

# Felix Alberto Morales Palomo

## 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.

32  
papers

246  
citations

10  
h-index

14  
g-index

42  
ext. papers

340  
ext. citations

3.1  
avg, IF

3.55  
L-index

#	Paper	IF	Citations
32	Effects of aerobic interval training on arterial stiffness and microvascular function in patients with metabolic syndrome. <i>Journal of Clinical Hypertension</i> , <b>2018</b> , 20, 11-18	2.3	25
31	Effects of Simultaneous or Sequential Weight Loss Diet and Aerobic Interval Training on Metabolic Syndrome. <i>International Journal of Sports Medicine</i> , <b>2016</b> , 37, 274-81	3.6	25
30	Effectiveness of Aerobic Exercise Programs for Health Promotion in Metabolic Syndrome. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 1876-1883	1.2	21
29	Dietary supplementation with omega-3 fatty acids and oleate enhances exercise training effects in patients with metabolic syndrome. <i>Obesity</i> , <b>2016</b> , 24, 1704-11	8	18
28	Ambulatory blood pressure response to a bout of HIIT in metabolic syndrome patients. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 1403-1411	3.4	17
27	Effects of repeated yearly exposure to exercise-training on blood pressure and metabolic syndrome evolution. <i>Journal of Hypertension</i> , <b>2017</b> , 35, 1992-1999	1.9	17
26	Weight loss but not gains in cardiorespiratory fitness after exercise-training predicts improved health risk factors in metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2018</b> , 28, 1267-1274	4.5	14
25	Aerobic interval training reduces vascular resistances during submaximal exercise in obese metabolic syndrome individuals. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 2065-2073	3.4	13
24	Insulin sensitivity improvement with exercise training is mediated by body weight loss in subjects with metabolic syndrome. <i>Diabetes and Metabolism</i> , <b>2020</b> , 46, 210-218	5.4	12
23	Acute Hypotension after High-Intensity Interval Exercise in Metabolic Syndrome Patients. <i>International Journal of Sports Medicine</i> , <b>2017</b> , 38, 560-567	3.6	11
22	Importance of a verification test to accurately assess V O max in unfit individuals with obesity. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 583-590	4.6	9
21	Exercise improves metformin 72-h glucose control by reducing the frequency of hyperglycemic peaks. <i>Acta Diabetologica</i> , <b>2020</b> , 57, 715-723	3.9	8
20	Cardiovascular Drift during Training for Fitness in Patients with Metabolic Syndrome. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 518-526	1.2	7
19	Effects of intense aerobic exercise and/or antihypertensive medication in individuals with metabolic syndrome. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 2042-2051	4.6	6
18	Exercise Training Adaptations in Metabolic Syndrome Individuals on Chronic Statin Treatment. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2020</b> , 105,	5.6	5
17	Substitution of parts of aerobic training by resistance training lowers fasting hyperglycemia in individuals with metabolic syndrome. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2021</b> , 46, 69-76	3	5
16	Effects of statin therapy and exercise on postprandial triglycerides in overweight individuals with hypercholesterolaemia. <i>British Journal of Clinical Pharmacology</i> , <b>2020</b> , 86, 1089-1099	3.8	4

15	Training intensity relative to ventilatory thresholds determines cardiorespiratory fitness improvements in sedentary adults with obesity. <i>European Journal of Sport Science</i> , <b>2019</b> , 19, 549-556	3.9	4
14	Exercise Periodization over the Year Improves Metabolic Syndrome and Medication Use. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 1983-1991	1.2	4
13	Post-exercise Hypotension Produced by Supramaximal Interval Exercise is Potentiated by Angiotensin Receptor Blockers. <i>International Journal of Sports Medicine</i> , <b>2019</b> , 40, 756-761	3.6	3
12	The use of a graded exercise test may be insufficient to quantify true changes in V <sub>o</sub> following exercise training in unfit individuals with metabolic syndrome. <i>Journal of Applied Physiology</i> , <b>2020</b> , 129, 760-767	3.7	3
11	Intense aerobic exercise lowers blood pressure in individuals with metabolic syndrome taking antihypertensive medicine. <i>Blood Pressure Monitoring</i> , <b>2018</b> , 23, 230-236	1.3	3
10	Effects of Exercise Training during Christmas on Body Weight and Cardiometabolic Health in Overweight Individuals. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	2
9	Effects of statins and exercise on postprandial lipoproteins in metabolic syndrome vs metabolically healthy individuals. <i>British Journal of Clinical Pharmacology</i> , <b>2021</b> , 87, 955-964	3.8	2
8	One Bout of Resistance Training Does Not Enhance Metformin Actions in Pre- and Diabetic Individuals.. <i>Medicine and Science in Sports and Exercise</i> , <b>2022</b> ,	1.2	1
7	Effects of antihypertensive medication and high-intensity interval training in hypertensive metabolic syndrome individuals. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2021</b> , 31, 1411-1419	4.6	1
6	Women with metabolic syndrome show similar health benefits from high-intensity interval training than men. <i>PLoS ONE</i> , <b>2019</b> , 14, e0225893	3.7	1
5	Exercise Reduces Medication for Metabolic Syndrome Management: A 5-Year Follow-up Study. <i>Medicine and Science in Sports and Exercise</i> , <b>2021</b> , 53, 1319-1325	1.2	1
4	Endurance Exercise Training reduces Blood Pressure according to the Wilder's Principle. <i>International Journal of Sports Medicine</i> , <b>2021</b> ,	3.6	1
3	Effects of chronic metformin treatment on training adaptations in men and women with hyperglycemia: A prospective study.. <i>Obesity</i> , <b>2022</b> ,	8	1
2	Response to Letter to the Editor Allard et al: "Exercise Training Adaptations in Metabolic Syndrome Individuals on Chronic Statin Treatment". <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2020</b> , 105,	5.6	0
1	Concurrent endurance and resistance training enhances muscular adaptations in individuals with metabolic syndrome. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2021</b> , 31, 1440-1449	4.6	0