	3.4	24
157	Determining the potential sites of neural adaptation to cross-education: implications for the cross-education of muscle strength. <i>European Journal of Applied Physiology</i> , <b>2018</b> , 118, 1751-1772	3.4	24
156	Whey protein hydrolysate supplementation accelerates recovery from exercise-induced muscle damage in females. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2018</b> , 43, 324-330	3	24
155	Contraction intensity and sex differences in knee-extensor fatigability. <i>Journal of Electromyography and Kinesiology</i> , <b>2017</b> , 37, 68-74	2.5	23
154	Montmorency tart cherry ( <i>Prunus cerasus</i> L.) supplementation accelerates recovery from exercise-induced muscle damage in females. <i>European Journal of Sport Science</i> , <b>2019</b> , 19, 95-102	3.9	23
153	The variation in pressures exerted by commercially available compression garments. <i>Sports Engineering</i> , <b>2015</b> , 18, 115-121	1.4	23
152	Does a bout of strength training affect 2,000min rowing ergometer performance and rowing-specific maximal power 24h later?. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 2653-62	3.4	23
151	Repeatability of corticospinal and spinal measures during lengthening and shortening contractions in the human tibialis anterior muscle. <i>PLoS ONE</i> , <b>2012</b> , 7, e35930	3.7	23
150	The altered human serum metabolome induced by a marathon. <i>Metabolomics</i> , <b>2018</b> , 14, 150	4.7	23
149	Influence of cold-water immersion on limb blood flow after resistance exercise. <i>European Journal of Sport Science</i> , <b>2017</b> , 17, 519-529	3.9	22
148	T-regulatory cells exhibit a biphasic response to prolonged endurance exercise in humans. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 1727-1737	3.4	22
147	An optimal protocol for measurement of corticospinal excitability, short intracortical inhibition and intracortical facilitation in the rectus femoris. <i>Journal of the Neurological Sciences</i> , <b>2018</b> , 394, 45-56	3.2	22
146	The impact of neuromuscular electrical stimulation on recovery after intensive, muscle damaging, maximal speed training in professional team sports players. <i>Journal of Science and Medicine in Sport</i> , <b>2015</b> , 18, 328-32	4.4	21

145	Neuromuscular Fatigue and Recovery after Heavy Resistance, Jump, and Sprint Training. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 2526-2535	1.2	20
144	Corticospinal responses of resistance-trained and un-trained males during dynamic muscle contractions. <i>Journal of Electromyography and Kinesiology</i> , <b>2013</b> , 23, 1075-81	2.5	20
143	Critical Difference and Biological Variation in Biomarkers of Oxidative Stress and Nutritional Status in Athletes. <i>PLoS ONE</i> , <b>2016</b> , 11, e0149927	3.7	20
142	Beetroot juice is more beneficial than sodium nitrate for attenuating muscle pain after strenuous eccentric-bias exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2017</b> , 42, 1185-1191	3	19
141	Energy intake and energy expenditure of pre-professional female contemporary dancers. <i>PLoS ONE</i> , <b>2017</b> , 12, e0171998	3.7	19
140	Effects of strength and endurance exercise order on endocrine responses to concurrent training. <i>European Journal of Sport Science</i> , <b>2017</b> , 17, 326-334	3.9	18
139	Vitamin D and omega-3 polyunsaturated fatty acid supplementation in athletes with exercise-induced bronchoconstriction: a pilot study. <i>Expert Review of Respiratory Medicine</i> , <b>2015</b> , 9, 369-78	3.8	17
138	Motor cortical and corticospinal function differ during an isometric squat compared with isometric knee extension. <i>Experimental Physiology</i> , <b>2018</b> , 103, 1251-1263	2.4	17
137	Sex differences in fatigability following exercise normalised to the power-duration relationship. <i>Journal of Physiology</i> , <b>2020</b> , 598, 5717-5737	3.9	17
136	The Response to and Recovery From Maximum-Strength and -Power Training in Elite Track and Field Athletes. <i>International Journal of Sports Physiology and Performance</i> , <b>2016</b> , 11, 356-62	3.5	17
135	Heavy-resistance exercise-induced increases in jump performance are not explained by changes in neuromuscular function. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2017</b> , 27, 35-44	4.6	16
134	Adaptations in corticospinal excitability and inhibition are not spatially confined to the agonist muscle following strength training. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 1359-1371	3.4	16
133	Determining the early corticospinal-motoneuronal responses to strength training: a systematic review and meta-analysis. <i>Reviews in the Neurosciences</i> , <b>2019</b> , 30, 463-476	4.7	16
132	Neuromuscular response differences to power vs strength back squat exercise in elite athletes. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2015</b> , 25, 630-9	4.6	16
131	Effects of acute high-intensity exercise on cognitive performance in trained individuals: A systematic review. <i>Progress in Brain Research</i> , <b>2017</b> , 234, 161-187	2.9	16
130	Augmented supraspinal fatigue following constant-load cycling in the heat. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2015</b> , 25 Suppl 1, 164-72	4.6	16
129	Blood lactate levels as a biomarker for angling-induced stress in tigerfish <i>Hydrocynus vittatus</i> from the Okavango Delta, Botswana. <i>African Journal of Aquatic Science</i> , <b>2009</b> , 34, 255-259	1.6	16
128	Mechanical and morphological determinants of peak power output in elite cyclists. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 227-237	4.6	16

127	Performance and Endocrine Responses to Differing Ratios of Concurrent Strength and Endurance Training. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 693-702	3.2	16
126	Cryotherapy Reinvented: Application of Phase Change Material for Recovery in Elite Soccer. <i>International Journal of Sports Physiology and Performance</i> , <b>2018</b> , 13, 584-589	3.5	15
125	Effect of pre-performance lower-limb massage on thirty-meter sprint running. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 1028-31	3.2	15
124	The efficacy of protein supplementation during recovery from muscle-damaging concurrent exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2017</b> , 42, 716-724	3	14
123	Relation between Peak Power Output in Sprint Cycling and Maximum Voluntary Isometric Torque Production. <i>Journal of Electromyography and Kinesiology</i> , <b>2017</b> , 35, 95-99	2.5	14
122	Test-retest reliability of physiological parameters in elite junior distance runners following allometric scaling. <i>European Journal of Sport Science</i> , <b>2017</b> , 17, 1231-1240	3.9	14
121	Enhanced Corticospinal Excitability and Volitional Drive in Response to Shortening and Lengthening Strength Training and Changes Following Detraining. <i>Frontiers in Physiology</i> , <b>2017</b> , 8, 57	4.6	14
120	Ice massage. Effects on exercise-induced muscle damage. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2003</b> , 43, 500-5	1.4	14
119	Mirror illusion reduces motor cortical inhibition in the ipsilateral primary motor cortex during forceful unilateral muscle contractions. <i>Journal of Neurophysiology</i> , <b>2015</b> , 113, 2262-70	3.2	13
118	Cycling-specific isometric resistance training improves peak power output in elite sprint cyclists. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 1594-1604	4.6	13
117	The influence of blood lactate sample site on exercise prescription. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 563-7	3.2	12
116	Functional relevance of resistance training-induced neuroplasticity in health and disease. <i>Neuroscience and Biobehavioral Reviews</i> , <b>2021</b> , 122, 79-91	9	12
115	Antioxidant-rich beetroot juice does not adversely affect acute neuromuscular adaptation following eccentric exercise. <i>Journal of Sports Sciences</i> , <b>2017</b> , 35, 812-819	3.6	11
114	Effects of Strength Training on Postpubertal Adolescent Distance Runners. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 1224-1232	1.2	11
113	Task-specific strength increases after lower-limb compound resistance training occurred in the absence of corticospinal changes in vastus lateralis. <i>Experimental Physiology</i> , <b>2020</b> , 105, 1132-1150	2.4	10
112	An Evaluation of Supramaximally Loaded Eccentric Leg Press Exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 2708-2714	3.2	10
111	HEART RATE AND INDIRECT BLOOD PRESSURE RESPONSES TO FOUR DIFFERENT FIELD ANESTHETIC PROTOCOLS IN WILD-BORN CAPTIVE CHIMPANZEES (PAN TROGLODYTES). <i>Journal of Zoo and Wildlife Medicine</i> , <b>2017</b> , 48, 636-644	0.9	10
110	Electrical stimulation of human corticospinal axons at the level of the lumbar spinal segments. <i>European Journal of Neuroscience</i> , <b>2019</b> , 49, 1254-1267	3.5	10



109	Deception Improves Time Trial Performance in Well-trained Cyclists without Augmented Fatigue. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 809-816	1.2	10
108	Ipsilateral corticomotor responses are confined to the homologous muscle following cross-education of muscular strength. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2018</b> , 43, 11-22	3	9
107	Alterations in Whole-Body Insulin Sensitivity Resulting From Repeated Eccentric Exercise of a Single Muscle Group: A Pilot Investigation. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2015</b> , 25, 405-10	4.4	9
106	The efficacy of cooling with phase change material for the treatment of exercise-induced muscle damage: pilot study. <i>Journal of Sports Sciences</i> , <b>2018</b> , 36, 407-413	3.6	8
105	Cold water immersion improves recovery of sprint speed following a simulated tournament. <i>European Journal of Sport Science</i> , <b>2019</b> , 19, 1166-1174	3.9	8
104	Torque, power and muscle activation of eccentric and concentric isokinetic cycling. <i>Journal of Electromyography and Kinesiology</i> , <b>2018</b> , 40, 56-63	2.5	8
103	Effects of exercise on alterations in redox homeostasis in elite male and female endurance athletes using a clinical point-of-care test. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2016</b> , 41, 1026-1032	3	8
102	Looking the Part: Female Sports Psychologists' Body Mass Index and Dress Influences Athletes' Perceptions of their Potential Effectiveness. <i>Sport Psychologist</i> , <b>2011</b> , 25, 82-93	1	8
101	Reliability of a combined biomechanical and surface electromyographical analysis system during dynamic barbell squat exercise. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29, 1389-97	3.6	8
100	Prolonged cooling with phase change material enhances recovery and does not affect the subsequent repeated bout effect following exercise. <i>European Journal of Applied Physiology</i> , <b>2020</b> , 120, 413-423	3.4	8
99	The Influence of Tart Cherry ( Montmorency) Concentrate Supplementation for 3 Months on Cardiometabolic Risk Factors in Middle-Aged Adults: A Randomised, Placebo-Controlled Trial. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	8
98	Strength and Conditioning Habits of Competitive Distance Runners. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 1392-1399	3.2	8
97	Exercise-induced muscle damage following dance and sprint-specific exercise in females. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2016</b> , 56, 1376-1383	1.4	8
96	Neurophysiological responses and adaptation following repeated bouts of maximal lengthening contractions in young and older adults. <i>Journal of Applied Physiology</i> , <b>2019</b> , 127, 1224-1237	3.7	7
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