

Ricardo Mora-Rodrguez

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.

107 papers	2,654 citations	28 h-index	47 g-index
128 ext. papers	3,050 ext. citations	3.2 avg, IF	5.21 L-index

#	Paper	IF	Citations
107	Dehydration markedly impairs cardiovascular function in hyperthermic endurance athletes during exercise. <i>Journal of Applied Physiology</i> , 1997 , 82, 1229-36	3.7	238
106	Dehydration reduces cardiac output and increases systemic and cutaneous vascular resistance during exercise. <i>Journal of Applied Physiology</i> , 1995 , 79, 1487-96	3.7	197
105	Stroke volume during exercise: interaction of environment and hydration. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2000 , 278, H321-30	5.2	118
104	Lipolytic suppression following carbohydrate ingestion limits fat oxidation during exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1997 , 273, E768-75	6	105
103	Neuromuscular responses to incremental caffeine doses: performance and side effects. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 2184-92	1.2	94
102	Time course of recovery following resistance training leading or not to failure. <i>European Journal of Applied Physiology</i> , 2017 , 117, 2387-2399	3.4	80
101	Fluid and carbohydrate ingestion independently improve performance during 1 h of intense exercise. <i>Medicine and Science in Sports and Exercise</i> , 1995 , 27, 200-10	1.2	80
100	Imposing a pause between the eccentric and concentric phases increases the reliability of isoinertial strength assessments. <i>Journal of Sports Sciences</i> , 2014 , 32, 1165-75	3.6	78
99	Validity and Reliability of Ventilatory and Blood Lactate Thresholds in Well-Trained Cyclists. <i>PLoS ONE</i> , 2016 , 11, e0163389	3.7	66
98	Improvements on neuromuscular performance with caffeine ingestion depend on the time-of-day. <i>Journal of Science and Medicine in Sport</i> , 2015 , 18, 338-42	4.4	62
97	Caffeine ingestion reverses the circadian rhythm effects on neuromuscular performance in highly resistance-trained men. <i>PLoS ONE</i> , 2012 , 7, e33807	3.7	58
96	Caffeine effects on short-term performance during prolonged exercise in the heat. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 744-51	1.2	56
95	Effects of athletes' muscle mass on urinary markers of hydration status. <i>European Journal of Applied Physiology</i> , 2010 , 109, 213-9	3.4	51
94	Time-course effects of aerobic interval training and detraining in patients with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014 , 24, 792-8	4.5	50
93	Aerobically trained individuals have greater increases in rectal temperature than untrained ones during exercise in the heat at similar relative intensities. <i>European Journal of Applied Physiology</i> , 2010 , 109, 973-81	3.4	46
92	Circadian rhythm effect on physical tennis performance in trained male players. <i>Journal of Sports Sciences</i> , 2017 , 35, 2121-2128	3.6	42
91	Obesity as a mediator of the influence of cardiorespiratory fitness on cardiometabolic risk: a mediation analysis. <i>Diabetes Care</i> , 2014 , 37, 855-62	14.6	38

90	Gender differences on effectiveness of a school-based physical activity intervention for reducing cardiometabolic risk: a cluster randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014 , 11, 154	8.4	38
89	Influence of aerobic fitness on thermoregulation during exercise in the heat. <i>Exercise and Sport Sciences Reviews</i> , 2012 , 40, 79-87	6.7	38
88	Movement Velocity as a Measure of Level of Effort During Resistance Exercise. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 1496-1504	3.2	38
87	Caffeine during exercise in the heat: thermoregulation and fluid-electrolyte balance. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 164-73	1.2	37
86	Relationship between muscle water and glycogen recovery after prolonged exercise in the heat in humans. <i>European Journal of Applied Physiology</i> , 2015 , 115, 1919-26	3.4	36
85	Thermoregulatory responses to constant versus variable-intensity exercise in the heat. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1945-52	1.2	34
84	Water Intake and Hydration Indices in Healthy European Adults: The European Hydration Research Study (EHRS). <i>Nutrients</i> , 2016 , 8, 204	6.7	33
83	Plasma catecholamines and hyperglycaemia influence thermoregulation in man during prolonged exercise in the heat. <i>Journal of Physiology</i> , 1996 , 491 (Pt 2), 529-40	3.9	32
82	Anaerobic performance when rehydrating with water or commercially available sports drinks during prolonged exercise in the heat. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008 , 33, 290-8	3	29
81	Validity of hydration non-invasive indices during the weightcutting and official weigh-in for Olympic combat sports. <i>PLoS ONE</i> , 2014 , 9, e95336	3.7	29
80	Pseudoephedrine and circadian rhythm interaction on neuromuscular performance. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25, e603-12	4.6	28
79	Effects of beta-adrenergic receptor stimulation and blockade on substrate metabolism during submaximal exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2001 , 280, E752-60 ⁶		27
78	Effects of aerobic interval training on arterial stiffness and microvascular function in patients with metabolic syndrome. <i>Journal of Clinical Hypertension</i> , 2018 , 20, 11-18	2.3	25
77	Muscle contraction velocity, strength and power output changes following different degrees of hypohydration in competitive olympic combat sports. <i>Journal of the International Society of Sports Nutrition</i> , 2016 , 13, 10	4.5	25
76	Effects of Simultaneous or Sequential Weight Loss Diet and Aerobic Interval Training on Metabolic Syndrome. <i>International Journal of Sports Medicine</i> , 2016 , 37, 274-81	3.6	25
75	Sweat sodium concentration during exercise in the heat in aerobically trained and untrained humans. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2873-81	3.4	25
74	Comparison between blood and urinary fluid balance indices during dehydrating exercise and the subsequent hypohydration when fluid is not restored. <i>European Journal of Applied Physiology</i> , 2013 , 113, 611-20	3.4	24
73	Performance outcomes and unwanted side effects associated with energy drinks. <i>Nutrition Reviews</i> , 2014 , 72 Suppl 1, 108-20	6.4	23

72	Metformin does not attenuate the acute insulin-sensitizing effect of a single bout of exercise in individuals with insulin resistance. <i>Acta Diabetologica</i> , 2014 , 51, 749-55	3.9	21
71	Preexercise medium-chain triglyceride ingestion does not alter muscle glycogen use during exercise. <i>Journal of Applied Physiology</i> , 2000 , 88, 219-25	3.7	21
70	Effectiveness of Aerobic Exercise Programs for Health Promotion in Metabolic Syndrome. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1876-1883	1.2	21
69	Higher insulin-sensitizing response after sprint interval compared to continuous exercise. <i>International Journal of Sports Medicine</i> , 2015 , 36, 209-14	3.6	20
68	Ingestion of sodium plus water improves cardiovascular function and performance during dehydrating cycling in the heat. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24, 507-18	4.6	20
67	Dehydration and sodium deficit during indoor practice in elite European male team players. <i>European Journal of Sport Science</i> , 2010 , 10, 329-336	3.9	20
66	Validity of cycling peak power as measured by a short-sprint test versus the Wingate anaerobic test. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006 , 31, 186-9	3	20
65	Separate and combined effects of airflow and rehydration during exercise in the heat. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 1720-6	1.2	19
64	Dietary supplementation with omega-3 fatty acids and oleate enhances exercise training effects in patients with metabolic syndrome. <i>Obesity</i> , 2016 , 24, 1704-11	8	18
63	Ambulatory blood pressure response to a bout of HIIT in metabolic syndrome patients. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1403-1411	3.4	17
62	Effects of repeated yearly exposure to exercise-training on blood pressure and metabolic syndrome evolution. <i>Journal of Hypertension</i> , 2017 , 35, 1992-1999	1.9	17
61	Validity of Skin, Oral and Tympanic Temperatures During Exercise in the Heat: Effects of Wind and Sweat. <i>Annals of Biomedical Engineering</i> , 2019 , 47, 317-331	4.7	17
60	Salt and fluid loading: effects on blood volume and exercise performance. <i>Medicine and Sport Science</i> , 2012 , 59, 113-119		16
59	Are we ready to measure running power? Repeatability and concurrent validity of five commercial technologies. <i>European Journal of Sport Science</i> , 2021 , 21, 341-350	3.9	16
58	Restoration of blood pH between repeated bouts of high-intensity exercise: effects of various active-recovery protocols. <i>European Journal of Applied Physiology</i> , 2010 , 108, 523-32	3.4	15
57	Circadian rhythm effects on neuromuscular and sprint swimming performance. <i>Biological Rhythm Research</i> , 2014 , 45, 51-60	0.8	14
56	Performance at high pedaling cadences in well-trained cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, 953-7	1.2	14
55	Aerobic Exercise Training Increases Muscle Water Content in Obese Middle-Age Men. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 822-8	1.2	14

54	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> , 2018 , 28, 1267-1274	4.5	14
53	Aerobic interval training reduces vascular resistances during submaximal exercise in obese metabolic syndrome individuals. <i>European Journal of Applied Physiology</i> , 2017 , 117, 2065-2073	3.4	13
52	Relevance of individual characteristics for thermoregulation during exercise in a hot-dry environment. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2173-81	3.4	13
51	Use of nutritional supplements and ergogenic aids in professional tennis players. <i>Nutricion Hospitalaria</i> , 2017 , 34, 1463-1468	1	13
50	Effects of 6-month aerobic interval training on skeletal muscle metabolism in middle-aged metabolic syndrome patients. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 585-595	4.6	12
49	Respiratory compensation and blood pH regulation during variable intensity exercise in trained versus untrained subjects. <i>European Journal of Applied Physiology</i> , 2009 , 107, 83-93	3.4	12
48	Infrared tympanic thermometry in a hot environment. <i>International Journal of Sports Medicine</i> , 2008 , 29, 713-8	3.6	12
47	Insulin sensitivity improvement with exercise training is mediated by body weight loss in subjects with metabolic syndrome. <i>Diabetes and Metabolism</i> , 2020 , 46, 210-218	5.4	12
46	Hormonal and neuromuscular responses during a singles match in male professional tennis players. <i>PLoS ONE</i> , 2018 , 13, e0195242	3.7	12
45	Acute Hypotension after High-Intensity Interval Exercise in Metabolic Syndrome Patients. <i>International Journal of Sports Medicine</i> , 2017 , 38, 560-567	3.6	11
44	Hyperthermia, but not muscle water deficit, increases glycogen use during intense exercise. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25 Suppl 1, 126-34	4.6	11
43	Comparison of glucose tolerance tests to detect the insulin sensitizing effects of a bout of continuous exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 787-92	3	11
42	Influence of Physical Activity and Ambient Temperature on Hydration: The European Hydration Research Study (EHRS). <i>Nutrients</i> , 2016 , 8,	6.7	11
41	Ingestion of a moderately high caffeine dose before exercise increases postexercise energy expenditure. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015 , 25, 46-53	4.4	10
40	In a hot-dry environment racewalking increases the risk of hyperthermia in comparison to when running at a similar velocity. <i>European Journal of Applied Physiology</i> , 2011 , 111, 1073-80	3.4	10
39	Skeletal muscle water and electrolytes following prolonged dehydrating exercise. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25, e274-82	4.6	9
38	A standard blood bank donation alters the thermal and cardiovascular responses during subsequent exercise. <i>Transfusion</i> , 2012 , 52, 2339-47	2.9	9
37	Increased blood cholesterol after a high saturated fat diet is prevented by aerobic exercise training. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 42-8	3	9

36	Fluid ingestion is more effective in preventing hyperthermia in aerobically trained than untrained individuals during exercise in the heat. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 73-80	3	9
35	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> , 2020 , 30, 583-590	4.6	9
34	Exercise improves metformin 72-h glucose control by reducing the frequency of hyperglycemic peaks. <i>Acta Diabetologica</i> , 2020 , 57, 715-723	3.9	8
33	Cardiovascular Drift during Training for Fitness in Patients with Metabolic Syndrome. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 518-526	1.2	7
32	Differing Water Intake and Hydration Status in Three European Countries-A Day-to-Day Analysis. <i>Nutrients</i> , 2019 , 11,	6.7	6
31	Time to exhaustion during cycling is not well predicted by critical power calculations. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020 , 45, 753-760	3	6
30	Aerobic fitness determines whole-body fat oxidation rate during exercise in the heat. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010 , 35, 741-8	3	6
29	Effects of intense aerobic exercise and/or antihypertensive medication in individuals with metabolic syndrome. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 2042-2051	4.6	6
28	Exercise Training Adaptations in Metabolic Syndrome Individuals on Chronic Statin Treatment. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2020 , 105,	5.6	5
27	Substitution of parts of aerobic training by resistance training lowers fasting hyperglycemia in individuals with metabolic syndrome. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021 , 46, 69-76	3	5
26	Objective and subjective measures of exercise intensity during thermo-neutral and hot yoga. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 397-402	3	5
25	Changes in markers for cardio-metabolic disease risk after only 1-2 weeks of a high saturated fat diet in overweight adults. <i>PLoS ONE</i> , 2018 , 13, e0198372	3.7	5
24	Effects of statin therapy and exercise on postprandial triglycerides in overweight individuals with hypercholesterolaemia. <i>British Journal of Clinical Pharmacology</i> , 2020 , 86, 1089-1099	3.8	4
23	Wingate Test, When Time and Overdue Fatigue Matter: Validity and Sensitivity of Two Time-Shortened Versions. <i>Applied Sciences (Switzerland)</i> , 2020 , 10, 8002	2.6	4
22	Training intensity relative to ventilatory thresholds determines cardiorespiratory fitness improvements in sedentary adults with obesity. <i>European Journal of Sport Science</i> , 2019 , 19, 549-556	3.9	4
21	Exercise Periodization over the Year Improves Metabolic Syndrome and Medication Use. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 1983-1991	1.2	4
20	Post-exercise Hypotension Produced by Supramaximal Interval Exercise is Potentiated by Angiotensin Receptor Blockers. <i>International Journal of Sports Medicine</i> , 2019 , 40, 756-761	3.6	3
19	Reproducibility of two electrical stimulation techniques to assess neuromuscular fatigue. <i>European Journal of Sport Science</i> , 2011 , 11, 95-103	3.9	3

18	The use of a graded exercise test may be insufficient to quantify true changes in $\dot{V}O_2$ following exercise training in unfit individuals with metabolic syndrome. <i>Journal of Applied Physiology</i> , 2020 , 129, 760-767	3.7	3
17	Intense aerobic exercise lowers blood pressure in individuals with metabolic syndrome taking antihypertensive medicine. <i>Blood Pressure Monitoring</i> , 2018 , 23, 230-236	1.3	3
16	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> , 2020 , 17,	4.6	2
15	Authors' response: Comparison between blood and urinary fluid balance indices during dehydrating exercise and the subsequent hypohydration when fluid is not restored. <i>European Journal of Applied Physiology</i> , 2013 , 113, 2169-70	3.4	2
14	THE EFFECT OF PRE-EXERCISE MEDIUM-CHAIN TRIGLYCERIDE INGESTION ON MUSCLE GLYCOGEN UTILIZATION DURING HIGH INTENSITY EXERCISE. <i>Medicine and Science in Sports and Exercise</i> , 1995 , 27, S203	1.2	2
13	Effects of statins and exercise on postprandial lipoproteins in metabolic syndrome vs metabolically healthy individuals. <i>British Journal of Clinical Pharmacology</i> , 2021 , 87, 955-964	3.8	2
12	Higher Insulin-sensitizing Response after Sprint Interval Compared to Continuous Exercise. <i>International Journal of Sports Medicine</i> , 2015 , 36, e4	3.6	1
11	One Bout of Resistance Training Does Not Enhance Metformin Actions in Pre- and Diabetic Individuals.. <i>Medicine and Science in Sports and Exercise</i> , 2022 ,	1.2	1
10	Effects of antihypertensive medication and high-intensity interval training in hypertensive metabolic syndrome individuals. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 1411-1419	4.6	1
9	Women with metabolic syndrome show similar health benefits from high-intensity interval training than men. <i>PLoS ONE</i> , 2019 , 14, e0225893	3.7	1
8	Exercise Reduces Medication for Metabolic Syndrome Management: A 5-Year Follow-up Study. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 1319-1325	1.2	1
7	Endurance Exercise Training reduces Blood Pressure according to the Wilder's Principle. <i>International Journal of Sports Medicine</i> , 2021 ,	3.6	1
6	Effects of chronic metformin treatment on training adaptations in men and women with hyperglycemia: A prospective study.. <i>Obesity</i> , 2022 ,	8	1
5	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> , 2020 , 105,	5.6	0
4	Concurrent endurance and resistance training enhances muscular adaptations in individuals with metabolic syndrome. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 1440-1449	4.6	0
3	Authors' response. Comparison between blood and urinary fluid balance indices during dehydrating exercise and the subsequent hypohydration when fluid is not restored. <i>European Journal of Applied Physiology</i> , 2013 , 113, 1907-8	3.4	
2	Discussion of "Effect of plasma donation and blood donation on aerobic and anaerobic responses in exhaustive, severe-intensity exercise". <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 399	3	
1	Response. <i>Exercise and Sport Sciences Reviews</i> , 2013 , 41, 136	6.7	

