Jeremy Loenneke

List of Publications by Year
in descending order

363	10,665	31949 53	60583 81
papers	citations	h-index	g-index

364	364	364	5620
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Comparisons of calorie restriction and structured exercise on reductions in visceral and abdominal subcutaneous adipose tissue: a systematic review. European Journal of Clinical Nutrition, 2022, 76, 184-195.	1.3	14
2	Blood flow restriction training on resting blood pressure and heart rate: a meta-analysis of the available literature. Journal of Human Hypertension, 2022, 36, 738-743.	1.0	7
3	Blood Flow Restricted Exercise and Discomfort: A Review. Journal of Strength and Conditioning Research, 2022, 36, 871-879.	1.0	39
4	The Effect of Blood Flow Restriction Therapy on Recovery After Experimentally Induced Muscle Weakness and Pain. Journal of Strength and Conditioning Research, 2022, 36, 1147-1152.	1.0	3
5	Hypoalgesia following isometric handgrip exercise with and without blood flow restriction is not mediated by discomfort nor changes in systolic blood pressure. Journal of Sports Sciences, 2022, 40, 518-526.	1.0	6
6	A longitudinal study of handgrip strength asymmetry. American Journal of Human Biology, 2022, 34, e23722.	0.8	4
7	The impact of isometric handgrip exercise and training on healthâ€related factors: A review. Clinical Physiology and Functional Imaging, 2022, 42, 57-87.	0.5	5
8	Mechanisms mediating increased endurance following high- and low-load training with and without blood flow restriction. Journal of Trainology, 2022, 11, 7-11.	1.2	2
9	Muscle thickness assessment of the forearm via ultrasonography: is experience level important?. Biomedical Physics and Engineering Express, 2022, 8, 027003.	0.6	3
10	Editorial: Understanding & Improving Performance in Strength Sports. Frontiers in Sports and Active Living, 2022, 4, 807941.	0.9	0
11	Response to: Comment on â€œStepwise Load Reduction Training: A New Training Concept for Skeletal Muscle and Energy Systemsâ€. Sports Medicine, 2022, , 1.	3.1	0
12	Blood flow restriction maintains blood pressure upon head-up tilt. Physiology International, 2022, 109, 106-118.	0.8	0
13	Individuals with hypertension have lower plasma volume regardless of weight status. Journal of Human Hypertension, 2022, , .	1.0	0
14	Comparison of handgrip strength values in young children when using two different types of dynamometers. American Journal of Human Biology, 2022, 34, .	0.8	4
15	Is the peak value truly maximal when measuring strength in young children? An updated study. Journal of Trainology, 2022, 11, 17-21.	1.2	3
16	Effect Sizes for Paired Data Should Use the Change Score Variability Rather Than the Pre-test Variability. Journal of Strength and Conditioning Research, 2021, 35, 1773-1778.	1.0	70
17	The Relationship Between Muscle Size and Strength Does not Depend on Echo Intensity in Healthy Young Adults. Journal of Clinical Densitometry, 2021, 24, 406-413.	0.5	7
18	Blood Flow Restriction Exercise: Effects of Sex, Cuff Width, and Cuff Pressure on Perceived Lower Body Discomfort. Perceptual and Motor Skills, 2021, 128, 353-374.	0.6	12

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19	Skeletal muscle size distribution in largeâ€sized male and female athletes. American Journal of Human Biology, 2021, 33, e23473.	0.8	7
20	The mysterious values of adipose tissue density and fat content in infants: MRI-measured body composition studies. Pediatric Research, 2021, 90, 963-965.	1.1	8
21	What is adaptation energy?. Journal of Trainology, 2021, 10, 1-1.	1.2	0
22	Effects of acute aerobic and resistance exercise on episodic memory function. Quarterly Journal of Experimental Psychology, 2021, 74, 1264-1283.	0.6	8
23	Effects of Blood Flow Restriction Exercise and Possible Applications in Type 2 Diabetes. Trends in Endocrinology and Metabolism, 2021, 32, 106-117.	3.1	24
24	How does adipose tissue fat content change after a weight loss intervention?. Journal of Trainology, 2021, 10, 2-4.	1.2	0
25	Can Lip Strength Be Used as a Surrogate Measure of Handgrip Strength? A Pilot Test. Journal of the American Medical Directors Association, 2021, 22, 878-880.	1.2	2
26	A Retrospective Analysis to Determine Whether Training-Induced Changes in Muscle Thickness Mediate Changes in Muscle Strength. Sports Medicine, 2021, 51, 1999-2010.	3.1	4
27	The effects of exergames on muscle strength: A systematic review and metaâ€analysis. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1592-1611.	1.3	22
28	Do exerciseâ€induced increases in muscle size contribute to strength in resistanceâ€trained individuals?. Clinical Physiology and Functional Imaging, 2021, 41, 326-333.	0.5	12
29	Orbicularis Oculi Muscle Size and Function: Exploring the Influence of Aging and Exercise Training. Cosmetics, 2021, 8, 29.	1.5	0
30	The Impact of Coronavirus (COVID-19) Related Public-Health Measures on Training Behaviours of Individuals Previously Participating in Resistance Training: A Cross-Sectional Survey Study. Sports Medicine, 2021, 51, 1561-1580.	3.1	23
31	Acute exercise and cognition: A review with testable questions for future research into cognitive enhancement with blood flow restriction. Medical Hypotheses, 2021, 151, 110586.	0.8	6
32	Exercise-induced hypoalgesia and pain reduction following blood flow restriction: A brief review. Physical Therapy in Sport, 2021, 50, 89-96.	0.8	24
33	The Fat Fraction Percentage of White Adipose Tissue at various Ages in Humans: An Updated Review. Journal of Clinical Densitometry, 2021, 24, 369-373.	0.5	0
34	Blocking the activin <scp>IIB</scp> receptor with bimagrumab (<scp>BYM338</scp>) increases walking performance: A metaâ€analysis. Geriatrics and Gerontology International, 2021, 21, 939-943.	0.7	3
35	Brisk walking with practical blood flow restriction did not induce impairment of knee proprioception and fatigue. Journal of Trainology, 2021, 10, 16-19.	1.2	2
36	Effects of isometric handgrip exercise with or without blood flow restriction on interference control and feelings. Clinical Physiology and Functional Imaging, 2021, 41, 480-487.	0.5	3

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37	Impact Of Isometric Handgrip Exercise With Blood Flow Restriction On Interference Control And Affect. Medicine and Science in Sports and Exercise, 2021, 53, 311-311.	0.2	0
38	The Minimum Effective Training Dose Required for 1RM Strength in Powerlifters. Frontiers in Sports and Active Living, 2021, 3, 713655.	0.9	4
39	Muscle Growth Does Not Contribute to the Increases in Strength that Occur after Resistance Training. Medicine and Science in Sports and Exercise, 2021, 53, 2011-2014.	0.2	6
40	Exercise science perspective. Physics of Life Reviews, 2021, 38, 129-131.	1.5	1
41	Periodization: Variation in the Definition and Discrepancies in Study Design. Sports Medicine, 2021, 51, 625-651.	3.1	16
42	The Measurement of Strength in Children: Is the Peak Value Truly Maximal?. Children, 2021, 8, 9.	0.6	13
43	ACCELEROMETER-DETERMINED INTENSITY AND DURATION OF HABITUAL PHYSICAL ACTIVITY AND WALKING PERFORMANCE IN WELL-FUNCTIONING MIDDLE-AGED AND OLDER WOMEN: A CROSS-SECTIONAL STUDY. Journal of Frailty & Aging,the, 2020, 9, 1-5.	0.8	0
44	IMPACT OF FAT-FREE ADIPOSE TISSUE ON THE PREVALENCE OF LOW MUSCLE MASS ESTIMATED USING CALF CIRCUMFERENCE IN MIDDLE-AGED AND OLDER ADULTS. Journal of Frailty & Aging,the, 2020, 9, 1-4.	0.8	1
45	The Water-Fat Separation Method for Determining the Fat-free Component of Subcutaneous Adipose Tissue in Humans: A Brief Review. Journal of Clinical Densitometry, 2020, 23, 390-394.	0.5	9
46	The Impact of Ultrasound Probe Tilt on Muscle Thickness and Echo-Intensity: A Cross-Sectional Study. Journal of Clinical Densitometry, 2020, 23, 630-638.	0.5	36
47	Impact of Acute Fluid Retention on Ultrasound Echo Intensity. Journal of Clinical Densitometry, 2020, 23, 149-150.	0.5	7
48	Longitudinal associations between changes in body composition and changes in sprint performance in elite female sprinters. European Journal of Sport Science, 2020, 20, 100-105.	1.4	17
49	Validity of the Handheld Doppler to Determine Lower-Limb Blood Flow Restriction Pressure for Exercise Protocols. Journal of Strength and Conditioning Research, 2020, 34, 2693-2696.	1.0	22
50	Assessing differential responders and mean changes in muscle size, strength, and the crossover effect to 2 distinct resistance training protocols. Applied Physiology, Nutrition and Metabolism, 2020, 45, 463-470.	0.9	32
51	The contraction history of the muscle and strength change: lessons learned from unilateral training models. Physiological Measurement, 2020, 41, 01TR01.	1.2	7
52	A Method to Stop Analyzing Random Error and Start Analyzing Differential Responders to Exercise. Sports Medicine, 2020, 50, 231-238.	3.1	29
53	Blood flow restriction does not augment low force contractions taken to or near task failure. European Journal of Sport Science, 2020, 20, 650-659.	1.4	16
54	Exercise induced changes in echo intensity within the muscle: a brief review. Journal of Ultrasound, 2020, 23, 457-472.	0.7	41

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55	The position of the cuff bladder has a large impact on the pressure needed for blood flow restriction. Physiological Measurement, 2020, 41, 01NT01.	1.2	16
56	Impact of Gastric Bypass Surgery on Fat-Free Mass and Fat Mass Ratio of Adipose Tissue: A Brief Review. Bariatric Surgical Patient Care, 2020, 15, 11-14.	0.1	2
57	Skeletal muscle mass in female athletes: The average and the extremes. American Journal of Human Biology, 2020, 32, e23333.	0.8	10
58	Authorsâ€™ Reply to Tenan et al.: â€œA Method to Stop Analyzing Random Error and Start Analyzing Differential Responders to Exerciseâ€. Sports Medicine, 2020, 50, 435-437.	3.1	3
59	The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory. Medicine and Science in Sports and Exercise, 2020, 52, 645-653.	0.2	18
60	Does Aerobic and Resistance Exercise Influence Episodic Memory through Unique Mechanisms?. Brain Sciences, 2020, 10, 913.	1.1	11
61	To Play or Not to Play: Can an Instrument Really Impact Lip and Tongue Performance?. Cosmetics, 2020, 7, 50.	1.5	1
62	Response. Medicine and Science in Sports and Exercise, 2020, 52, 2051-2052.	0.2	1
63	Response: Commentary: Can Blood Flow Restricted Exercise Cause Muscle Damage? Commentary on Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety. Frontiers in Physiology, 2020, 11, 574633.	1.3	7
64	Postactivation performance enhancement: Does conditioning one arm augment performance in the other?. Clinical Physiology and Functional Imaging, 2020, 40, 407-414.	0.5	10
65	Stepwise Load Reduction Training: A New Training Concept for Skeletal Muscle and Energy Systems. Sports Medicine, 2020, 50, 2075-2081.	3.1	8
66	Muscle Thickness Changes Do Not Mediate Changes In Muscle Strength. Medicine and Science in Sports and Exercise, 2020, 52, 828-828.	0.2	0
67	Does resistance training increase aponeurosis width? The current results and future tasks. European Journal of Applied Physiology, 2020, 120, 1489-1494.	1.2	4
68	The effects of exergames on anxiety levels: A systematic review and metaâ€analysis. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 1100-1116.	1.3	28
69	Functional Training and Blood Flow Restriction: A Perspective View on the Integration of Techniques. Frontiers in Physiology, 2020, 11, 817.	1.3	2
70	A Practical Method for Assessing Lip Compression Strengthening in Healthy Adults. Cosmetics, 2020, 7, 5.	1.5	3
71	Influence of sex and resistance training status on orofacial muscle strength and morphology in healthy adults between the ages of 18 and 40: A crossâ€sectional study. American Journal of Human Biology, 2020, 32, e23401.	0.8	11
72	Why is low body fat rarely seen in largeâ€sized male athletes?. American Journal of Human Biology, 2020, 32, e23399.	0.8	3

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73	Is It Time to Rethink Our Weight Loss Paradigms?. Biology, 2020, 9, 70.	1.3	5
74	Muscle swelling following blood flowâ€restricted exercise does not differ between cuff widths in the proximal or distal portions of the upper leg. Clinical Physiology and Functional Imaging, 2020, 40, 269-276.	0.5	3
75	Effects of Age, Sex, Disease, and Exercise Training on Lip Muscle Strength. Cosmetics, 2020, 7, 18.	1.5	5
76	Conditioning participants to a relative pressure: implications for practical blood flow restriction. Physiological Measurement, 2020, 41, 08NT01.	1.2	3
77	Strength testing or strength training: considerations for future research. Physiological Measurement, 2020, 41, 09TR01.	1.2	13
78	The Perceived Tightness Scale Does Not Provide Reliable Estimates of Blood Flow Restriction Pressure. Journal of Sport Rehabilitation, 2020, 29, 516-518.	0.4	20
79	Acute Muscular Responses to Practical Low-Load Blood Flow Restriction Exercise Versus Traditional Low-Load Blood Flow Restriction and High-/Low-Load Exercise. Journal of Sport Rehabilitation, 2020, 29, 984-992.	0.4	8
80	Walking past barriers to physical activity. Journal of Trainology, 2020, 9, 9-10.	1.2	4
81	No external load (no-load) resistance training to maintain muscle function in the face of the COVID-19 outbreak. Journal of Trainology, 2020, 9, 64-65.	1.2	1
82	The Influence Of Sex And Cuff Width On Discomfort To Blood Flow Restriction In The Lower Body. Medicine and Science in Sports and Exercise, 2020, 52, 633-633.	0.2	0
83	Limb Occlusion Pressure: A Method to Assess Changes in Systolic Blood Pressure. International Journal of Exercise Science, 2020, 13, 366-373.	0.5	1
84	Effects of Horizontal and Incline Bench Press on Neuromuscular Adaptations in Untrained Young Men. International Journal of Exercise Science, 2020, 13, 859-872.	0.5	1
85	The influence of training variables on lingual strength and swallowing in adults with and without dysphagia. JCSM Clinical Reports, 2020, 5, 29-41.	0.5	5
86	A method to standardize the blood flow restriction pressure by an elastic cuff. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 329-335.	1.3	20
87	The impact of DXA-derived fat-free adipose tissue on the prevalence of low muscle mass in older adults. European Journal of Clinical Nutrition, 2019, 73, 757-762.	1.3	6
88	Differences in 100-m sprint performance and skeletal muscle mass between elite male and female sprinters. Journal of Sports Medicine and Physical Fitness, 2019, 59, 304-309.	0.4	12
89	Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure. Clinical Physiology and Functional Imaging, 2019, 39, 29-34.	0.5	22
90	Very-low-load resistance exercise in the upper body with and without blood flow restriction: cardiovascular outcomes. Applied Physiology, Nutrition and Metabolism, 2019, 44, 288-292.	0.9	15

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91	Blood flow restriction augments the skeletal muscle response during very low-load resistance exercise to volitional failure. Physiology International, 2019, 106, 180-193.	0.8	11
92	The Influence of Facial Muscle Training on the Facial Soft Tissue Profile: A Brief Review. Cosmetics, 2019, 6, 50.	1.5	10
93	Body Fat Loss Automatically Reduces Lean Mass by Changing the Fatâ€Free Component of Adipose Tissue. Obesity, 2019, 27, 357-358.	1.5	22
94	The Generality of Strength Adaptation. Journal of Trainology, 2019, 8, 5-8.	1.2	16
95	Response to â€œRelationships Between Fat Mass and Lean Massâ€• Obesity, 2019, 27, 874-874.	1.5	0
96	Exercise-Induced Changes in Muscle Size do not Contribute to Exercise-Induced Changes in Muscle Strength. Sports Medicine, 2019, 49, 987-991.	3.1	47
97	Ultrasound and MRI measured changes in muscle mass gives different estimates but similar conclusions: a Bayesian approach. European Journal of Clinical Nutrition, 2019, 73, 1203-1205.	1.3	21
98	Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety. Frontiers in Physiology, 2019, 10, 533.	1.3	332
99	High-pressure blood flow restriction with very low load resistance training results in peripheral vascular adaptations similar to heavy resistance training. Physiological Measurement, 2019, 40, 035003.	1.2	29
100	AN ULTRASOUND PREDICTION EQUATION TO ESTIMATE DXA-DERIVED BODY FATNESS FOR MIDDLE-AGED AND OLDER CAUCASIAN ADULTS. Journal of Frailty & Aging,the, 2019, 8, 1-6.	0.8	3
101	Perceptual changes to progressive resistance training with and without blood flow restriction. Journal of Sports Sciences, 2019, 37, 1857-1864.	1.0	29
102	The impact of cuff width and biological sex on cuff preference and the perceived discomfort to blood-flow-restricted arm exercise. Physiological Measurement, 2019, 40, 055001.	1.2	19
103	The influence of biological sex and cuff width on muscle swelling, echo intensity, and the fatigue response to blood flow restricted exercise. Journal of Sports Sciences, 2019, 37, 1865-1873.	1.0	19
104	A Meta-analysis to Determine the Validity of Taking Blood Pressure Using the Indirect Cuff Method. Current Hypertension Reports, 2019, 21, 11.	1.5	11
105	Is muscle growth a mechanism for increasing strength?. Medical Hypotheses, 2019, 125, 51-56.	0.8	25
106	Assessments of Facial Muscle Thickness by Ultrasound in Younger Adults: Absolute and Relative Reliability. Cosmetics, 2019, 6, 65.	1.5	7
107	The Association of Handgrip Strength and Mortality: What Does It Tell Us and What Can We Do With It?. Rejuvenation Research, 2019, 22, 230-234.	0.9	32
108	Fat-Free Adipose Tissue Mass: Impact on Peak Oxygen Uptake (VO2peak) in Adolescents with and without Obesity. Sports Medicine, 2019, 49, 9-15.	3.1	11

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109	Resistance training induced changes in strength and specific force at the fiber and whole muscle level: a meta-analysis. European Journal of Applied Physiology, 2019, 119, 265-278.	1.2	28
110	Body fat percentage assessment by ultrasound subcutaneous fat thickness measurements in middle-aged and older adults. Clinical Nutrition, 2019, 38, 2659-2667.	2.3	14
111	Acute skeletal muscle responses to very lowâ€load resistance exercise with and without the application of blood flow restriction in the upper body. Clinical Physiology and Functional Imaging, 2019, 39, 201-208.	0.5	22
112	Magnetic resonance imaging-measured skeletal muscle mass to fat-free mass ratio increases with increasing levels of fat-free mass. Journal of Sports Medicine and Physical Fitness, 2019, 59, 619-623.	0.4	4
113	The Bigger the Hand, the Bigger the Difference? Implications for Testing Strength With 2 Popular Handgrip Dynamometers. Journal of Sport Rehabilitation, 2019, 28, 278-282.	0.4	13
114	Magnetic Resonance Imaging-Measured Adductor Muscle Volume and 100 m Sprint Running Performance in Female Sprinters. International Journal of Clinical Medicine, 2019, 10, 469-476.	0.1	2
115	Differences in Falls and Recovery from a Slip Based on an Individualâ€™s Lower Extremity Corrective Response. International Journal of Kinesiology and Sports Science, 2019, 7, 34.	0.4	2
116	Blood Flow Restriction Training After Achilles Tendon Rupture. Journal of Foot and Ankle Surgery, 2018, 57, 635-638.	0.5	34
117	Comment on: â€œThe General Adaptation Syndrome: A Foundation for the Concept of Periodizationâ€. Sports Medicine, 2018, 48, 1751-1753.	3.1	3
118	Simple chart for practical screening of low muscle mass in wellâ€functioning middleâ€aged and older men and women. Geriatrics and Gerontology International, 2018, 18, 657-658.	0.7	1
119	The Application of Blood Flow Restriction: Lessons From the Laboratory. Current Sports Medicine Reports, 2018, 17, 129-134.	0.5	61
120	The Impact of Overweight/Obesity Duration and Physical Activity on Medical Multimorbidity: Examining the WATCH Paradigm. American Journal of Health Promotion, 2018, 32, 1747-1750.	0.9	2
121	Blood flow restriction: Methods matter. Experimental Gerontology, 2018, 104, 7-8.	1.2	4
122	Effects of load on the acute response of muscles proximal and distal to blood flow restriction. Journal of Physiological Sciences, 2018, 68, 769-779.	0.9	7
123	Resistance exercise and sports performance: The minority report. Medical Hypotheses, 2018, 113, 1-5.	0.8	14
124	Mechanisms of Blood Flow Restriction: The New Testament. Techniques in Orthopaedics, 2018, 33, 72-79.	0.1	68
125	Skeletal muscle mass in human athletes: What is the upper limit?. American Journal of Human Biology, 2018, 30, e23102.	0.8	22
126	Blood flow restriction and cuff width: effect on blood flow in the legs. Clinical Physiology and Functional Imaging, 2018, 38, 944-948.	0.5	19

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127	Moderately heavy exercise produces lower cardiovascular, RPE, and discomfort compared to lower load exercise with and without blood flow restriction. European Journal of Applied Physiology, 2018, 118, 1473-1480.	1.2	26
128	Statin use may reduce lower extremity peak force via reduced engagement in muscleâ€strengthening activities. Clinical Physiology and Functional Imaging, 2018, 38, 151-154.	0.5	12
129	Let's talk about sex: where are the young females in blood flow restriction research?. Clinical Physiology and Functional Imaging, 2018, 38, 1-3.	0.5	32
130	Protein timing during the day and its relevance for muscle strength and lean mass. Clinical Physiology and Functional Imaging, 2018, 38, 332-337.	0.5	6
131	Can blood flow restriction augment muscle activation during highâ€load training?. Clinical Physiology and Functional Imaging, 2018, 38, 291-295.	0.5	14
132	Leukocyte telomere length and mortality among U.S. adults: Effect modification by physical activity behaviour. Journal of Sports Sciences, 2018, 36, 213-219.	1.0	11
133	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
134	The acute muscular response to blood flowâ€restricted exercise with very low relative pressure. Clinical Physiology and Functional Imaging, 2018, 38, 304-311.	0.5	16
135	Effects of drop sets with resistance training on increases in muscle CSA, strength, and endurance: a pilot study. Journal of Sports Sciences, 2018, 36, 691-696.	1.0	33
136	A critical review of the current evidence examining whether resistance training improves time trial performance. Journal of Sports Sciences, 2018, 36, 1485-1491.	1.0	7
137	Cancer-Specific Mortality Relative to Engagement in Muscle-Strengthening Activities and Lower Extremity Strength. Journal of Physical Activity and Health, 2018, 15, 144-149.	1.0	10
138	Changes in muscle size via MRI and ultrasound: Are they equivalent?. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 1467-1468.	1.3	10
139	The use of ultrasound for the estimation of muscle mass: one site fits most?. Journal of Cachexia, Sarcopenia and Muscle, 2018, 9, 213-214.	2.9	11
140	Interpreting Adaptation to Concurrent Compared with Single-Mode Exercise Training: Some Methodological Considerations. Sports Medicine, 2018, 48, 289-297.	3.1	37
141	Prediction and Validation of DXAâ€Derived Appendicular Fatâ€Free Adipose Tissue by a Single Ultrasound Image of the Forearm in Japanese Older Adults. Journal of Ultrasound in Medicine, 2018, 37, 347-353.	0.8	14
142	Correlations Do Not Show Cause and Effect: Not Even for Changes in Muscle Size and Strength. Sports Medicine, 2018, 48, 1-6.	3.1	61
143	Relationships between central arterial stiffness, lean body mass, and absolute and relative strength in young and older men and women. Clinical Physiology and Functional Imaging, 2018, 38, 676-680.	0.5	17
144	Relationship between ultrasound muscle thickness and MRIâ€measured muscle crossâ€sectional area in the forearm: a pilot study. Clinical Physiology and Functional Imaging, 2018, 38, 652-655.	0.5	11

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145	Acute hemodynamic changes following high load and very low load lower body resistance exercise with and without the restriction of blood flow. Physiological Measurement, 2018, 39, 125007.	1.2	5
146	Muscle Adaptations to High-Load Training and Very Low-Load Training With and Without Blood Flow Restriction. Frontiers in Physiology, 2018, 9, 1448.	1.3	94
147	Arterial occlusion pressure as a method to quantify cardiovascular responses to exercise. Biomedical Physics and Engineering Express, 2018, 4, 065034.	0.6	1
148	What is the Impact of Muscle Hypertrophy on Strength and Sport Performance?. Strength and Conditioning Journal, 2018, 40, 99-111.	0.7	19
149	The cardiovascular adaptations to repeated â€œStrength Snacksâ€• Journal of Trainology, 2018, 7, 21-23.	1.2	0
150	An investigation into setting the blood flow restriction pressure based on perception of tightness. Physiological Measurement, 2018, 39, 105006.	1.2	12
151	DXA-Derived Lean Mass Includes the Fat-Free Component of Adipose Tissue: Impact on Training-Induced Changes in Body Composition. Journal of Clinical Densitometry, 2018, 21, 595-596.	0.5	4
152	Author's response. Assessing forearm muscle size with the ultrasound. Clinical Physiology and Functional Imaging, 2018, 38, 1069-1070.	0.5	3
153	DXA-Rectified Appendicular Lean Mass: Development of Ultrasound Prediction Models in Older Adults. Journal of Nutrition, Health and Aging, 2018, 22, 1080-1085.	1.5	12
154	The affective and behavioral responses to repeated â€œstrength snacksâ€• Physiology International, 2018, 105, 188-197.	0.8	7
155	Cardiovascular Responses to Blood Flow Restriction and Very Low Load Resistance Exercise in the Upper Body. Medicine and Science in Sports and Exercise, 2018, 50, 180.	0.2	0
156	Can Ultrasound Subcutaneous Fat Thickness be used to Estimate Percent Body Fat in Older Adults?. Medicine and Science in Sports and Exercise, 2018, 50, 98.	0.2	0
157	Muscular Responses To Very Low Load Resistance Exercise With Blood Flow restriction In The Upper Body. Medicine and Science in Sports and Exercise, 2018, 50, 288.	0.2	0
158	Appendicular lean mass and site-specific muscle loss in the extremities correlate with dynamic strength. Clinical Physiology and Functional Imaging, 2017, 37, 328-331.	0.5	11
159	Influence of cuff material on blood flow restriction stimulus in the upper body. Journal of Physiological Sciences, 2017, 67, 207-215.	0.9	45
160	Adaptation of Perceptual Responses to Low-Load Blood Flow Restriction Training. Journal of Strength and Conditioning Research, 2017, 31, 765-772.	1.0	35
161	Blood flowâ€restricted walking in older women: does the acute hormonal response associate with muscle hypertrophy?. Clinical Physiology and Functional Imaging, 2017, 37, 379-383.	0.5	20
162	The influence of exercise load with and without different levels of blood flow restriction on acute changes in muscle thickness and lactate. Clinical Physiology and Functional Imaging, 2017, 37, 734-740.	0.5	52

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163	Determining Strength: A Case for Multiple Methods of Measurement. Sports Medicine, 2017, 47, 193-195.	3.1	128
164	Combined Associations of Muscle-Strengthening Activities and Accelerometer-Assessed Physical Activity on Multimorbidity: Findings From NHANES. American Journal of Health Promotion, 2017, 31, 274-277.	0.9	27
165	Single and combined associations of accelerometerâ€assessed physical activity and muscleâ€strengthening activities on plasma homocysteine inÂa national sample. Clinical Physiology and Functional Imaging, 2017, 37, 669-674.	0.5	16
166	What does individual strength say about resistance training status?. Muscle and Nerve, 2017, 55, 455-457.	1.0	17
167	The effects of upper body exercise across different levels of blood flow restriction on arterial occlusion pressure and perceptual responses. Physiology and Behavior, 2017, 171, 181-186.	1.0	74
168	The influence of time on determining blood flow restriction pressure. Journal of Science and Medicine in Sport, 2017, 20, 777-780.	0.6	15
169	Lowâ€load resistance training with low relative pressure produces muscular changes similar to highâ€load resistance training. Muscle and Nerve, 2017, 56, E126-E133.	1.0	60
170	Timeâ€course of muscle growth, and its relationship with muscle strength in both young and older women. Geriatrics and Gerontology International, 2017, 17, 2000-2007.	0.7	20
171	Answer to the letter of Reza Pakzad and Saeid Safiri. Archives of Cardiovascular Diseases, 2017, 110, 274.	0.7	0
172	Muscle size and strength: another study not designed to answer the question. European Journal of Applied Physiology, 2017, 117, 1273-1274.	1.2	10
173	A tale of three cuffs: the hemodynamics of blood flow restriction. European Journal of Applied Physiology, 2017, 117, 1493-1499.	1.2	56
174	Practicing the Test Produces Strength Equivalent to Higher Volume Training. Medicine and Science in Sports and Exercise, 2017, 49, 1945-1954.	0.2	97
175	Association between sedentary behavior and normal-range lactate dehydrogenase activity. Postgraduate Medicine, 2017, 129, 484-487.	0.9	2
176	Muscle growth: To infinity and beyond?. Muscle and Nerve, 2017, 56, 1022-1030.	1.0	33
177	Post-exercise blood flow restriction attenuates hyperemia similarly in males and females. European Journal of Applied Physiology, 2017, 117, 1707-1712.	1.2	4
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