Carlos Ugrinowitsch

List of Publications by Year
in descending order

224	6,775	76196	85405
papers	citations	40 h-index	71 g-index

227	227	227	5744
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Meta-Analysis of Postactivation Potentiation and Power. Journal of Strength and Conditioning Research, 2013, 27, 854-859.	1.0	347
2	Strength Training with Blood Flow Restriction Diminishes Myostatin Gene Expression. Medicine and Science in Sports and Exercise, 2012, 44, 406-412.	0.2	324
3	Magnitude of Muscle Strength and Mass Adaptations Between High-Load Resistance Training Versus Low-Load Resistance Training Associated with Blood-Flow Restriction: A Systematic Review and Meta-Analysis. Sports Medicine, 2018, 48, 361-378.	3.1	279
4	Resistance trainingâ€induced changes in integrated myofibrillar protein synthesis are related to hypertrophy only after attenuation of muscle damage. Journal of Physiology, 2016, 594, 5209-5222.	1.3	236
5	Comparisons Between Low-Intensity Resistance Training With Blood Flow Restriction and High-Intensity Resistance Training on Quadriceps Muscle Mass and Strength in Elderly. Journal of Strength and Conditioning Research, 2015, 29, 1071-1076.	1.0	183
6	Peak torque and rate of torque development in elderly with and without fall history. Clinical Biomechanics, 2010, 25, 450-454.	0.5	165
7	A Review of Resistance Training-Induced Changes in Skeletal Muscle Protein Synthesis and Their Contribution to Hypertrophy. Sports Medicine, 2015, 45, 801-807.	3.1	155
8	Effects of exercise intensity and occlusion pressure after 12Âweeks of resistance training with blood-flow restriction. European Journal of Applied Physiology, 2015, 115, 2471-2480.	1.2	153
9	Strength training improves fall-related gait kinematics in the elderly: A randomized controlled trial. Clinical Biomechanics, 2009, 24, 819-825.	0.5	135
10	Early resistance training-induced increases in muscle cross-sectional area are concomitant with edema-induced muscle swelling. European Journal of Applied Physiology, 2016, 116, 49-56.	1.2	131
11	Short-Term Effects on Lower-Body Functional Power Development: Weightlifting vs. Vertical Jump Training Programs. Journal of Strength and Conditioning Research, 2005, 19, 433.	1.0	126
12	Effects of Strength Training and Vascular Occlusion. International Journal of Sports Medicine, 2008, 29, 664-667.	0.8	124
13	The development of skeletal muscle hypertrophy through resistance training: the role of muscle damage and muscle protein synthesis. European Journal of Applied Physiology, 2018, 118, 485-500.	1.2	122
14	Acute Effect of a Ballistic and a Static Stretching Exercise Bout on Flexibility and Maximal Strength. Journal of Strength and Conditioning Research, 2009, 23, 304-308.	1.0	111
15	Effects of different intensities of resistance training with equated volume load on muscle strength and hypertrophy. European Journal of Sport Science, 2018, 18, 772-780.	1.4	99
16	Susceptibility to Exercise-Induced Muscle Damage: a Cluster Analysis with a Large Sample. International Journal of Sports Medicine, 2016, 37, 633-640.	0.8	93
17	Resistance Training with Vascular Occlusion in Inclusion Body Myositis. Medicine and Science in Sports and Exercise, 2010, 42, 250-254.	0.2	88
18	Effect of Concurrent Training with Blood Flow Restriction in the Elderly. International Journal of Sports Medicine, 2015, 36, 395-399.	0.8	87

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19	Determining the Optimum Power Load in Jump Squat Using the Mean Propulsive Velocity. PLoS ONE, 2015, 10, e0140102.	1.1	82
20	Nonlinear Periodization Maximizes Strength Gains in Split Resistance Training Routines. Journal of Strength and Conditioning Research, 2009, 23, 1321-1326.	1.0	81
21	Limitations of Ordinary Least Squares Models in Analyzing Repeated Measures Data. Medicine and Science in Sports and Exercise, 2004, 36, 2144-2148.	0.2	80
22	Effect of bench press exercise intensity on muscle soreness and inflammatory mediators. Journal of Sports Sciences, 2009, 27, 499-507.	1.0	78
23	Resistance Training with Instability for Patients with Parkinsonâ€™s Disease. Medicine and Science in Sports and Exercise, 2016, 48, 1678-1687.	0.2	67
24	Effects of Strength and Power Training on Neuromuscular Variables in Older Adults. Journal of Aging and Physical Activity, 2012, 20, 171-185.	0.5	66
25	Predicting MAOD Using Only a Supramaximal Exhaustive Test. International Journal of Sports Medicine, 2010, 31, 477-481.	0.8	61
26	Effect of Resistance Training to Muscle Failure vs. Volitional Interruption at High- and Low-Intensities on Muscle Mass and Strength. Journal of Strength and Conditioning Research, 2018, 32, 162-169.	1.0	61
27	Changes in Exercises Are More Effective Than in Loading Schemes to Improve Muscle Strength. Journal of Strength and Conditioning Research, 2014, 28, 3085-3092.	1.0	60
28	Effects of creatine supplementation on renal function: a randomized, double-blind, placebo-controlled clinical trial. European Journal of Applied Physiology, 2008, 103, 33-40.	1.2	58
29	The Effects of a Water-Based Exercise Program on Strength and Functionality of Older Adults. Journal of Aging and Physical Activity, 2012, 20, 469-470.	0.5	58
30	Crescent pyramid and drop-set systems do not promote greater strength gains, muscle hypertrophy, and changes on muscle architecture compared with traditional resistance training in well-trained men. European Journal of Applied Physiology, 2017, 117, 359-369.	1.2	57
31	Balance and fear of falling in subjects with Parkinsonâ€™s disease is improved after exercises with motor complexity. Gait and Posture, 2018, 61, 90-97.	0.6	56
32	Vastus Lateralis Muscle Cross-sectional Area Ultrasonography Validity for Image Fitting in Humans. Journal of Strength and Conditioning Research, 2014, 28, 3293-3297.	1.0	55
33	The effect of carbohydrate mouth rinse on maximal strength and strength endurance. European Journal of Applied Physiology, 2011, 111, 2381-2386.	1.2	54
34	Acute Effect of Two Aerobic Exercise Modes on Maximum Strength and Strength Endurance. Journal of Strength and Conditioning Research, 2007, 21, 1286.	1.0	53
35	Influence of Training Background on Jumping Height. Journal of Strength and Conditioning Research, 2007, 21, 848.	1.0	52
36	Effects of creatine supplementation on glucose tolerance and insulin sensitivity in sedentary healthy males undergoing aerobic training. Amino Acids, 2008, 34, 245-50.	1.2	51

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37	Transient effects of stretching exercises on gait parameters of elderly women. Manual Therapy, 2009, 14, 167-172.	1.6	46
38	Creatine but not betaine supplementation increases muscle phosphorylcreatine content and strength performance. Amino Acids, 2012, 42, 2299-2305.	1.2	45
39	Effects of Different Combinations of Strength, Power, and Plyometric Training on the Physical Performance of Elite Young Soccer Players. Journal of Strength and Conditioning Research, 2017, 31, 1468-1476.	1.0	44
40	Muscle Fiber Hypertrophy and Myonuclei Addition: A Systematic Review and Meta-analysis. Medicine and Science in Sports and Exercise, 2018, 50, 1385-1393.	0.2	44
41	The Association Between Muscle Deoxygenation and Muscle Hypertrophy to Blood Flow Restricted Training Performed at High and Low Loads. Frontiers in Physiology, 2019, 10, 446.	1.3	44
42	Resistance Training Improves Sleep Quality in Subjects With Moderate Parkinson's Disease. Journal of Strength and Conditioning Research, 2017, 31, 2270-2277.	1.0	42
43	Early- and later-phases satellite cell responses and myonuclear content with resistance training in young men. PLoS ONE, 2018, 13, e0191039.	1.1	42
44	Blood flow restriction increases metabolic stress but decreases muscle activation during highâ€load resistance exercise. Muscle and Nerve, 2018, 57, 107-111.	1.0	40
45	Effects of Static Stretching on Energy Cost and Running Endurance Performance. Journal of Strength and Conditioning Research, 2010, 24, 2274-2279.	1.0	39
46	Blood Flow Restriction: How Does It Work?. Frontiers in Physiology, 2012, 3, 392.	1.3	39
47	A Randomized, Controlled Trial of Exercise for Parkinsonian Individuals With Freezing of Gait. Movement Disorders, 2020, 35, 1607-1617.	2.2	39
48	Effects of Rate of Force Development on EMG Amplitude and Frequency. International Journal of Sports Medicine, 2005, 26, 66-70.	0.8	38
49	Maximal Strength, Number of Repetitions, and Total Volume Are Differently Affected by Static-, Ballistic-, and Proprioceptive Neuromuscular Facilitation Stretching. Journal of Strength and Conditioning Research, 2012, 26, 2432-2437.	1.0	37
50	Akt/mTOR pathway contributes to skeletal muscle anti-atrophic effect of aerobic exercise training in heart failure mice. International Journal of Cardiology, 2016, 214, 137-147.	0.8	37
51	Molecular Adaptations to Concurrent Training. International Journal of Sports Medicine, 2013, 34, 207-213.	0.8	36
52	Plyometric Long Jump Training With Progressive Loading Improves Kinetic and Kinematic Swimming Start Parameters. Journal of Strength and Conditioning Research, 2016, 30, 2392-2398.	1.0	36
53	Blunted Maximal and Submaximal Responses to Cardiopulmonary Exercise Tests in Patients With Parkinson Disease. Archives of Physical Medicine and Rehabilitation, 2016, 97, 720-725.	0.5	36
54	Resistance training in young men induces muscle transcriptome-wide changes associated with muscle structure and metabolism refining the response to exercise-induced stress. European Journal of Applied Physiology, 2018, 118, 2607-2616.	1.2	36

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55	Expression of genes related to muscle plasticity after strength and power training regimens. Scandinavian Journal of Medicine and Science in Sports, 2010, 20, 216-225.	1.3	35
56	Cardiopulmonary, blood metabolite and rating of perceived exertion responses to constant exercises performed at different intensities until exhaustion. British Journal of Sports Medicine, 2011, 45, 1119-1125.	3.1	35
57	Influence of Strength Training Background on Postactivation Potentiation Response. Journal of Strength and Conditioning Research, 2011, 25, 2496-2502.	1.0	35
58	Space creation dynamics in basketball offence: validation and evaluation of elite teams. International Journal of Performance Analysis in Sport, 2011, 11, 71-84.	0.5	35
59	Myofibrillar protein synthesis and muscle hypertrophy individualized responses to systematically changing resistance training variables in trained young men. Journal of Applied Physiology, 2019, 127, 806-815.	1.2	35
60	Combination of General and Specific Warm-Ups Improves Leg-Press One Repetition Maximum Compared With Specific Warm-Up in Trained Individuals. Journal of Strength and Conditioning Research, 2011, 25, 2242-2245.	1.0	34
61	Time Course of Resistance Trainingâ€“Induced Muscle Hypertrophy in the Elderly. Journal of Strength and Conditioning Research, 2016, 30, 159-163.	1.0	34
62	Tensiomyography parameters and jumping and sprinting performance in Brazilian elite soccer players. Sports Biomechanics, 2015, 14, 340-350.	0.8	33
63	Effects of Sleep Deprivation on Acute Skeletal Muscle Recovery after Exercise. Medicine and Science in Sports and Exercise, 2020, 52, 507-514.	0.2	33
64	Interference Phenomenon with Concurrent Strength and High-Intensity Interval Training-Based Aerobic Training: An Updated Model. Sports Medicine, 2021, 51, 599-605.	3.1	33
65	Effect of different resistance-training regimens on the WNT-signaling pathway. European Journal of Applied Physiology, 2011, 111, 2535-2545.	1.2	32
66	Effects of Progressive Resistance Training on Cardiovascular Autonomic Regulation in Patients With Parkinson Disease: A Randomized Controlled Trial. Archives of Physical Medicine and Rehabilitation, 2017, 98, 2134-2141.	0.5	32
67	Intermittent Exercise as a Conditioning Activity to Induce Postactivation Potentiation. Journal of Strength and Conditioning Research, 2007, 21, 837.	1.0	31
68	Effect of eccentric contraction velocity on muscle damage in repeated bouts of elbow flexor exercise. Applied Physiology, Nutrition and Metabolism, 2010, 35, 534-540.	0.9	30
69	Creatine supplementation prevents acute strength loss induced by concurrent exercise. European Journal of Applied Physiology, 2014, 114, 1749-1755.	1.2	30
70	Hormonal Responses to Different Resistance Exercise Schemes of Similar Total Volume. Journal of Strength and Conditioning Research, 2009, 23, 2003-2008.	1.0	29
71	Different Loading Schemes in Power Training During the Preseason Promote Similar Performance Improvements in Brazilian Elite Soccer Players. Journal of Strength and Conditioning Research, 2013, 27, 1791-1797.	1.0	29
72	Aerobic Exercise-Induced Changes in Cardiorespiratory Fitness in Breast Cancer Patients Receiving Chemotherapy: A Systematic Review and Meta-Analysis. Cancers, 2020, 12, 2240.	1.7	29

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73	Association between neuromuscular tests and kumite performance on the brazilian karate national team. Journal of Sports Science and Medicine, 2009, 8, 20-4.	0.7	29
74	Invasion team sports: strategy and match modeling. International Journal of Performance Analysis in Sport, 2014, 14, 307-329.	0.5	28
75	Caffeine and Placebo Improved Maximal Exercise Performance Despite Unchanged Motor Cortex Activation and Greater Prefrontal Cortex Deoxygenation. Frontiers in Physiology, 2018, 9, 1144.	1.3	28
76	Individual Muscle Hypertrophy and Strength Responses to High vs. Low Resistance Training Frequencies. Journal of Strength and Conditioning Research, 2019, 33, 897-901.	1.0	28
77	Vascular Occlusion Training for Inclusion Body Myositis: A Novel Therapeutic Approach. Journal of Visualized Experiments, 2010, , .	0.2	27
78	Effects of Concurrent Strength and Endurance Training on Genes Related to Myostatin Signaling Pathway and Muscle Fiber Responses. Journal of Strength and Conditioning Research, 2014, 28, 3215-3223.	1.0	27
79	Effects of Strength and Power Training on Neuromuscular Adaptations and Jumping Movement Pattern and Performance. Journal of Strength and Conditioning Research, 2012, 26, 3335-3344.	1.0	26
80	Effects of resisted sprint training on sprinting ability and change of direction speed in professional soccer players. Journal of Sports Sciences, 2018, 36, 1923-1929.	1.0	25
81	Salivary Hormone and Immune Responses to Three Resistance Exercise Schemes in Elite Female Athletes. Journal of Strength and Conditioning Research, 2011, 25, 2322-2327.	1.0	24
82	BLOOD FLOW RESTRICTED RESISTANCE TRAINING ATTENUATES MYOSTATIN GENE EXPRESSION IN A PATIENT WITH INCLUSION BODY MYOSITIS. Biology of Sport, 2014, 31, 121-124.	1.7	24
83	Auto-Regulated Exercise Selection Training Regimen Produces Small Increases in Lean Body Mass and Maximal Strength Adaptations in Strength-trained Individuals. Journal of Strength and Conditioning Research, 2020, 34, 1133-1140.	1.0	24
84	Effect of eccentric exercise velocity on akt/mtor/p70s6ksignaling in human skeletal muscle. Applied Physiology, Nutrition and Metabolism, 2011, 36, 283-290.	0.9	23
85	Cardiac Work Remains High after Strength Exercise in Elderly. International Journal of Sports Medicine, 2013, 34, 391-397.	0.8	23
86	Modeling the Offensive-Defensive Interaction and Resulting Outcomes in Basketball. PLoS ONE, 2015, 10, e0144435.	1.1	23
87	Effects of far infrared rays emitting clothing on recovery after an intense plyometric exercise bout applied to elite soccer players: a randomized double-blind placebo-controlled trial. Biology of Sport, 2016, 33, 277-283.	1.7	23
88	Cerebral Regulation in Different Maximal Aerobic Exercise Modes. Frontiers in Physiology, 2016, 7, 253.	1.3	23
89	Resistance training with instability is more effective than resistance training in improving spinal inhibitory mechanisms in Parkinsonâ€™s disease. Journal of Applied Physiology, 2017, 122, 1-10.	1.2	23
90	Exercise with blood flow restriction: an effective alternative for the nonâ€pharmaceutical treatment for muscle wasting. Journal of Cachexia, Sarcopenia and Muscle, 2019, 10, 257-262.	2.9	23

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91	Muscle Hypertrophy Response Is Affected by Previous Resistance Training Volume in Trained Individuals. Journal of Strength and Conditioning Research, 2022, 36, 1153-1157.	1.0	23
92	High-Intensity Progressive Resistance Training Increases Strength With No Change in Cardiovascular Function and Autonomic Neural Regulation in Older Adults. Journal of Aging and Physical Activity, 2015, 23, 339-345.	0.5	22
93	Training at the optimum power zone produces similar performance improvements to traditional strength training. Journal of Sports Science and Medicine, 2013, 12, 109-15.	0.7	22
94	Spinal unloading after abdominal exercises. Clinical Biomechanics, 2008, 23, 8-14.	0.5	21
95	Strength and power training did not modify cardiovascular responses to aerobic exercise in elderly subjects. Brazilian Journal of Medical and Biological Research, 2011, 44, 864-870.	0.7	21
96	Different Patterns in Muscular Strength and Hypertrophy Adaptations in Untrained Individuals Undergoing Nonperiodized and Periodized Strength Regimens. Journal of Strength and Conditioning Research, 2018, 32, 1238-1244.	1.0	21
97	Highâ€frequency resistance training does not promote greater muscular adaptations compared to low frequencies in young untrained men. European Journal of Sport Science, 2018, 18, 1077-1082.	1.4	21
98	Loss of presynaptic inhibition for step initiation in parkinsonian individuals with freezing of gait. Journal of Physiology, 2020, 598, 1611-1624.	1.3	21
99	Progressive Resistance Training Volume: Effects on Muscle Thickness, Mass, and Strength Adaptations in Resistance-Trained Individuals. Journal of Strength and Conditioning Research, 2022, 36, 600-607.	1.0	21
100	Incidence of adverse events associated with percutaneous muscular biopsy among healthy and diseased subjects. Scandinavian Journal of Medicine and Science in Sports, 2012, 22, 175-178.	1.3	20
101	The Influence of Resting Period Length on Jumping Performance. Journal of Strength and Conditioning Research, 2008, 22, 1259-1264.	1.0	19
102	Distinct Temporal Organizations of the Strength- and Power-Training Loads Produce Similar Performance Improvements. Journal of Strength and Conditioning Research, 2013, 27, 188-194.	1.0	19
103	Patients with Parkinson disease present high ambulatory blood pressure variability. Clinical Physiology and Functional Imaging, 2017, 37, 530-535.	0.5	19
104	Caffeine effects on VO_{2<scp>max</scp>} test outcomes investigated by a placebo perceived-as-caffeine design. Nutrition and Health, 2017, 23, 231-238.	0.6	19
105	Blood-Flow Restriction Resistance Exercise Promotes Lower Pain and Ratings of Perceived Exertion Compared With Either High- or Low-Intensity Resistance Exercise Performed to Muscular Failure. Journal of Sport Rehabilitation, 2019, 28, 706-710.	0.4	19
106	Effects of different strength training frequencies during reduced training period on strength and muscle crossâ€sectional area. European Journal of Sport Science, 2017, 17, 665-672.	1.4	18
107	Effects of Strength Training Associated With Whole-Body Vibration Training on Running Economy and Vertical Stiffness. Journal of Strength and Conditioning Research, 2015, 29, 2215-2220.	1.0	17
108	Time Course of Skeletal Muscle miRNA Expression after Resistance, High-Intensity Interval, and Concurrent Exercise. Medicine and Science in Sports and Exercise, 2021, 53, 1708-1718.	0.2	17

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109	Monitoring external and internal loads of brazilian soccer referees during official matches. Journal of Sports Science and Medicine, 2013, 12, 559-64.	0.7	17
110	Early adaptations to six weeks of non-periodized and periodized strength training regimens in recreational males. Journal of Sports Science and Medicine, 2014, 13, 604-9.	0.7	17
111	Instability Resistance Training Improves Neuromuscular Outcome in Parkinson's Disease. Medicine and Science in Sports and Exercise, 2017, 49, 652-660.	0.2	16
112	Cardiovascular Responses During Resistance Exercise in Patients With Parkinson Disease. PM and R, 2018, 10, 1145-1152.	0.9	16
113	Carbohydrate Mouth Rinse Fails to Improve Four-Kilometer Cycling Time Trial Performance. Nutrients, 2018, 10, 342.	1.7	16
114	Efeitos da suplementaÃ§Ã£o de creatina sobre forÃ§a e hipertrofia muscular: atualizaÃ§Ãµes. Revista Brasileira De Medicina Do Esporte, 2010, 16, 219-223.	0.1	15
115	Bioenergetics and Neuromuscular Determinants of the Time to Exhaustion at Velocity Corresponding to V[Combining Dot Above]O2max in Recreational Long-Distance Runners. Journal of Strength and Conditioning Research, 2012, 26, 2096-2102.	1.0	15
116	An inability to distinguish edematous swelling from true hypertrophy still prevents a completely accurate interpretation of the time course of muscle hypertrophy. European Journal of Applied Physiology, 2016, 116, 445-446.	1.2	15
117	Different Movement Strategies in the Countermovement Jump Amongst a Large Cohort of NBA Players. International Journal of Environmental Research and Public Health, 2020, 17, 6394.	1.2	15
118	The Influence of Familiarization Sessions on the Stability of Ramp and Ballistic Isometric Torque in Older Adults. Journal of Aging and Physical Activity, 2010, 18, 390-400.	0.5	14
119	Electromechanical delay of the knee extensor muscles: comparison among young, middle-age and older individuals. Clinical Physiology and Functional Imaging, 2015, 35, 245-249.	0.5	14
120	Basketball players' versatility: Assessing the diversity of tactical roles. International Journal of Sports Science and Coaching, 2019, 14, 552-561.	0.7	14
121	Treinamento fÃsico: consideraÃ§Ãµes prÃ¡ticas e cientÃficas. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2011, 25, 53-65.	0.1	13
122	Hemodynamic Responses to Blood Flow Restriction and Resistance Exercise to Muscular Failure. International Journal of Sports Medicine, 2017, 38, 134-140.	0.8	13
123	A suplementaÃ§Ã£o de creatina prejudica a funÃ§Ã£o renal?. Revista Brasileira De Medicina Do Esporte, 2008, 14, 68-73.	0.1	12
124	The Effects of Different Intensities and Durations of the General Warm-up on Leg Press 1RM. Journal of Strength and Conditioning Research, 2013, 27, 1009-1013.	1.0	12
125	Effects of Endurance Training on Motor Signs of Parkinsonâ€™s Disease: A Systematic Review and Meta-Analysis. Sports Medicine, 2022, 52, 1789-1815.	3.1	12
126	Multivariate Analysis in the Maximum Strength Performance. International Journal of Sports Medicine, 2012, 33, 970-974.	0.8	11

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127	Effects of resistance training in gray matter density of elderly. Sport Sciences for Health, 2017, 13, 233-238.	0.4	11
128	The rating of perceived exertion predicts intermittent vertical jump demand and performance. Journal of Sports Sciences, 2011, 29, 927-932.	1.0	10
129	Influence of Different Resistance Exercise Loading Schemes on Mechanical Power Output in Work to Rest Ratio â€“ Equated and â€“ Nonequated Conditions. Journal of Strength and Conditioning Research, 2012, 26, 1308-1312.	1.0	10
130	Different Resistance-Training Regimens Evoked a Similar Increase in Myostatin Inhibitors Expression. International Journal of Sports Medicine, 2015, 36, 761-768.	0.8	10
131	Low-intensity resistance training with partial blood flow restriction and high-intensity resistance training induce similar changes in skeletal muscle transcriptome in elderly humans. Applied Physiology, Nutrition and Metabolism, 2019, 44, 216-220.	0.9	10
132	Does carbohydrate supplementation enhance tennis match play performance?. Journal of the International Society of Sports Nutrition, 2013, 10, 46.	1.7	9
133	Self-selected vs. Fixed Repetition Duration: Effects on Number of Repetitions and Muscle Activation in Resistance-Trained Men. Journal of Strength and Conditioning Research, 2018, 32, 2419-2424.	1.0	9
134	Acute effects of aerobic exercise performed with different volumes on strength performance and neuromuscular parameters. European Journal of Sport Science, 2019, 19, 287-294.	1.4	9
135	The Adapted Resistance Training with Instability Randomized Controlled Trial for Gait Automaticity. Movement Disorders, 2021, 36, 152-163.	2.2	9
136	Does Varying Repetition Tempo in a Single-Joint Lower Body Exercise Augment Muscle Size and Strength in Resistance-Trained Men?. Journal of Strength and Conditioning Research, 2022, 36, 2162-2168.	1.0	9
137	Poor sleep quality is associated with cognitive, mobility, and anxiety disability that underlie freezing of gait in Parkinsonâ€™s disease. Gait and Posture, 2021, 85, 157-163.	0.6	9
138	Resistance training variable manipulations are less relevant than intrinsic biology in affecting muscle fiber hypertrophy. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 821-832.	1.3	9
139	Evaluation of an Innovative Critical Power Model in Intermittent Vertical Jump. International Journal of Sports Medicine, 2009, 30, 802-807.	0.8	8
140	Influence of high- and low-carbohydrate diet following glycogen-depleting exercise on heart rate variability and plasma catecholamines. Applied Physiology, Nutrition and Metabolism, 2010, 35, 541-547.	0.9	8
141	Repeated Bouts of Advanced Strength Training Techniques: Effects on Volume Load, Metabolic Responses, and Muscle Activation in Trained Individuals. Sports, 2019, 7, 14.	0.7	8
142	Does creatine supplementation improve the plasma lipid profile in healthy male subjects undergoing aerobic training?. Journal of the International Society of Sports Nutrition, 2008, 5, 16.	1.7	7
143	Manipulation of Rest Period Length Induces Different Causes of Fatigue in Vertical Jumping. International Journal of Sports Medicine, 2009, 30, 325-330.	0.8	7
144	Efeito do nÃºmero e intensidade das aÃ§Ãµes excÃªntricas nos indicadores de dano muscular. Revista Brasileira De Medicina Do Esporte, 2011, 17, 401-404.	0.1	7

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145	EstratÃ©gia de corrida em mÃ©dia e longa distÃ¢ncia: como ocorrem os ajustes de velocidade ao longo da prova?. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2012, 26, 351-363.	0.1	7
146	Concurrent Training with Blood Flow Restriction does not Decrease Inflammatory Markers. International Journal of Sports Medicine, 2018, 39, 29-36.	0.8	7
147	Daily Leucine Intake Is Positively Associated with Lower Limb Skeletal Muscle Mass and Strength in the Elderly. Nutrients, 2021, 13, 3536.	1.7	7
148	The stretch shortening cycle and the vertical jumping ability. Revista Paulista De EducaÃ§Ã£o FÃsica, 1998, 12, 85.	0.0	6
149	Effect of individualized resistance training prescription with heart rate variability on individual muscle hypertrophy and strength responses. European Journal of Sport Science, 2019, 19, 1092-1100.	1.4	6
150	Blood Flow Restriction Does Not Promote Additional Effects on Muscle Adaptations When Combined With High-Load Resistance Training Regardless of Blood Flow Restriction Protocol. Journal of Strength and Conditioning Research, 2021, 35, 1194-1200.	1.0	6
151	Resistance training with instability in multiple system atrophy: a case report. Journal of Sports Science and Medicine, 2014, 13, 597-603.	0.7	6
152	ACUTE EFFECT OF TWO AEROBIC EXERCISE MODES ON MAXIMUM STRENGTH AND STRENGTH ENDURANCE. Journal of Strength and Conditioning Research, 2007, 21, 1286-1290.	1.0	5
153	Efeito da massagem clÃ¡ssica na percepÃ§Ã£o subjetiva de dor, edema, amplitude articular e forÃ§a mÃ¡xima apÃ³s dor muscular tardia induzida pelo exercÃcio. Revista Brasileira De Medicina Do Esporte, 2010, 16, 36-40.	0.1	5
154	Efeito da ordem dos exercÃcios no nÃºmero de repetiÃ§Ãµes e na percepÃ§Ã£o subjetiva de esforÃ§o em homens treinados em forÃ§a. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2011, 25, 127-135.	0.1	5
155	Efeito da familiarizaÃ§Ã£o na estabilizaÃ§Ã£o dos valores de 1RM para homens e mulheres. Motriz Revista De Educacao Fisica, 2011, 17, 610-617.	0.3	5
156	Do whole-body vibration exercise and resistance exercise modify concentrations of salivary cortisol and immunoglobulin A?. Brazilian Journal of Medical and Biological Research, 2011, 44, 592-597.	0.7	5
157	Vertical jump fatigue does not affect intersegmental coordination and segmental contribution. Motriz Revista De Educacao Fisica, 2014, 20, 303-309.	0.3	5
158	Space protection dynamics in basketball: Validation and application to the evaluation of offense-defense patterns. Motriz Revista De Educacao Fisica, 2015, 21, 34-44.	0.3	5
159	The Effects of a Dance-Based Program on the Postural Control in Older Women. Topics in Geriatric Rehabilitation, 2017, 33, 244-249.	0.2	5
160	Assessing basketball offensive structure: The role of concatenations in space creation dynamics. International Journal of Sports Science and Coaching, 2019, 14, 179-189.	0.7	5
161	Age-Related Changes in Presynaptic Inhibition During Gait Initiation. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2021, 76, 568-575.	1.7	5
162	Session Rating of Perceived Exertion as an Efficient Tool for Individualized Resistance Training Progression. Journal of Strength and Conditioning Research, 2022, 36, 971-976.	1.0	5

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163	INTERMITTENT EXERCISE AS A CONDITIONING ACTIVITY TO INDUCE POSTACTIVATION POTENTIATION. Journal of Strength and Conditioning Research, 2007, 21, 837-840.	1.0	4
164	Efeito agudo dos exercÃcios de flexibilidade no desempenho de forÃ§a mÃ¡xima e resistÃªncia de forÃ§a de membros inferiores e superiores. Motriz Revista De Educacao Fisica, 2012, 18, 345-355.	0.3	4
165	Minimal Detectable Change for Balance Using the Biodex Balance System in Patients with Parkinson Disease. PM and R, 2020, 12, 281-287.	0.9	4
166	Immediate Effects of Acupuncture on Force and Delayed Onset of Muscle Soreness. Medical Acupuncture, 2021, 33, 203-211.	0.3	4
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