Ricardo Mora-Rodrguez

List of Publications by Year in Descending Order

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	One Bout of Resistance Training Does Not Enhance Metformin Actions in Pre- and Diabetic Individuals.. *Medicine and Science in Sports and Exercise*, **2022**,	1.2	1
106	Effects of chronic metformin treatment on training adaptations in men and women with hyperglycemia: A prospective study.. *Obesity*, **2022**,	8	1
105	Concurrent endurance and resistance training enhances muscular adaptations in individuals with metabolic syndrome. *Scandinavian Journal of Medicine and Science in Sports*, **2021**, 31, 1440-1449	4.6	0
104	Effects of antihypertensive medication and high-intensity interval training in hypertensive metabolic syndrome individuals. *Scandinavian Journal of Medicine and Science in Sports*, **2021**, 31, 1411-1419	4.6	1
103	Are we ready to measure running power? Repeatability and concurrent validity of five commercial technologies. *European Journal of Sport Science*, **2021**, 21, 341-350	3.9	16
102	Effects of statins and exercise on postprandial lipoproteins in metabolic syndrome vs metabolically healthy individuals. *British Journal of Clinical Pharmacology*, **2021**, 87, 955-964	3.8	2
101	Substitution of parts of aerobic training by resistance training lowers fasting hyperglycemia in individuals with metabolic syndrome. *Applied Physiology, Nutrition and Metabolism*, **2021**, 46, 69-76	3	5
100	Exercise Reduces Medication for Metabolic Syndrome Management: A 5-Year Follow-up Study. *Medicine and Science in Sports and Exercise*, **2021**, 53, 1319-1325	1.2	1
99	Endurance Exercise Training reduces Blood Pressure according to the Wilder's Principle. *International Journal of Sports Medicine*, **2021**,	3.6	1
98	Effects of Exercise Training during Christmas on Body Weight and Cardiometabolic Health in Overweight Individuals. *International Journal of Environmental Research and Public Health*, **2020**, 17,	4.6	2
97	Response to Letter to the Editor Allard et al: "Exercise Training Adaptations in Metabolic Syndrome Individuals on Chronic Statin Treatment". *Journal of Clinical Endocrinology and Metabolism*, **2020**, 105,	5.6	0
96	Effects of statin therapy and exercise on postprandial triglycerides in overweight individuals with hypercholesterolaemia. *British Journal of Clinical Pharmacology*, **2020**, 86, 1089-1099	3.8	4
95	Time to exhaustion during cycling is not well predicted by critical power calculations. *Applied Physiology, Nutrition and Metabolism*, **2020**, 45, 753-760	3	6
94	Exercise improves metformin 72-h glucose control by reducing the frequency of hyperglycemic peaks. *Acta Diabetologica*, **2020**, 57, 715-723	3.9	8
93	Importance of a verification test to accurately assess V O max in unfit individuals with obesity. *Scandinavian Journal of Medicine and Science in Sports*, **2020**, 30, 583-590	4.6	9
92	Exercise Training Adaptations in Metabolic Syndrome Individuals on Chronic Statin Treatment. *Journal of Clinical Endocrinology and Metabolism*, **2020**, 105,	5.6	5
91	Wingate Test, When Time and Overdue Fatigue Matter: Validity and Sensitivity of Two Time-Shortened Versions. *Applied Sciences (Switzerland)*, **2020**, 10, 8002	2.6	4

90	The use of a graded exercise test may be insufficient to quantify true changes in V o following exercise training in unfit individuals with metabolic syndrome. *Journal of Applied Physiology*, **2020**, 129, 760-767	3.7	3
89	Insulin sensitivity improvement with exercise training is mediated by body weight loss in subjects with metabolic syndrome. *Diabetes and Metabolism*, **2020**, 46, 210-218	5.4	12
88	Post-exercise Hypotension Produced by Supramaximal Interval Exercise is Potentiated by Angiotensin Receptor Blockers. *International Journal of Sports Medicine*, **2019**, 40, 756-761	3.6	3
87	Differing Water Intake and Hydration Status in Three European Countries-A Day-to-Day Analysis. *Nutrients*, **2019**, 11,	6.7	6
86	Validity of Skin, Oral and Tympanic Temperatures During Exercise in the Heat: Effects of Wind and Sweat. *Annals of Biomedical Engineering*, **2019**, 47, 317-331	4.7	17
85	Effectiveness of Aerobic Exercise Programs for Health Promotion in Metabolic Syndrome. *Medicine and Science in Sports and Exercise*, **2019**, 51, 1876-1883	1.2	21
84	Women with metabolic syndrome show similar health benefits from high-intensity interval training than men. *PLoS ONE*, **2019**, 14, e0225893	3.7	1
83	Training intensity relative to ventilatory thresholds determines cardiorespiratory fitness improvements in sedentary adults with obesity. *European Journal of Sport Science*, **2019**, 19, 549-556	3.9	4
82	Movement Velocity as a Measure of Level of Effort During Resistance Exercise. *Journal of Strength and Conditioning Research*, **2019**, 33, 1496-1504	3.2	38
81	Effects of aerobic interval training on arterial stiffness and microvascular function in patients with metabolic syndrome. *Journal of Clinical Hypertension*, **2018**, 20, 11-18	2.3	25
80	Effects of 6-month aerobic interval training on skeletal muscle metabolism in middle-aged metabolic syndrome patients. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 585-595	4.6	12
79	Objective and subjective measures of exercise intensity during thermo-neutral and hot yoga. *Applied Physiology, Nutrition and Metabolism*, **2018**, 43, 397-402	3	5
78	Weight loss but not gains in cardiorespiratory fitness after exercise-training predicts improved health risk factors in metabolic syndrome. *Nutrition, Metabolism and Cardiovascular Diseases*, **2018**, 28, 1267-1274	4.5	14
77	Effects of intense aerobic exercise and/or antihypertensive medication in individuals with metabolic syndrome. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 2042-2051	4.6	6
76	Exercise Periodization over the Year Improves Metabolic Syndrome and Medication Use. *Medicine and Science in Sports and Exercise*, **2018**, 50, 1983-1991	1.2	4
75	Intense aerobic exercise lowers blood pressure in individuals with metabolic syndrome taking antihypertensive medicine. *Blood Pressure Monitoring*, **2018**, 23, 230-236	1.3	3
74	Hormonal and neuromuscular responses during a singles match in male professional tennis players. *PLoS ONE*, **2018**, 13, e0195242	3.7	12
73	Changes in markers for cardio-metabolic disease risk after only 1-2 weeks of a high saturated fat diet in overweight adults. *PLoS ONE*, **2018**, 13, e0198372	3.7	5

72	Acute Hypotension after High-Intensity Interval Exercise in Metabolic Syndrome Patients. *International Journal of Sports Medicine*, **2017**, 38, 560-567	3.6	11
71	Ambulatory blood pressure response to a bout of HIIT in metabolic syndrome patients. *European Journal of Applied Physiology*, **2017**, 117, 1403-1411	3.4	17
70	Circadian rhythm effect on physical tennis performance in trained male players. *Journal of Sports Sciences*, **2017**, 35, 2121-2128	3.6	42
69	Cardiovascular Drift during Training for Fitness in Patients with Metabolic Syndrome. *Medicine and Science in Sports and Exercise*, **2017**, 49, 518-526	1.2	7
68	Effects of repeated yearly exposure to exercise-training on blood pressure and metabolic syndrome evolution. *Journal of Hypertension*, **2017**, 35, 1992-1999	1.9	17
67	Time course of recovery following resistance training leading or not to failure. *European Journal of Applied Physiology*, **2017**, 117, 2387-2399	3.4	80
66	Aerobic interval training reduces vascular resistances during submaximal exercise in obese metabolic syndrome individuals. *European Journal of Applied Physiology*, **2017**, 117, 2065-2073	3.4	13
65	Use of nutritional supplements and ergogenic aids in professional tennis players. *Nutricion Hospitalaria*, **2017**, 34, 1463-1468	1	13
64	Dietary supplementation with omega-3 fatty acids and oleate enhances exercise training effects in patients with metabolic syndrome. *Obesity*, **2016**, 24, 1704-11	8	18
63	Muscle contraction velocity, strength and power output changes following different degrees of hypohydration in competitive olympic combat sports. *Journal of the International Society of Sports Nutrition*, **2016**, 13, 10	4.5	25
62	Effects of Simultaneous or Sequential Weight Loss Diet and Aerobic Interval Training on Metabolic Syndrome. *International Journal of Sports Medicine*, **2016**, 37, 274-81	3.6	25
61	Validity and Reliability of Ventilatory and Blood Lactate Thresholds in Well-Trained Cyclists. *PLoS ONE*, **2016**, 11, e0163389	3.7	66
60	Water Intake and Hydration Indices in Healthy European Adults: The European Hydration Research Study (EHRS). *Nutrients*, **2016**, 8, 204	6.7	33
59	Influence of Physical Activity and Ambient Temperature on Hydration: The European Hydration Research Study (EHRS). *Nutrients*, **2016**, 8,	6.7	11
58	Aerobic Exercise Training Increases Muscle Water Content in Obese Middle-Age Men. *Medicine and Science in Sports and Exercise*, **2016**, 48, 822-8	1.2	14
57	Higher insulin-sensitizing response after sprint interval compared to continuous exercise. *International Journal of Sports Medicine*, **2015**, 36, 209-14	3.6	20
56	Relationship between muscle water and glycogen recovery after prolonged exercise in the heat in humans. *European Journal of Applied Physiology*, **2015**, 115, 1919-26	3.4	36
55	Hyperthermia, but not muscle water deficit, increases glycogen use during intense exercise. *Scandinavian Journal of Medicine and Science in Sports*, **2015**, 25 Suppl 1, 126-34	4.6	11

54	Higher Insulin-sensitizing Response after Sprint Interval Compared to Continuous Exercise. *International Journal of Sports Medicine*, **2015**, 36, e4	3.6	1
53	Pseudoephedrine and circadian rhythm interaction on neuromuscular performance. *Scandinavian Journal of Medicine and Science in Sports*, **2015**, 25, e603-12	4.6	28
52	Improvements on neuromuscular performance with caffeine ingestion depend on the time-of-day. *Journal of Science and Medicine in Sport*, **2015**, 18, 338-42	4.4	62
51	Skeletal muscle water and electrolytes following prolonged dehydrating exercise. *Scandinavian Journal of Medicine and Science in Sports*, **2015**, 25, e274-82	4.6	9
50	Ingestion of a moderately high caffeine dose before exercise increases postexercise energy expenditure. *International Journal of Sport Nutrition and Exercise Metabolism*, **2015**, 25, 46-53	4.4	10
49	Time-course effects of aerobic interval training and detraining in patients with metabolic syndrome. *Nutrition, Metabolism and Cardiovascular Diseases*, **2014**, 24, 792-8	4.5	50
48	Circadian rhythm effects on neuromuscular and sprint swimming performance. *Biological Rhythm Research*, **2014**, 45, 51-60	0.8	14
47	Imposing a pause between the eccentric and concentric phases increases the reliability of isoinertial strength assessments. *Journal of Sports Sciences*, **2014**, 32, 1165-75	3.6	78
46	Metformin does not attenuate the acute insulin-sensitizing effect of a single bout of exercise in individuals with insulin resistance. *Acta Diabetologica*, **2014**, 51, 749-55	3.9	21
45	Comparison of glucose tolerance tests to detect the insulin sensitizing effects of a bout of continuous exercise. *Applied Physiology, Nutrition and Metabolism*, **2014**, 39, 787-92	3	11
44	Obesity as a mediator of the influence of cardiorespiratory fitness on cardiometabolic risk: a mediation analysis. *Diabetes Care*, **2014**, 37, 855-62	14.6	38
43	Gender differences on effectiveness of a school-based physical activity intervention for reducing cardiometabolic risk: a cluster randomized trial. *International Journal of Behavioral Nutrition and Physical Activity*, **2014**, 11, 154	8.4	38
42	Discussion of "Effect of plasma donation and blood donation on aerobic and anaerobic responses in exhaustive, severe-intensity exercise". *Applied Physiology, Nutrition and Metabolism*, **2014**, 39, 399	3	
41	Ingestion of sodium plus water improves cardiovascular function and performance during dehydrating cycling in the heat. *Scandinavian Journal of Medicine and Science in Sports*, **2014**, 24, 507-18	4.6	20
40	Performance outcomes and unwanted side effects associated with energy drinks. *Nutrition Reviews* , **2014**, 72 Suppl 1, 108-20	6.4	23
39	Validity of hydration non-invasive indices during the weightcutting and official weigh-in for Olympic combat sports. *PLoS ONE*, **2014**, 9, e95336	3.7	29
38	AuthorsUresponse: Comparison between blood and urinary fluid balance indices during dehydrating exercise and the subsequent hypohydration when fluid is not restored. *European Journal of Applied Physiology*, **2013**, 113, 2169-70	3.4	2
37	AuthorsUresponse. Comparison between blood and urinary fluid balance indices during dehydrating exercise and the subsequent hypohydration when fluid is not restored. *European Journal of Applied Physiology*, **2013**, 113, 1907-8	3.4	

36	Increased blood cholesterol after a high saturated fat diet is prevented by aerobic exercise training. *Applied Physiology, Nutrition and Metabolism*, **2013**, 38, 42-8	3	9
35	Fluid ingestion is more effective in preventing hyperthermia in aerobically trained than untrained individuals during exercise in the heat. *Applied Physiology, Nutrition and Metabolism*, **2013**, 38, 73-80	3	9
34	Comparison between blood and urinary fluid balance indices during dehydrating exercise and the subsequent hypohydration when fluid is not restored. *European Journal of Applied Physiology*, **2013**, 113, 611-20	3.4	24
33	Response. *Exercise and Sport Sciences Reviews*, **2013**, 41, 136	6.7	
32	Neuromuscular responses to incremental caffeine doses: performance and side effects. *Medicine and Science in Sports and Exercise*, **2013**, 45, 2184-92	1.2	94
31	A standard blood bank donation alters the thermal and cardiovascular responses during subsequent exercise. *Transfusion*, **2012**, 52, 2339-47	2.9	9
30	Salt and fluid loading: effects on blood volume and exercise performance. *Medicine and Sport Science*, **2012**, 59, 113-119		16
29	Caffeine ingestion reverses the circadian rhythm effects on neuromuscular performance in highly resistance-trained men. *PLoS ONE*, **2012**, 7, e33807	3.7	58
28	Influence of aerobic fitness on thermoregulation during exercise in the heat. *Exercise and Sport Sciences Reviews*, **2012**, 40, 79-87	6.7	38
27	In a hot-dry environment racewalking increases the risk of hyperthermia in comparison to when running at a similar velocity. *European Journal of Applied Physiology*, **2011**, 111, 1073-80	3.4	10
26	Relevance of individual characteristics for thermoregulation during exercise in a hot-dry environment. *European Journal of Applied Physiology*, **2011**, 111, 2173-81	3.4	13
25	Sweat sodium concentration during exercise in the heat in aerobically trained and untrained humans. *European Journal of Applied Physiology*, **2011**, 111, 2873-81	3.4	25
24	Reproducibility of two electrical stimulation techniques to assess neuromuscular fatigue. *European Journal of Sport Science*, **2011**, 11, 95-103	3.9	3
23	Dehydration and sodium deficit during indoor practice in elite European male team players. *European Journal of Sport Science*, **2010**, 10, 329-336	3.9	20
22	Aerobic fitness determines whole-body fat oxidation rate during exercise in the heat. *Applied Physiology, Nutrition and Metabolism*, **2010**, 35, 741-8	3	6
21	Restoration of blood pH between repeated bouts of high-intensity exercise: effects of various active-recovery protocols. *European Journal of Applied Physiology*, **2010**, 108, 523-32	3.4	15
20	Effects of athletes' muscle mass on urinary markers of hydration status. *European Journal of Applied Physiology*, **2010**, 109, 213-9	3.4	51
19	Aerobically trained individuals have greater increases in rectal temperature than untrained ones during exercise in the heat at similar relative intensities. *European Journal of Applied Physiology*, **2010**, 109, 973-81	3.4	46

18	Respiratory compensation and blood pH regulation during variable intensity exercise in trained versus untrained subjects. *European Journal of Applied Physiology*, **2009**, 107, 83-93	3.4	12
17	Caffeine during exercise in the heat: thermoregulation and fluid-electrolyte balance. *Medicine and Science in Sports and Exercise*, **2009**, 41, 164-73	1.2	37
16	Anaerobic performance when rehydrating with water or commercially available sports drinks during prolonged exercise in the heat. *Applied Physiology, Nutrition and Metabolism*, **2008**, 33, 290-8	3	29
15	Infrared tympanic thermometry in a hot environment. *International Journal of Sports Medicine*, **2008** , 29, 713-8	3.6	12
14	Caffeine effects on short-term performance during prolonged exercise in the heat. *Medicine and Science in Sports and Exercise*, **2008**, 40, 744-51	1.2	56
13	Thermoregulatory responses to constant versus variable-intensity exercise in the heat. *Medicine and Science in Sports and Exercise*, **2008**, 40, 1945-52	1.2	34
12	Separate and combined effects of airflow and rehydration during exercise in the heat. *Medicine and Science in Sports and Exercise*, **2007**, 39, 1720-6	1.2	19
11	Validity of cycling peak power as measured by a short-sprint test versus the Wingate anaerobic test. *Applied Physiology, Nutrition and Metabolism*, **2006**, 31, 186-9	3	20
10	Performance at high pedaling cadences in well-trained cyclists. *Medicine and Science in Sports and Exercise*, **2006**, 38, 953-7	1.2	14
9	Effects of beta-adrenergic receptor stimulation and blockade on substrate metabolism during submaximal exercise. *American Journal of Physiology - Endocrinology and Metabolism*, **2001**, 280, E752-60	6	27
8	Preexercise medium-chain triglyceride ingestion does not alter muscle glycogen use during exercise. *Journal of Applied Physiology*, **2000**, 88, 219-25	3.7	21
7	Stroke volume during exercise: interaction of environment and hydration. *American Journal of Physiology - Heart and Circulatory Physiology*, **2000**, 278, H321-30	5.2	118
6	Lipolytic suppression following carbohydrate ingestion limits fat oxidation during exercise. *American Journal of Physiology - Endocrinology and Metabolism*, **1997**, 273, E768-75	6	105
5	Dehydration markedly impairs cardiovascular function in hyperthermic endurance athletes during exercise. *Journal of Applied Physiology*, **1997**, 82, 1229-36	3.7	238
4	Plasma catecholamines and hyperglycaemia influence thermoregulation in man during prolonged exercise in the heat. *Journal of Physiology*, **1996**, 491 (Pt 2), 529-40	3.9	32
3	Dehydration reduces cardiac output and increases systemic and cutaneous vascular resistance during exercise. *Journal of Applied Physiology*, **1995**, 79, 1487-96	3.7	197
2	THE EFFECT OF PRE-EXERCISE MEDIUM-CHAIN TRIGLYCERIDE INGESTION ON MUSCLE GLYCOGEN UTILIZATION DURING HIGH INTENSITY EXERCISE. *Medicine and Science in Sports and Exercise*, **1995**, 27, S203	1.2	2
1	Fluid and carbohydrate ingestion independently improve performance during 1 h of intense exercise. *Medicine and Science in Sports and Exercise*, **1995**, 27, 200-10	1.2	80