Jens Bangsbo

List of Publications by Year in descending order

261 papers	11,493 citations	50276 46 h-index	40979 93 g-index
265 all docs	265 docs citations	265 times ranked	8567 citing authors

#	Article	IF	Citations
1	The Yo-Yo Intermittent Recovery Test. Sports Medicine, 2008, 38, 37-51.	6.5	954
2	The Yo-Yo Intermittent Recovery Test: Physiological Response, Reliability, and Validity. Medicine and Science in Sports and Exercise, 2003, 35, 697-705.	0.4	902
3	Muscle and Blood Metabolites during a Soccer Game. Medicine and Science in Sports and Exercise, 2006, 38, 1165-1174.	0.4	526
4	Physical Demands during an Elite Female Soccer Game: Importance of Training Status. Medicine and Science in Sports and Exercise, 2005, 37, 1242-1248.	0.4	443
5	Physiological demands of top-class soccer refereeing in relation to physical capacity: effect of intense intermittent exercise training. Journal of Sports Sciences, 2001, 19, 881-891.	2.0	304
6	High-Intensity Training versus Traditional Exercise Interventions for Promoting Health. Medicine and Science in Sports and Exercise, 2010, 42, 1951-1958.	0.4	300
7	The Yo-Yo IR2 Test: Physiological Response, Reliability, and Application to Elite Soccer. Medicine and Science in Sports and Exercise, 2006, 38, 1666-1673.	0.4	292
8	Physical activity and coronavirus disease 2019 (COVID-19): specific recommendations for home-based physical training. Managing Sport and Leisure, 2022, 27, 26-31.	3.5	265
9	Energy demands in competitive soccer. Journal of Sports Sciences, 1994, 12, S5-S12.	2.0	236
10	The slow component of oxygen uptake during intense, sub-maximal exercise in man is associated with additional fibre recruitment. Pflugers Archiv European Journal of Physiology, 2004, 447, 855-866.	2.8	203
11	Copenhagen Consensus statement 2019: physical activity and ageing. British Journal of Sports Medicine, 2019, 53, 856-858.	6.7	145
12	Muscle damage, inflammatory, immune and performance responses to three football games in 1Âweek in competitive male players. European Journal of Applied Physiology, 2016, 116, 179-193.	2.5	143
13	Muscle adaptations and performance enhancements of soccer training for untrained men. European Journal of Applied Physiology, 2010, 108, 1247-1258.	2.5	116
14	Recreational football for disease prevention and treatment in untrained men: a narrative review examining cardiovascular health, lipid profile, body composition, muscle strength and functional capacity. British Journal of Sports Medicine, 2015, 49, 568-576.	6.7	112
15	Activity profile and physical demands of football referees and assistant referees in international games. Journal of Sports Sciences, 2009, 27, 1167-1176.	2.0	110
16	Maximal voluntary contraction force, SR function and glycogen resynthesis during the first 72Âh after a high-level competitive soccer game. European Journal of Applied Physiology, 2011, 111, 2987-2995.	2.5	109
17	Intense interval training enhances human skeletal muscle oxygen uptake in the initial phase of dynamic exercise at high but not at low intensities. Journal of Physiology, 2004, 559, 335-345.	2.9	101
18	Is Recreational Soccer Effective for Improving $$ dot{V}{ext{O}}_{2;hbox{max} } $$ V Ë™ O 2 max ? A Systematic Review and Meta-Analysis. Sports Medicine, 2015, 45, 1339-1353.	6.5	97

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19	ATP and heat production in human skeletal muscle during dynamic exercise: higher efficiency of anaerobic than aerobic ATP resynthesis. Journal of Physiology, 2003, 549, 255-269.	2.9	87
20	Motor Skills and Exercise Capacity Are Associated with Objective Measures of Cognitive Functions and Academic Performance in Preadolescent Children. PLoS ONE, 2016, 11, e0161960.	2.5	87
21	Reduced volume and increased training intensity elevate muscle Na⁺-K⁺pump Î±₂-subunit expression as well as short- and long-term work capacity in humans. Journal of Applied Physiology, 2009, 107, 1771-1780.	2.5	86
22	Broad-spectrum physical fitness benefits of recreational football: a systematic review and meta-analysis. British Journal of Sports Medicine, 2019, 53, 926-939.	6.7	85
23	Soccer Improves Fitness and Attenuates Cardiovascular Risk Factors in Hypertensive Men. Medicine and Science in Sports and Exercise, 2013, 45, 553-561.	0.4	84
24	Slow-Twitch Fiber Glycogen Depletion Elevates Moderate-Exercise Fast-Twitch Fiber Activity and O2 Uptake. Medicine and Science in Sports and Exercise, 2004, 36, 973-982.	0.4	83
25	The Copenhagen Consensus Conference 2016: children, youth, and physical activity in schools and during leisure time. British Journal of Sports Medicine, 2016, 50, 1177-1178.	6.7	83
26	Exceptional Evolutionary Divergence of Human Muscle and Brain Metabolomes Parallels Human Cognitive and Physical Uniqueness. PLoS Biology, 2014, 12, e1001871.	5.6	80
27	Recruitment of fibre types and quadriceps muscle portions during repeated, intense knee-extensor exercise in humans. Pflugers Archiv European Journal of Physiology, 2004, 449, 56-65.	2.8	77
28	The effect of strength training, recreational soccer and running exercise on stretchâ€“shortening cycle muscle performance during countermovement jumping. Human Movement Science, 2012, 31, 970-986.	1.4	75
29	Exercise and exercise training-induced increase in autophagy markers in human skeletal muscle. Physiological Reports, 2018, 6, e13651.	1.7	75
30	Heart rate response and fitness effects of various types of physical education for 8â€•to 9â€yearâ€old schoolchildren. European Journal of Sport Science, 2014, 14, 861-869.	2.7	72
31	High Injury Incidence in Adolescent Female Soccer. American Journal of Sports Medicine, 2014, 42, 2487-2494.	4.2	71
32	Physical activity and health in Chinese children and adolescents: expert consensus statement (2020). British Journal of Sports Medicine, 2020, 54, 1321-1331.	6.7	71
33	Return to elite football after the COVID-19 lockdown. Managing Sport and Leisure, 2022, 27, 172-180.	3.5	70
34	Limitations in intense exercise performance of athletes â€“ effect of speed endurance training on ion handling and fatigue development. Journal of Physiology, 2017, 595, 2897-2913.	2.9	68
35	Isokinetic strength effects of FIFA's "The 11+" injury prevention training programme. Isokinetics and Exercise Science, 2010, 18, 211-215.	0.4	64
36	Effects of Exercise and Diet in Nonobese Asthma Patientsâ€”A Randomized Controlled Trial. Journal of Allergy and Clinical Immunology: in Practice, 2018, 6, 803-811.	3.8	63

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37	Short-term street soccer improves fitness and cardiovascular health status of homeless men. European Journal of Applied Physiology, 2012, 112, 2097-2106.	2.5	61
38	Concurrent speed endurance and resistance training improves performance, running economy, and muscle NHE1 in moderately trained runners. Journal of Applied Physiology, 2014, 117, 1097-1109.	2.5	61
39	Methods to collect and interpret external training load using microtechnology incorporating GPS in professional football: a systematic review. Research in Sports Medicine, 2020, 28, 437-458.	1.3	60
40	Positive effects on bone mineralisation and muscular fitness after 10â€…months of intense school-based physical training for children aged 8â€“10â€…years: the FIT FIRST randomised controlled trial. British Journal of Sports Medicine, 2018, 52, 254-260.	6.7	59
41	Effects of high-intensity training on cardiovascular risk factors in premenopausal and postmenopausal women. American Journal of Obstetrics and Gynecology, 2017, 216, 384.e1-384.e11.	1.3	58
42	High-Intensity Intermittent Swimming Improves Cardiovascular Health Status for Women with Mild Hypertension. BioMed Research International, 2014, 2014, 1-9.	1.9	57
43	Effects of soccer vs swim training on bone formation in sedentary middle-aged women. European Journal of Applied Physiology, 2015, 115, 2671-2679.	2.5	57
44	Differences in strength and speed demands between 4v4 and 8v8 small-sided football games. Journal of Sports Sciences, 2016, 34, 2246-2254.	2.0	56
45	Football is medicine: it is time for patients to play!. British Journal of Sports Medicine, 2018, 52, 1412-1414.	6.7	55
46	Soccer Training Improves Cardiac Function in Men with Type 2 Diabetes. Medicine and Science in Sports and Exercise, 2013, 45, 2223-2233.	0.4	54
47	Analysis of High-Intensity Skating in Top-Class Ice Hockey Match-Play in Relation to Training Status and Muscle Damage. Journal of Strength and Conditioning Research, 2018, 32, 1303-1310.	2.1	54
48	The Effect of Two Speed Endurance Training Regimes on Performance of Soccer Players. PLoS ONE, 2015, 10, e0138096.	2.5	53
49	Acceleration and sprint profiles of professional male football players in relation to playing position. PLoS ONE, 2020, 15, e0236959.	2.5	51
50	Short-Term Performance Effects of Three Different Low-Volume Strength-Training Programmes in College Male Soccer Players. Journal of Human Kinetics, 2014, 40, 121-128.	1.5	49
51	Sodium bicarbonate intake improves high-intensity intermittent exercise performance in trained young men. Journal of the International Society of Sports Nutrition, 2015, 12, 25.	3.9	48
52	Football training in men with prostate cancer undergoing androgen deprivation therapy: activity profile and short-term skeletal and postural balance adaptations. European Journal of Applied Physiology, 2016, 116, 471-480.	2.5	48
53	Effects of recreational football on womenâ€™s fitness and health: adaptations and mechanisms. European Journal of Applied Physiology, 2018, 118, 11-32.	2.5	48
54	Resveratrol modulates the angiogenic response to exercise training in skeletal muscles of aged men. American Journal of Physiology - Heart and Circulatory Physiology, 2014, 307, H1111-H1119.	3.2	47

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55	PGC-1Î± and exercise intensity dependent adaptations in mouse skeletal muscle. PLoS ONE, 2017, 12, e0185993.	2.5	47
56	Early Postmenopausal Phase Is Associated With Reduced Prostacyclin-Induced Vasodilation That Is Reversed by Exercise Training. Hypertension, 2016, 68, 1011-1020.	2.7	46
57	Beta₂â€adrenoceptor agonist salbutamol increases protein turnover rates and alters signalling in skeletal muscle after resistance exercise in young men. Journal of Physiology, 2018, 596, 4121-4139.	2.9	46
58	Cycling with blood flow restriction improves performance and muscle K⁺ regulation and alters the effect of antiâ€oxidant infusion in humans. Journal of Physiology, 2019, 597, 2421-2444.	2.9	46
59	Walking football as sustainable exercise for older adults â€“ A pilot investigation. European Journal of Sport Science, 2017, 17, 638-645.	2.7	45
60	Molecular mechanisms involved in the positive effects of physical activity on coping with COVID-19. European Journal of Applied Physiology, 2020, 120, 2569-2582.	2.5	45
61	Highâ€intensity exercise training enhances mitochondrial oxidative phosphorylation efficiency in a temperatureâ€dependent manner in human skeletal muscle: implications for exercise performance. FASEB Journal, 2019, 33, 8976-8989.	0.5	44
62	Skeletal muscle and performance adaptations to high-intensity training in elite male soccer players: speed endurance runs versus small-sided game training. European Journal of Applied Physiology, 2018, 118, 111-121.	2.5	43
63	Elite football of 2030 will not be the same as that of 2020: Preparing players, coaches, and support staff for the evolution. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 962-964.	2.9	43
64	Fatty acid kinetics and carbohydrate metabolism during electrical exercise in spinal cord-injured humans. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2001, 281, R1492-R1498.	1.8	42
65	Muscle strength and soccer practice as major determinants of bone mineral density in adolescents. Joint Bone Spine, 2012, 79, 403-408.	1.6	42
66	Chronic Î²₂â€adrenoceptor agonist treatment alters muscle proteome and functional adaptations induced by high intensity training in young men. Journal of Physiology, 2018, 596, 231-252.	2.9	41
67	Training with blood flow restriction increases femoral artery diameter and thigh oxygen delivery during kneeâ€extensor exercise in recreationally trained men. Journal of Physiology, 2020, 598, 2337-2353.	2.9	41
68	Cardiovascular effects of 3 months of football training in overweight children examined by comprehensive echocardiography: a pilot study. Journal of Sports Sciences, 2013, 31, 1432-1440.	2.0	40
69	Comparison between two types of anaerobic speed endurance training in competitive soccer players. Journal of Human Kinetics, 2016, 51, 183-192.	1.5	40
70	Capillary ultrastructure and mitochondrial volume density in skeletal muscle in relation to reduced exercise capacity of patients with intermittent claudication. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2016, 310, R943-R951.	1.8	40
71	Fitness and health benefits of team handball training for young untrained womenâ€”A cross-disciplinary RCT on physiological adaptations and motivational aspects. Journal of Sport and Health Science, 2018, 7, 139-148.	6.5	39
72	Neuromuscular Fatigue and Metabolism during High-Intensity Intermittent Exercise. Medicine and Science in Sports and Exercise, 2019, 51, 1642-1652.	0.4	39

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73	Mechanisms underlying enhancements in muscle force and power output during maximal cycle ergometer exercise induced by chronic Î²₂-adrenergic stimulation in men. Journal of Applied Physiology, 2015, 119, 475-486.	2.5	38
74	The Yo-Yo IE2 Test. Medicine and Science in Sports and Exercise, 2015, 47, 100-108.	0.4	36
75	A short period of high-intensity interval training improves skeletal muscle mitochondrial function and pulmonary oxygen uptake kinetics. Journal of Applied Physiology, 2016, 120, 1319-1327.	2.5	36
76	The Use of Yo-Yo Intermittent Recovery Level 1 and Andersen Testing for Fitness and Maximal Heart Rate Assessments of 6- to 10-Year-Old School Children. Journal of Strength and Conditioning Research, 2013, 27, 1583-1590.	2.1	35
77	â€˜FIFA 11 for Healthâ€™ for Europe. II: effect on health markers and physical fitness in Danish schoolchildren aged 10â€“12â€…years. British Journal of Sports Medicine, 2016, 50, 1394-1399.	6.7	34
78	Vasoactive enzymes and blood flow responses to passive and active exercise in peripheral arterial disease. Atherosclerosis, 2016, 246, 98-105.	0.8	34
79	The effect of 12-month participation in osteogenic and non-osteogenic sports on bone development in adolescent male athletes. The PRO-BONE study. Journal of Science and Medicine in Sport, 2018, 21, 404-409.	1.3	34
80	Reliability and Construct Validity of Yo-Yo Tests in Untrained and Soccer-Trained Schoolgirls Aged 9â€“16. Pediatric Exercise Science, 2016, 28, 321-330.	1.0	33
81	Effects of 3 months of full-court and half-court street basketball training on health profile in untrained men. Journal of Sport and Health Science, 2018, 7, 132-138.	6.5	33
82	Relationship between External Load and Perceptual Responses to Training in Professional Football: Effects of Quantification Method. Sports, 2019, 7, 68.	1.7	33
83	10â€20â€30 training increases performance and lowers blood pressure and <scp>VEGF</scp> in runners. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, e479-89.	2.9	32
84	Leg vascular and skeletal muscle mitochondrial adaptations to aerobic highâ€intensity exercise training are enhanced in the early postmenopausal phase. Journal of Physiology, 2017, 595, 2969-2983.	2.9	32
85	Effects of the Workplace Health Promotion Activities Soccer and Zumba on Muscle Pain, Work Ability and Perceived Physical Exertion among Female Hospital Employees. PLoS ONE, 2014, 9, e115059.	2.5	31
86	Community-Based Recreational Football: A Novel Approach to Promote Physical Activity and Quality of Life in Prostate Cancer Survivors. International Journal of Environmental Research and Public Health, 2014, 11, 5567-5585.	2.6	31
87	Health-Related Physical Fitness in Healthy Untrained Men: Effects on VO2max, Jump Performance and Flexibility of Soccer and Moderate-Intensity Continuous Running. PLoS ONE, 2015, 10, e0135319.	2.5	31
88	The importance of cohesion and enjoyment for the fitness improvement of 8â€“10â€yearâ€old children participating in a team and individual sport schoolâ€based physical activity intervention. European Journal of Sport Science, 2017, 17, 343-350.	2.7	31
89	Impact of adrenaline and metabolic stress on exerciseâ€induced intracellular signaling and PGCâ€1Î± mRNA response in human skeletal muscle. Physiological Reports, 2016, 4, e12844.	1.7	30
90	Effect of formoterol, a long-acting Î²₂-adrenergic agonist, on muscle strength and power output, metabolism, and fatigue during maximal sprinting in men. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2016, 310, R1312-R1321.	1.8	30

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91	Effects of self-paced interval and continuous training on health markers in women. European Journal of Applied Physiology, 2017, 117, 2281-2293.	2.5	30
92	Contextual Variables and Training Load Throughout a Competitive Period in a Top-Level Male Soccer Team. Journal of Strength and Conditioning Research, 2021, 35, 3177-3183.	2.1	30
93	Comparative Efficacy of 5 Exercise Types on Cardiometabolic Health in Overweight and Obese Adults: A Systematic Review and Network Meta-Analysis of 81 Randomized Controlled Trials. Circulation: Cardiovascular Quality and Outcomes, 2022, 15, 101161CIRCOUTCOMES121008243.	2.2	30
94	Musculoskeletal health profile for elite female footballers versus untrained young women before and after 16 weeks of football training. Journal of Sports Sciences, 2013, 31, 1468-1474.	2.0	29
95	Reliability and validity of Yoâ€Yo tests in 9â€•to 16â€yearâ€old football players and matched nonâ€sports active schoolboys. European Journal of Sport Science, 2016, 16, 755-763.	2.7	29
96	Testâ€“Retest Reliability of the Yo-Yo Test: A Systematic Review. Sports Medicine, 2019, 49, 1547-1557.	6.5	29
97	The Effects of 52 Weeks of Soccer or Resistance Training on Body Composition and Muscle Function in +65-Year-Old Healthy Males â€“ A Randomized Controlled Trial. PLoS ONE, 2016, 11, e0148236.	2.5	29
98	Application of Individualized Speed Zones to Quantify External Training Load in Professional Soccer. Journal of Human Kinetics, 2020, 72, 279-289.	1.5	29
99	Positive effects of 1-year football and strength training on mechanical muscle function and functional capacity in elderly men. European Journal of Applied Physiology, 2016, 116, 1127-1138.	2.5	28
100	Combined speed endurance and endurance exercise amplify the exerciseâ€•induced PGCâ€•1 Î± and PDK4 mRNA response in trained human muscle. Physiological Reports, 2016, 4, e12864.	1.7	28
101	Protein intake during training sessions has no effect on performance and recovery during a strenuous training camp for elite cyclists. Journal of the International Society of Sports Nutrition, 2016, 13, 9.	3.9	28
102	Running intensity fluctuations indicate temporary performance decrement in top-class football. Science and Medicine in Football, 2017, 1, 10-17.	2.0	28
103	Improved cognitive performance in preadolescent Danish children after the schoolâ€•based physical activity programme â€œFIFA 11 for Healthâ€•for Europe â€“ A clusterâ€•randomised controlled trial. European Journal of Sport Science, 2018, 18, 130-139.	2.7	28
104	Improved Exercise Tolerance with Caffeine Is Associated with Modulation of both Peripheral and Central Neural Processes in Human Participants. Frontiers in Nutrition, 2018, 5, 6.	3.7	28
105	The effect of exercise and beta₂ -adrenergic stimulation on glutathionylation and function of the Na,K-ATPase in human skeletal muscle. Physiological Reports, 2015, 3, e12515.	1.7	27
106	Effect of speed endurance and strength training on performance, running economy and muscular adaptations in endurance-trained runners. European Journal of Applied Physiology, 2016, 116, 1331-1341.	2.5	27
107	Physical and Physiological Demands of Recreational Team Handball for Adult Untrained Men. BioMed Research International, 2017, 2017, 1-10.	1.9	27
108	Effects of Small-Sided Soccer Games on Physical Fitness, Physiological Responses, and Health Indices in Untrained Individuals and Clinical Populations: A Systematic Review. Sports Medicine, 2020, 50, 987-1007.	6.5	27

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109	Effects of Endurance Training on the Serum Levels of Tumour Necrosis Factor-Î± and Interferon-Î³ in Sedentary Men. Immune Network, 2014, 14, 255.	3.6	26
110	Physical Demands in Competitive Ultimate Frisbee. Journal of Strength and Conditioning Research, 2015, 29, 3386-3391.	2.1	26
111	Oxidative capacity and glycogen content increase more in arm than leg muscle in sedentary women after intense training. Journal of Applied Physiology, 2015, 119, 116-123.	2.5	26
112	Evaluating a Nationwide Recreational Football Intervention: Recruitment, Attendance, Adherence, Exercise Intensity, and Health Effects. BioMed Research International, 2016, 2016, 1-8.	1.9	26
113	Low-volume high-intensity swim training is superior to high-volume low-intensity training in relation to insulin sensitivity and glucose control in inactive middle-aged women. European Journal of Applied Physiology, 2016, 116, 1889-1897.	2.5	26
114	Effects on muscle strength, maximal jump height, flexibility and postural sway after soccer and Zumba exercise among female hospital employees: a 9-month randomised controlled trial. Journal of Sports Sciences, 2016, 34, 1849-1858.	2.0	26
115	Bone mineral density in lifelong trained male football players compared with young and elderly untrained men. Journal of Sport and Health Science, 2018, 7, 159-168.	6.5	26
116	Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. Nutrients, 2018, 10, 494.	4.1	26
117	Blood flow-restricted training enhances thigh glucose uptake during exercise and muscle antioxidant function in humans. Metabolism: Clinical and Experimental, 2019, 98, 1-15.	3.4	26
118	Recreational football is effective in the treatment of non-communicable diseases. British Journal of Sports Medicine, 2015, 49, 1426-1427.	6.7	25
119	Cardiorespiratory fitness and physical function in children with cancer from diagnosis throughout treatment. BMJ Open Sport and Exercise Medicine, 2017, 3, e000179.	2.9	25
120	Recreational team sports: The motivational medicine. Journal of Sport and Health Science, 2018, 7, 129-131.	6.5	25
121	Effect of inhaled terbutaline on substrate utilization and 300-kcal time trial performance. Journal of Applied Physiology, 2014, 117, 1180-1187.	2.5	24
122	Beta2-adrenergic stimulation increases energy expenditure at rest, but not during submaximal exercise in active overweight men. European Journal of Applied Physiology, 2017, 117, 1907-1915.	2.5	23
123	Fitness Effects of 10-Month Frequent Low-Volume Ball Game Training or Interval Running for 8â€“10-Year-Old School Children. BioMed Research International, 2017, 2017, 1-9.	1.9	23
124	Osteogenic impact of football training in 55â€•to 70â€yearâ€•old women and men with prediabetes. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 52-60.	2.9	23
125	Maximal heart rate assessment in recreational football players: A study involving a multiple testing approach. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1537-1545.	2.9	23
126	Accuracy and reliability of the InBody 270 multi-frequency body composition analyser in 10-12-year-old children. PLoS ONE, 2021, 16, e0247362.	2.5	23

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127	Fatigue Responses in Various Muscle Groups in Well-Trained Competitive Male Players after a Simulated Soccer Game. Journal of Human Kinetics, 2018, 61, 85-97.	1.5	22
128	Movement pattern and physiological response in recreational small-sided football â€“ effect of number of players with a fixed pitch size. Journal of Sports Sciences, 2018, 36, 1549-1556.	2.0	22
129	Inâ€season adaptations to intense intermittent training and sprint interval training in subâ€elite football players. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 669-677.	2.9	22
130	â€˜FIFA 11 for Healthâ€™ for Europe. 1: effect on health knowledge and well-being of 10- to 12-year-old Danish school children. British Journal of Sports Medicine, 2017, 51, 1483-1488.	6.7	21
131	Lifelong Football Training: Effects on Autophagy and Healthy Longevity Promotion. Frontiers in Physiology, 2019, 10, 132.	2.8	21
132	Eight months of school-based soccer improves physical fitness and reduces aggression in high-school children. Biology of Sport, 2020, 37, 185-193.	3.2	21
133	Infusion of ATP increases leg oxygen delivery but not oxygen uptake in the initial phase of intense kneeâ€extensor exercise in humans. Experimental Physiology, 2014, 99, 1399-1408.	2.0	20
134	Unchanged content of oxidative enzymes in fast-twitch muscle fibers and VË™O2 kinetics after intensified training in trained cyclists. Physiological Reports, 2015, 3, e12428.	1.7	20
135	Effect of speed endurance training and reduced training volume on running economy and single muscle fiber adaptations in trained runners. Physiological Reports, 2018, 6, e13601.	1.7	20
136	Abundance of ClC-1 chloride channel in human skeletal muscle: fiber type specific differences and effect of training. Journal of Applied Physiology, 2018, 125, 470-478.	2.5	20
137	Highâ€intensity exercise training ameliorates aberrant expression of markers of mitochondrial turnover but not oxidative damage in skeletal muscle of men with essential hypertension. Acta Physiologica, 2019, 225, e13208.	3.8	20
138	Beta₂â€adrenergic agonist clenbuterol increases energy expenditure and fat oxidation, and induces mTOR phosphorylation in skeletal muscle of young healthy men. Drug Testing and Analysis, 2020, 12, 610-618.	2.6	20
139	Cardiovascular fitness and health effects of various types of team sports for adult and elderly inactive individuals - a brief narrative review. Progress in Cardiovascular Diseases, 2020, 63, 709-722.	3.1	20
140	Muscle metabolism and impaired sprint performance in an elite womenâ€™s football game. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 27-38.	2.9	20
141	Intensive training and reduced volume increases muscle FXYD1 expression and phosphorylation at rest and during exercise in athletes. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2016, 310, R659-R669.	1.8	19
142	High-intensity intermittent â€œ5â€“10â€“15â€•running reduces body fat, and increases lean body mass, bone mineral density, and performance in untrained subjects. European Journal of Applied Physiology, 2018, 118, 1221-1230.	2.5	19
143	Physical Fitness and Body Composition in 10â€“12-Year-Old Danish Children in Relation to Leisure-Time Club-Based Sporting Activities. BioMed Research International, 2018, 2018, 1-8.	1.9	19
144	Cardiovascular adaptations after 10 months of intense schoolâ€based physical training for 8â€•to 10â€yearâ€old children. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 33-41.	2.9	19

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145	Is regular physical activity a key to mental health? Commentary on â€œAssociation between physical exercise and mental health in 1.2 million individuals in the USA between 2011 and 2015: A cross-sectional studyâ€, by Chekroud et al., published in Lancet Psychiatry. Journal of Sport and Health Science, 2019, 8, 6-7.	6.5	19
146	On-Ice and Off-Ice Fitness Profiles of Elite and U20 Male Ice Hockey Players of Two Different National Standards. Journal of Strength and Conditioning Research, 2020, 34, 3369-3376.	2.1	19
147	Muscle Ionic Shifts During Exercise: Implications for Fatigue and Exercise Performance. , 2021, 11, 1895-1959.		19
148	Effect of increased and maintained frequency of speed endurance training on performance and muscle adaptations in runners. Journal of Applied Physiology, 2017, 122, 48-59.	2.5	18
149	Cardiac Adaptations to Highâ€Intensity Aerobic Training in Premenopausal and Recent Postmenopausal Women: The Copenhagen Women Study. Journal of the American Heart Association, 2017, 6, .	3.7	18
150	Effect of a 26-month floorball training on male elderly's cardiovascular fitness, glucose control, body composition, and functional capacity. Journal of Sport and Health Science, 2018, 7, 149-158.	6.5	18
151	Impact of training state on fasting-induced regulation of adipose tissue metabolism in humans. Journal of Applied Physiology, 2018, 124, 729-740.	2.5	18
152	Effects of a Short-Term Recreational Team Handball-Based Programme on Physical Fitness and Cardiovascular and Metabolic Health of 33-55-Year-Old Men: A Pilot Study. BioMed Research International, 2018, 2018, 1-11.	1.9	18
153	Cold-water immersion after training sessions: effects on fiber type-specific adaptations in muscle K⁺transport proteins to sprint-interval training in men. Journal of Applied Physiology, 2018, 125, 429-444.	2.5	18
154	Training load and submaximal heart rate testing throughout a competitive period in a top-level male football team. Journal of Sports Sciences, 2020, 38, 1408-1415.	2.0	18
155	Effect of small-sided team sport training and protein intake on muscle mass, physical function and markers of health in older untrained adults: A randomized trial. PLoS ONE, 2017, 12, e0186202.	2.5	17
156	Cardiovascular and metabolic health effects of team handball training in overweight women: Impact of prior experience. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 281-294.	2.9	17
157	The â€œ11 for Health in Denmarkâ€•intervention in 10â€•to 12â€•yearâ€•old Danish girls and boys and its effects on wellâ€•beingâ€”A largeâ€•scale cluster RCT. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 1787-1795.	2.9	17
158	Î²₂-Adrenergic agonist salbutamol augments hypertrophy in MHCIIa fibers and sprint mean power output but not muscle force during 11 weeks of resistance training in young men. Journal of Applied Physiology, 2021, 130, 617-626.	2.5	17
159	Physical Fitness and Body Composition in 8â€“10-Year-Old Danish Children Are Associated With Sports Club Participation. Journal of Strength and Conditioning Research, 2017, 31, 3425-3434.	2.1	16
160	Inclusion of sprints in moderate intensity continuous training leads to muscle oxidative adaptations in trained individuals. Physiological Reports, 2019, 7, e13976.	1.7	16
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