

Carlos Ugrinowitsch

List of Publications by Citations

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196
papers

4,742
citations

36
h-index

61
g-index

227
ext. papers

5,679
ext. citations

2.7
avg, IF

5.58
L-index

#	Paper	IF	Citations
196	Strength training with blood flow restriction diminishes myostatin gene expression. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 406-12	1.2	255
195	Meta-analysis of postactivation potentiation and power: effects of conditioning activity, volume, gender, rest periods, and training status. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 854-9	3.2	216
194	Resistance training-induced changes in integrated myofibrillar protein synthesis are related to hypertrophy only after attenuation of muscle damage. <i>Journal of Physiology</i> , 2016 , 594, 5209-22	3.9	164
193	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. <i>Sports Medicine</i> , 2018 , 48, 361-378	10.6	150
192	Peak torque and rate of torque development in elderly with and without fall history. <i>Clinical Biomechanics</i> , 2010 , 25, 450-4	2.2	140
191	Comparisons between low-intensity resistance training with blood flow restriction and high-intensity resistance training on quadriceps muscle mass and strength in elderly. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 1071-6	3.2	128
190	A review of resistance training-induced changes in skeletal muscle protein synthesis and their contribution to hypertrophy. <i>Sports Medicine</i> , 2015 , 45, 801-7	10.6	123
189	Strength training improves fall-related gait kinematics in the elderly: a randomized controlled trial. <i>Clinical Biomechanics</i> , 2009 , 24, 819-25	2.2	111
188	Effects of exercise intensity and occlusion pressure after 12 weeks of resistance training with blood-flow restriction. <i>European Journal of Applied Physiology</i> , 2015 , 115, 2471-80	3.4	109
187	Early resistance training-induced increases in muscle cross-sectional area are concomitant with edema-induced muscle swelling. <i>European Journal of Applied Physiology</i> , 2016 , 116, 49-56	3.4	103
186	Effects of strength training and vascular occlusion. <i>International Journal of Sports Medicine</i> , 2008 , 29, 664-7	3.6	91
185	Short-term effects on lower-body functional power development: weightlifting vs. vertical jump training programs. <i>Journal of Strength and Conditioning Research</i> , 2005 , 19, 433-7	3.2	86
184	Acute effect of a ballistic and a static stretching exercise bout on flexibility and maximal strength. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 304-8	3.2	84
183	The development of skeletal muscle hypertrophy through resistance training: the role of muscle damage and muscle protein synthesis. <i>European Journal of Applied Physiology</i> , 2018 , 118, 485-500	3.4	78
182	Resistance training with vascular occlusion in inclusion body myositis: a case study. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 250-4	1.2	75
181	Nonlinear periodization maximizes strength gains in split resistance training routines. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1321-6	3.2	70
180	Effect of bench press exercise intensity on muscle soreness and inflammatory mediators. <i>Journal of Sports Sciences</i> , 2009 , 27, 499-507	3.6	67

179	Determining the Optimum Power Load in Jump Squat Using the Mean Propulsive Velocity. <i>PLoS ONE</i> , 2015 , 10, e0140102	3.7	63
178	Limitations of ordinary least squares models in analyzing repeated measures data. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 2144-8	1.2	63
177	Susceptibility to Exercise-Induced Muscle Damage: a Cluster Analysis with a Large Sample. <i>International Journal of Sports Medicine</i> , 2016 , 37, 633-40	3.6	62
176	Effects of different intensities of resistance training with equated volume load on muscle strength and hypertrophy. <i>European Journal of Sport Science</i> , 2018 , 18, 772-780	3.9	60
175	Effects of strength and power training on neuromuscular variables in older adults. <i>Journal of Aging and Physical Activity</i> , 2012 , 20, 171-85	1.6	58
174	Effect of concurrent training with blood flow restriction in the elderly. <i>International Journal of Sports Medicine</i> , 2015 , 36, 395-9	3.6	56
173	Resistance Training with Instability for Patients with Parkinson's Disease. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 1678-87	1.2	52
172	Predicting MAOD using only a supramaximal exhaustive test. <i>International Journal of Sports Medicine</i> , 2010 , 31, 477-81	3.6	51
171	The effect of carbohydrate mouth rinse on maximal strength and strength endurance. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2381-6	3.4	50
170	The effects of a water-based exercise program on strength and functionality of older adults. <i>Journal of Aging and Physical Activity</i> , 2012 , 20, 469-83	1.6	48
169	Effects of creatine supplementation on renal function: a randomized, double-blind, placebo-controlled clinical trial. <i>European Journal of Applied Physiology</i> , 2008 , 103, 33-40	3.4	48
168	Changes in exercises are more effective than in loading schemes to improve muscle strength. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 3085-92	3.2	44
167	Vastus lateralis muscle cross-sectional area ultrasonography validity for image fitting in humans. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 3293-7	3.2	44
166	Effect of Resistance Training to Muscle Failure vs. Volitional Interruption at High- and Low-Intensities on Muscle Mass and Strength. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 162-169	3.2	43
165	Acute effect of two aerobic exercise modes on maximum strength and strength endurance. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 1286-90	3.2	43
164	Influence of training background on jumping height. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 848-52	3.2	42
163	Effects of creatine supplementation on glucose tolerance and insulin sensitivity in sedentary healthy males undergoing aerobic training. <i>Amino Acids</i> , 2008 , 34, 245-50	3.5	40
162	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. <i>European Journal of Applied Physiology</i> , 2017 , 117, 359-369	3.4	38

161	Creatine but not betaine supplementation increases muscle phosphorylcreatine content and strength performance. <i>Amino Acids</i> , 2012 , 42, 2299-305	3.5	38
160	Transient effects of stretching exercises on gait parameters of elderly women. <i>Manual Therapy</i> , 2009 , 14, 167-72		36
159	Effects of rate of force development on EMG amplitude and frequency. <i>International Journal of Sports Medicine</i> , 2005 , 26, 66-70	3.6	33
158	Molecular adaptations to concurrent training. <i>International Journal of Sports Medicine</i> , 2013 , 34, 207-13	3.6	32
157	Balance and fear of falling in subjects with Parkinson's disease is improved after exercises with motor complexity. <i>Gait and Posture</i> , 2018 , 61, 90-97	2.6	29
156	Blood flow restriction: how does it work?. <i>Frontiers in Physiology</i> , 2012 , 3, 392	4.6	29
155	Effects of static stretching on energy cost and running endurance performance. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 2274-9	3.2	29
154	Plyometric Long Jump Training With Progressive Loading Improves Kinetic and Kinematic Swimming Start Parameters. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2392-8	3.2	28
153	Akt/mTOR pathway contributes to skeletal muscle anti-atrophic effect of aerobic exercise training in heart failure mice. <i>International Journal of Cardiology</i> , 2016 , 214, 137-47	3.2	28
152	Cardiopulmonary, blood metabolite and rating of perceived exertion responses to constant exercises performed at different intensities until exhaustion. <i>British Journal of Sports Medicine</i> , 2011 , 45, 1119-25	10.3	27
151	Expression of genes related to muscle plasticity after strength and power training regimens. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20, 216-25	4.6	27
150	Time Course of Resistance Training-Induced Muscle Hypertrophy in the Elderly. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 159-63	3.2	27
149	Early- and later-phases satellite cell responses and myonuclear content with resistance training in young men. <i>PLoS ONE</i> , 2018 , 13, e0191039	3.7	26
148	Creatine supplementation prevents acute strength loss induced by concurrent exercise. <i>European Journal of Applied Physiology</i> , 2014 , 114, 1749-55	3.4	26
147	Influence of strength training background on postactivation potentiation response. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 2496-502	3.2	26
146	Hormonal responses to different resistance exercise schemes of similar total volume. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 2003-8	3.2	26
145	Resistance Training Improves Sleep Quality in Subjects With Moderate Parkinson's Disease. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2270-2277	3.2	25
144	Space creation dynamics in basketball offence: validation and evaluation of elite teams. <i>International Journal of Performance Analysis in Sport</i> , 2011 , 11, 71-84	1.8	25

143	Maximal strength, number of repetitions, and total volume are differently affected by static-, ballistic-, and proprioceptive neuromuscular facilitation stretching. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 2432-7	3.2	25
142	Effects of Different Combinations of Strength, Power, and Plyometric Training on the Physical Performance of Elite Young Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 1468-1476 ²⁴	3.2	24
141	Tensiomyography parameters and jumping and sprinting performance in Brazilian elite soccer players. <i>Sports Biomechanics</i> , 2015 , 14, 340-50	2.2	24
140	Effect of eccentric contraction velocity on muscle damage in repeated bouts of elbow flexor exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010 , 35, 534-40	3	24
139	Muscle Fiber Hypertrophy and Myonuclei Addition: A Systematic Review and Meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 1385-1393	1.2	23
138	Blood flow restriction increases metabolic stress but decreases muscle activation during high-load resistance exercise. <i>Muscle and Nerve</i> , 2018 , 57, 107-111	3.4	23
137	Association between neuromuscular tests and kumite performance on the brazilian karate national team. <i>Journal of Sports Science and Medicine</i> , 2009 , 8, 20-4	2.7	23
136	The Association Between Muscle Deoxygenation and Muscle Hypertrophy to Blood Flow Restricted Training Performed at High and Low Loads. <i>Frontiers in Physiology</i> , 2019 , 10, 446	4.6	22
135	Blunted Maximal and Submaximal Responses to Cardiopulmonary Exercise Tests in Patients With Parkinson Disease. <i>Archives of Physical Medicine and Rehabilitation</i> , 2016 , 97, 720-5	2.8	22
134	Combination of general and specific warm-ups improves leg-press one repetition maximum compared with specific warm-up in trained individuals. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 2242-5	3.2	22
133	Effect of different resistance-training regimens on the WNT-signaling pathway. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2535-45	3.4	22
132	Intermittent exercise as a conditioning activity to induce postactivation potentiation. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 837-40	3.2	22
131	Effects of Progressive Resistance Training on Cardiovascular Autonomic Regulation in Patients With Parkinson Disease: A Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2017 , 98, 2134-2141	2.8	21
130	Different loading schemes in power training during the preseason promote similar performance improvements in Brazilian elite soccer players. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1791-7	3.2	21
129	Effects of strength and power training on neuromuscular adaptations and jumping movement pattern and performance. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 3335-44	3.2	21
128	A Randomized, Controlled Trial of Exercise for Parkinsonian Individuals With Freezing of Gait. <i>Movement Disorders</i> , 2020 , 35, 1607-1617	7	20
127	Effects of concurrent strength and endurance training on genes related to myostatin signaling pathway and muscle fiber responses. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 3215-23	3.2	20
126	Training at the optimum power zone produces similar performance improvements to traditional strength training. <i>Journal of Sports Science and Medicine</i> , 2013 , 12, 109-15	2.7	20

125	Blood flow restricted resistance training attenuates myostatin gene expression in a patient with inclusion body myositis. <i>Biology of Sport</i> , 2014 , 31, 121-4	4.3	19
124	Effect of eccentric exercise velocity on akt/mtor/p70(s6k) signaling in human skeletal muscle. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011 , 36, 283-90	3	19
123	Vascular occlusion training for inclusion body myositis: a novel therapeutic approach. <i>Journal of Visualized Experiments</i> , 2010 ,	1.6	19
122	Cerebral Regulation in Different Maximal Aerobic Exercise Modes. <i>Frontiers in Physiology</i> , 2016 , 7, 253	4.6	19
121	Resistance training in young men induces muscle transcriptome-wide changes associated with muscle structure and metabolism refining the response to exercise-induced stress. <i>European Journal of Applied Physiology</i> , 2018 , 118, 2607-2616	3.4	19
120	Effects of resisted sprint training on sprinting ability and change of direction speed in professional soccer players. <i>Journal of Sports Sciences</i> , 2018 , 36, 1923-1929	3.6	18
119	Caffeine and Placebo Improved Maximal Exercise Performance Despite Unchanged Motor Cortex Activation and Greater Prefrontal Cortex Deoxygenation. <i>Frontiers in Physiology</i> , 2018 , 9, 1144	4.6	18
118	Invasion team sports: strategy and match modeling. <i>International Journal of Performance Analysis in Sport</i> , 2014 , 14, 307-329	1.8	18
117	Salivary hormone and immune responses to three resistance exercise schemes in elite female athletes. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 2322-7	3.2	18
116	Myofibrillar protein synthesis and muscle hypertrophy individualized responses to systematically changing resistance training variables in trained young men. <i>Journal of Applied Physiology</i> , 2019 , 127, 806-815	3.7	17
115	Incidence of adverse events associated with percutaneous muscular biopsy among healthy and diseased subjects. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2012 , 22, 175-8	4.6	17
114	Cardiac work remains high after strength exercise in elderly. <i>International Journal of Sports Medicine</i> , 2013 , 34, 391-7	3.6	17
113	Spinal unloading after abdominal exercises. <i>Clinical Biomechanics</i> , 2008 , 23, 8-14	2.2	17
112	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. <i>Biology of Sport</i> , 2016 , 33, 277-83	4.3	17
111	High-Intensity Progressive Resistance Training Increases Strength With No Change in Cardiovascular Function and Autonomic Neural Regulation in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2015 , 23, 339-45	1.6	16
110	Modeling the Offensive-Defensive Interaction and Resulting Outcomes in Basketball. <i>PLoS ONE</i> , 2015 , 10, e0144435	3.7	16
109	Strength and power training did not modify cardiovascular responses to aerobic exercise in elderly subjects. <i>Brazilian Journal of Medical and Biological Research</i> , 2011 , 44, 864-70	2.8	16
108	Effects of Sleep Deprivation on Acute Skeletal Muscle Recovery after Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 507-514	1.2	16

107	Individual Muscle Hypertrophy and Strength Responses to High vs. Low Resistance Training Frequencies. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 897-901	3.2	16
106	Auto-Regulated Exercise Selection Training Regimen Produces Small Increases in Lean Body Mass and Maximal Strength Adaptations in Strength-trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 1133-1140	3.2	15
105	High-frequency resistance training does not promote greater muscular adaptations compared to low frequencies in young untrained men. <i>European Journal of Sport Science</i> , 2018 , 18, 1077-1082	3.9	15
104	Patients with Parkinson disease present high ambulatory blood pressure variability. <i>Clinical Physiology and Functional Imaging</i> , 2017 , 37, 530-535	2.4	14
103	Resistance training with instability is more effective than resistance training in improving spinal inhibitory mechanisms in Parkinson's disease. <i>Journal of Applied Physiology</i> , 2017 , 122, 1-10	3.7	14
102	Instability Resistance Training Improves Neuromuscular Outcome in Parkinson's Disease. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 652-660	1.2	14
101	Different Patterns in Muscular Strength and Hypertrophy Adaptations in Untrained Individuals Undergoing Nonperiodized and Periodized Strength Regimens. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 1238-1244	3.2	14
100	An inability to distinguish edematous swelling from true hypertrophy still prevents a completely accurate interpretation of the time course of muscle hypertrophy. <i>European Journal of Applied Physiology</i> , 2016 , 116, 445-6	3.4	14
99	Early adaptations to six weeks of non-periodized and periodized strength training regimens in recreational males. <i>Journal of Sports Science and Medicine</i> , 2014 , 13, 604-9	2.7	14
98	Effects of Strength Training Associated With Whole-Body Vibration Training on Running Economy and Vertical Stiffness. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 2215-20	3.2	13
97	Distinct temporal organizations of the strength- and power-training loads produce similar performance improvements. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 188-94	3.2	13
96	The influence of familiarization sessions on the stability of ramp and ballistic isometric torque in older adults. <i>Journal of Aging and Physical Activity</i> , 2010 , 18, 390-400	1.6	13
95	Muscle Hypertrophy Response Is Affected by Previous Resistance Training Volume in Trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	13
94	Effects of different strength training frequencies during reduced training period on strength and muscle cross-sectional area. <i>European Journal of Sport Science</i> , 2017 , 17, 665-672	3.9	12
93	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. <i>Journal of Sport Rehabilitation</i> , 2019 , 28, 706-710	1.7	12
92	Caffeine effects on VO test outcomes investigated by a placebo perceived-as-caffeine design. <i>Nutrition and Health</i> , 2017 , 23, 231-238	2.1	12
91	The influence of resting period length on jumping performance. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 1259-64	3.2	12
90	Monitoring external and internal loads of brazilian soccer referees during official matches. <i>Journal of Sports Science and Medicine</i> , 2013 , 12, 559-64	2.7	12

89	Electromechanical delay of the knee extensor muscles: comparison among young, middle-age and older individuals. <i>Clinical Physiology and Functional Imaging</i> , 2015 , 35, 245-9	2.4	11
88	Carbohydrate Mouth Rinse Fails to Improve Four-Kilometer Cycling Time Trial Performance. <i>Nutrients</i> , 2018 , 10,	6.7	11
87	Cardiovascular Responses During Resistance Exercise in Patients With Parkinson Disease. <i>PM and R</i> , 2018 , 10, 1145-1152	2.2	11
86	Interference Phenomenon with Concurrent Strength and High-Intensity Interval Training-Based Aerobic Training: An Updated Model. <i>Sports Medicine</i> , 2021 , 51, 599-605	10.6	11
85	Loss of presynaptic inhibition for step initiation in parkinsonian individuals with freezing of gait. <i>Journal of Physiology</i> , 2020 , 598, 1611-1624	3.9	10
84	Aerobic Exercise-Induced Changes in Cardiorespiratory Fitness in Breast Cancer Patients Receiving Chemotherapy: A Systematic Review and Meta-Analysis. <i>Cancers</i> , 2020 , 12,	6.6	10
83	Hemodynamic Responses to Blood Flow Restriction and Resistance Exercise to Muscular Failure. <i>International Journal of Sports Medicine</i> , 2017 , 38, 134-140	3.6	9
82	The rating of perceived exertion predicts intermittent vertical jump demand and performance. <i>Journal of Sports Sciences</i> , 2011 , 29, 927-32	3.6	9
81	Bioenergetics and neuromuscular determinants of the time to exhaustion at velocity corresponding to VO ₂ max in recreational long-distance runners. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 2096-102	3.2	9
80	Acute effects of aerobic exercise performed with different volumes on strength performance and neuromuscular parameters. <i>European Journal of Sport Science</i> , 2019 , 19, 287-294	3.9	8
79	Influence of high- and low-carbohydrate diet following glycogen-depleting exercise on heart rate variability and plasma catecholamines. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010 , 35, 541-7	3	8
78	Does carbohydrate supplementation enhance tennis match play performance?. <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10, 46	4.5	7
77	The effects of different intensities and durations of the general warm-up on leg press 1RM. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1009-13	3.2	7
76	Efeitos da suplementação de creatina sobre força e hipertrofia muscular: atualizações. <i>Revista Brasileira De Medicina Do Esporte</i> , 2010 , 16, 219-223	0.5	7
75	Evaluation of an innovative critical power model in intermittent vertical jump. <i>International Journal of Sports Medicine</i> , 2009 , 30, 802-7	3.6	7
74	Multivariate analysis in the maximum strength performance. <i>International Journal of Sports Medicine</i> , 2012 , 33, 970-4	3.6	7
73	Influence of different resistance exercise loading schemes on mechanical power output in work to rest ratio - equated and - nonequated conditions. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 1308-12	3.2	7
72	Low-intensity resistance training with partial blood flow restriction and high-intensity resistance training induce similar changes in skeletal muscle transcriptome in elderly humans. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019 , 44, 216-220	3	6

71	Basketball players' versatility: Assessing the diversity of tactical roles. <i>International Journal of Sports Science and Coaching</i> , 2019 , 14, 552-561	1.8	6
70	Estratégia de corrida em média e longa distância: como ocorrem os ajustes de velocidade ao longo da prova?. <i>Revista Brasileira De Educação Física E Esporte: RBEFE</i> , 2012 , 26, 351-363	0.8	6
69	Manipulation of rest period length induces different causes of fatigue in vertical jumping. <i>International Journal of Sports Medicine</i> , 2009 , 30, 325-30	3.6	6
68	A suplementação de creatina prejudica a função renal?. <i>Revista Brasileira De Medicina Do Esporte</i> , 2008 , 14, 68-73	0.5	6
67	Resistance training with instability in multiple system atrophy: a case report. <i>Journal of Sports Science and Medicine</i> , 2014 , 13, 597-603	2.7	6
66	Different Resistance-Training Regimens Evoked a Similar Increase in Myostatin Inhibitors Expression. <i>International Journal of Sports Medicine</i> , 2015 , 36, 761-8	3.6	5
65	Self-selected vs. Fixed Repetition Duration: Effects on Number of Repetitions and Muscle Activation in Resistance-Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 2419-2424	3.2	5
64	Space protection dynamics in basketball: Validation and application to the evaluation of offense-defense patterns. <i>Motriz Revista De Educacao Fisica</i> , 2015 , 21, 34-44	0.9	5
63	Efeito da ordem dos exercícios no número de repetições e na percepção subjetiva de esforço em homens treinados em força. <i>Revista Brasileira De Educação Física E Esporte: RBEFE</i> , 2011 , 25, 127-135	0.8	5
62	Efeito do número e intensidade das séries excêntricas nos indicadores de dano muscular. <i>Revista Brasileira De Medicina Do Esporte</i> , 2011 , 17, 401-404	0.5	5
61	Do whole-body vibration exercise and resistance exercise modify concentrations of salivary cortisol and immunoglobulin A?. <i>Brazilian Journal of Medical and Biological Research</i> , 2011 , 44, 592-7	2.8	5
60	Progressive Resistance Training Volume: Effects on Muscle Thickness, Mass, and Strength Adaptations in Resistance-Trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	5
59	The Adapted Resistance Training with Instability Randomized Controlled Trial for Gait Automaticity. <i>Movement Disorders</i> , 2021 , 36, 152-163	7	5
58	Effect of individualized resistance training prescription with heart rate variability on individual muscle hypertrophy and strength responses. <i>European Journal of Sport Science</i> , 2019 , 19, 1092-1100	3.9	4
57	The Effects of a Dance-Based Program on the Postural Control in Older Women. <i>Topics in Geriatric Rehabilitation</i> , 2017 , 33, 244-249	0.7	4
56	Effects of resistance training in gray matter density of elderly. <i>Sport Sciences for Health</i> , 2017 , 13, 233-238	3.3	4
55	Vertical jump fatigue does not affect intersegmental coordination and segmental contribution. <i>Motriz Revista De Educacao Fisica</i> , 2014 , 20, 303-309	0.9	4
54	Efeito da massagem clássica na percepção subjetiva de dor, edema, amplitude articular e força máxima após dor muscular tardia induzida pelo exercício. <i>Revista Brasileira De Medicina Do Esporte</i> , 2010 , 16, 36-40	0.5	4

53	Does creatine supplementation improve the plasma lipid profile in healthy male subjects undergoing aerobic training?. <i>Journal of the International Society of Sports Nutrition</i> , 2008 , 5, 16	4.5	4
52	ACUTE EFFECT OF TWO AEROBIC EXERCISE MODES ON MAXIMUM STRENGTH AND STRENGTH ENDURANCE. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 1286-1290	3.2	4
51	The stretch shortening cycle and the vertical jumping ability. <i>Revista Paulista De Educaç�o F�sica</i> , 1998 , 12, 85		4
50	Different Movement Strategies in the Countermovement Jump Amongst a Large Cohort of NBA Players. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	4
49	Repeated Bouts of Advanced Strength Training Techniques: Effects on Volume Load, Metabolic Responses, and Muscle Activation in Trained Individuals. <i>Sports</i> , 2019 , 7,	3	4
48	Minimal Detectable Change for Balance Using the Biodex Balance System in Patients with Parkinson Disease. <i>PM and R</i> , 2020 , 12, 281-287	2.2	4
47	INTERMITTENT EXERCISE AS A CONDITIONING ACTIVITY TO INDUCE POSTACTIVATION POTENTIATION. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 837-840	3.2	3
46	The acute effects of varying strength exercises bouts on 5Km running. <i>Journal of Sports Science and Medicine</i> , 2011 , 10, 565-70	2.7	3
45	Concurrent Training with Blood Flow Restriction does not Decrease Inflammatory Markers. <i>International Journal of Sports Medicine</i> , 2018 , 39, 29-36	3.6	3
44	Effects of light deprivation in physical performance and psychophysiological responses to a time-to-exhaustion exercise test. <i>Physiology and Behavior</i> , 2015 , 151, 535-40	3.5	2
43	The number of sessions required to stabilize peak torque and rate of torque development in isometric contractions in young, middle-age and older individuals. <i>Isokinetics and Exercise Science</i> , 2016 , 24, 165-170	0.6	2
42	Short-term resistance training with instability reduces impairment in V wave and H reflex in individuals with Parkinson's disease. <i>Journal of Applied Physiology</i> , 2019 , 127, 89-97	3.7	2
41	Treinamento f�sico: considera�es pr�ticas e cient�ficas. <i>Revista Brasileira De Educaç�o F�sica E Esporte: RBEFE</i> , 2011 , 25, 53-65	0.8	2
40	Poor sleep quality is associated with cognitive, mobility, and anxiety disability that underlie freezing of gait in Parkinson's disease. <i>Gait and Posture</i> , 2021 , 85, 157-163	2.6	2
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