

Jay R Hoffman

List of Publications by Year in descending order

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391
papers

10,255
citations

41258

49
h-index

56606

83
g-index

398
all docs

398
docs citations

398
times ranked

8897
citing authors

#	ARTICLE	IF	CITATIONS
1	Progression Models in Resistance Training for Healthy Adults. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 364-380.	0.2	1,331
2	International Society of Sports Nutrition Position Stand: protein and exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 20.	1.7	430
3	Thermal and circulatory responses during exercise: effects of hypohydration, dehydration, and water intake. <i>Journal of Applied Physiology</i> , 1997, 82, 2028-2035.	1.2	174
4	International Society of Sports Nutrition position stand: energy drinks. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 1.	1.7	165
5	International society of sports nutrition position stand: Beta-Alanine. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 30.	1.7	165
6	The effect of rest interval length on metabolic responses to the bench press exercise. <i>European Journal of Applied Physiology</i> , 2007, 100, 1-17.	1.2	153
7	Effects of β -alanine supplementation on the onset of neuromuscular fatigue and ventilatory threshold in women. <i>Amino Acids</i> , 2007, 32, 381-386.	1.2	150
8	The effect of training volume and intensity on improvements in muscular strength and size in resistance-trained men. <i>Physiological Reports</i> , 2015, 3, e12472.	0.7	130
9	Inhalation of Ultrafine and Fine Particulate Matter Disrupts Systemic Vascular Function. <i>Inhalation Toxicology</i> , 2007, 19, 133-140.	0.8	123
10	International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate (HMB). <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 6.	1.7	120
11	Effect of Creatine and β -Alanine Supplementation on Performance and Endocrine Responses in Strength/Power Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2006, 16, 430-446.	1.0	118
12	Muscle architecture and strength: Adaptations to short-term resistance training in older adults. <i>Muscle and Nerve</i> , 2014, 49, 584-592.	1.0	115
13	Short-duration β -alanine supplementation increases training volume and reduces subjective feelings of fatigue in college football players. <i>Nutrition Research</i> , 2008, 28, 31-35.	1.3	106
14	Nutritional Supplementation and Anabolic Steroid Use in Adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 15-24.	0.2	103
15	Visual Tracking Speed Is Related to Basketball-Specific Measures of Performance in NBA Players. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2406-2414.	1.0	101
16	Position Stand on Androgen and Human Growth Hormone Use. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, S1-S59.	1.0	94
17	Effect of calcium β -hydroxy- β -methylbutyrate (CaHMB) with and without resistance training in men and women 65+ yrs: A randomized, double-blind pilot trial. <i>Experimental Gerontology</i> , 2013, 48, 1303-1310.	1.2	92
18	Comparison Between Different Off-Season Resistance Training Programs in Division III American College Football Players. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 11-19.	1.0	88

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19	Effect of Protein-Supplement Timing on Strength, Power, and Body-Composition Changes in Resistance-Trained Men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009, 19, 172-185.	1.0	87
20	Effect of hydration status on thirst, drinking, and related hormonal responses during low-intensity exercise in the heat. <i>Journal of Applied Physiology</i> , 2004, 97, 39-44.	1.2	82
21	Effect of betaine supplementation on power performance and fatigue. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 7.	1.7	81
22	Isometric Mid-Thigh Pull Correlates With Strength, Sprint, and Agility Performance in Collegiate Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3051-3056.	1.0	80
23	Thermogenic effect of an acute ingestion of a weight loss supplement. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 1.	1.7	79
24	Do Bilateral Power Deficits Influence Direction-Specific Movement Patterns?. <i>Research in Sports Medicine</i> , 2007, 15, 125-132.	0.7	77
25	Biomarkers of muscle quality: N-terminally propeptide of type III procollagen and C-terminal agrin fragment responses to resistance exercise training in older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2014, 5, 139-148.	2.9	75
26	Muscle quality index improves with resistance exercise training in older adults. <i>Experimental Gerontology</i> , 2014, 53, 1-6.	1.2	74
27	Comparison of Olympic vs. Traditional Power Lifting Training Programs in Football Players. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 129.	1.0	74
28	Examination of a pre-exercise, high energy supplement on exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 2.	1.7	73
29	Relationship Between Athletic Performance Tests and Playing Time in Elite College Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 1996, 10, 67.	1.0	73
30	Comparison of high-intensity vs. high-volume resistance training on the BDNF response to exercise. <i>Journal of Applied Physiology</i> , 2016, 121, 123-128.	1.2	71
31	Biochemical and Hormonal Responses during an Intercollegiate Football Season. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 1237-1241.	0.2	70
32	Comparison of the recovery response from high-intensity and high-volume resistance exercise in trained men. <i>European Journal of Applied Physiology</i> , 2017, 117, 1287-1298.	1.2	70
33	Performance, biochemical, and endocrine changes during a competitive football game. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 1845-1853.	0.2	67
34	The Effect of Water Restriction on Anaerobic Power and Vertical Jumping Height in Basketball Players. <i>International Journal of Sports Medicine</i> , 1995, 16, 214-218.	0.8	63
35	Effects of β -Hydroxy β -Methylbutyrate on Power Performance and Indices of Muscle Damage and Stress During High-Intensity Training. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 747.	1.0	62
36	Self-Selected Resistance Training Intensity in Healthy Women: The Influence of a Personal Trainer. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 103-111.	1.0	61

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37	Effects of hydration state on plasma testosterone, cortisol and catecholamine concentrations before and during mild exercise at elevated temperature. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1994, 69, 294-300.	1.2	58
38	Anticipatory responses of catecholamines on muscle force production. <i>Journal of Applied Physiology</i> , 2007, 102, 94-102.	1.2	58
39	A Comparison of Traditional and Block Periodized Strength Training Programs in Trained Athletes. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 990-997.	1.0	58
40	Intramuscular Anabolic Signaling and Endocrine Response Following Resistance Exercise: Implications for Muscle Hypertrophy. <i>Sports Medicine</i> , 2016, 46, 671-685.	3.1	58
41	Performance Changes in NBA Basketball Players Vary in Starters vs. Nonstarters Over a Competitive Season. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 611-615.	1.0	57
42	Î²-Alanine and the Hormonal Response to Exercise. <i>International Journal of Sports Medicine</i> , 2008, 29, 952-958.	0.8	56
43	Effect of Rest Interval Length on Bench Press Performance in Boys, Teens, and Men. <i>Pediatric Exercise Science</i> , 2008, 20, 457-469.	0.5	56
44	Effect of a Pre-Exercise Energy Supplement on the Acute Hormonal Response to Resistance Exercise. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 874-882.	1.0	55
45	Î²-Hydroxy-Î²-methylbutyrate (HMB)-free acid attenuates circulating TNF-Î± and TNFR1 expression postresistance exercise. <i>Journal of Applied Physiology</i> , 2013, 115, 1173-1182.	1.2	55
46	Effect of Muscle Oxygenation during Resistance Exercise on Anabolic Hormone Response. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 1929-1934.	0.2	53
47	Seasonal Variation in Physical Performanceâ€œRelated Variables in Male NCAA Division III Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 2555-2559.	1.0	53
48	The Effect of Leg Strength on the Incidence of Lower Extremity Overuse Injuries during Military Training. <i>Military Medicine</i> , 1999, 164, 153-156.	0.4	52
49	Anthropometric and Performance Comparisons in Professional Baseball Players. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 2173-2178.	1.0	52
50	Physiological Aspects of Sport Training and Performance. , 2002, , .		52
51	Effect of a proprietary protein supplement on recovery indices following resistance exercise in strength/power athletes. <i>Amino Acids</i> , 2010, 38, 771-778.	1.2	50
52	A Comparison Between the Wingate Anaerobic Power Test to Both Vertical Jump and Line Drill Tests in Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2000, 14, 261.	1.0	49
53	The effect of environmental temperature on testosterone and cortisol responses to high Intensity, intermittent exercise in humans. <i>European Journal of Applied Physiology</i> , 1996, 75, 83-87.	1.2	46
54	Vastus lateralis exhibits nonâ€œhomogenous adaptation to resistance training. <i>Muscle and Nerve</i> , 2014, 50, 785-793.	1.0	46

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55	Effect of a pre-workout energy supplement on acute multi-joint resistance exercise. <i>Journal of Sports Science and Medicine</i> , 2011, 10, 261-6.	0.7	46
56	Acute Effects of Different Warm-Up Protocols on Anaerobic Performance in Teenage Athletes. <i>Pediatric Exercise Science</i> , 2006, 18, 64-75.	0.5	45
57	Improved time to exhaustion following ingestion of the energy drink Amino Impact [®] . <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 14.	1.7	44
58	Performance Changes During a College Playing Career in NCAA Division III Football Athletes. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2351-2357.	1.0	43
59	The Inter-Association Task Force for Preventing Sudden Death in Collegiate Conditioning Sessions: Best Practices Recommendations. <i>Journal of Athletic Training</i> , 2012, 47, 477-480.	0.9	43
60	Resistance Exercise May Improve Spatial Awareness and Visual Reaction in Older Adults. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2079-2087.	1.0	43
61	Exercise-Induced Hormone Elevations Are Related to Muscle Growth. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 45-53.	1.0	42
62	Comparison of Loaded and Unloaded Jump Squat Training on Strength/Power Performance in College Football Players. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 810.	1.0	42
63	Physiological and biomechanical analysis of treadmill walking up various gradients in men and women. <i>European Journal of Applied Physiology</i> , 2002, 86, 503-508.	1.2	41
64	The Applied Physiology of American Football. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 387-392.	1.1	41
65	Effectiveness of Oral and Topical Hydrogen for Sports-Related Soft Tissue Injuries. <i>Postgraduate Medicine</i> , 2014, 126, 188-196.	0.9	41
66	Intramuscular anabolic signaling and endocrine response following high volume and high intensity resistance exercise protocols in trained men. <i>Physiological Reports</i> , 2015, 3, e12466.	0.7	41
67	Performance and Muscle Architecture Comparisons Between Starters and Nonstarters in National Collegiate Athletic Association Division I Women's Soccer. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2355-2365.	1.0	40
68	β -Alanine supplemented diets enhance behavioral resilience to stress exposure in an animal model of PTSD. <i>Amino Acids</i> , 2015, 47, 1247-1257.	1.2	40
69	Regulating intensity using perceived exertion during extended exercise periods. <i>European Journal of Applied Physiology</i> , 2003, 89, 475-482.	1.2	39
70	Oral nutritional supplement fortified with beta-alanine improves physical working capacity in older adults: A randomized, placebo-controlled study. <i>Experimental Gerontology</i> , 2013, 48, 933-939.	1.2	39
71	Thermogenic Effect from Nutritionally Enriched Coffee Consumption. <i>Journal of the International Society of Sports Nutrition</i> , 2006, 3, 35-41.	1.7	38
72	Effects of β -Alanine Supplementation on Carnosine Elevation and Physiological Performance. <i>Advances in Food and Nutrition Research</i> , 2018, 84, 183-206.	1.5	38

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73	Resistance training does not induce uniform adaptations to quadriceps. <i>PLoS ONE</i> , 2018, 13, e0198304.	1.1	38
74	The Effects of Combined Ballistic and Heavy Resistance Training on Maximal Lower- and Upper-Body Strength in Recreationally Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 132-139.	1.0	37
75	Efficacy of phosphatidic acid ingestion on lean body mass, muscle thickness and strength gains in resistance-trained men. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 47.	1.7	36
76	Predictors of High-Intensity Running Capacity in Collegiate Women During a Soccer Game. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 964-970.	1.0	36
77	Short-Term Unilateral Resistance Training Results in Cross Education of Strength Without Changes in Muscle Size, Activation, or Endocrine Response. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1213-1223.	1.0	36
78	Strength Changes During an In-Season Resistance-Training Program for Football. <i>Journal of Strength and Conditioning Research</i> , 2003, 17, 109.	1.0	36
79	Effect of Nutritionally Enriched Coffee Consumption on Aerobic and Anaerobic Exercise Performance. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 456.	1.0	36
80	Reliability of the dynavision [®] for assessing reaction time performance. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 145-50.	0.7	36
81	A treadmill test of sprint running. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 1996, 6, 259-264.	1.3	35
82	Î²-Alanine ingestion increases muscle carnosine content and combat specific performance in soldiers. <i>Amino Acids</i> , 2015, 47, 627-636.	1.2	35
83	Resistance training intensity and volume affect changes in rate of force development in resistance-trained men. <i>European Journal of Applied Physiology</i> , 2016, 116, 2367-2374.	1.2	35
84	The Effect of an Intercollegiate Soccer Game on Maximal Power Performance. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2003, 28, 807-817.	1.7	34
85	Controlled Low-Pressure Blast-Wave Exposure Causes Distinct Behavioral and Morphological Responses Modelling Mild Traumatic Brain Injury, Post-Traumatic Stress Disorder, and Comorbid Mild Traumatic Brain Injury—Post-Traumatic Stress Disorder. <i>Journal of Neurotrauma</i> , 2017, 34, 145-164.	1.7	34
86	Comparison of Two Î²-Alanine Dosing Protocols on Muscle Carnosine Elevations. <i>Journal of the American College of Nutrition</i> , 2017, 36, 608-616.	1.1	34
87	Preliminary Evaluation of an After-School Resistance Training Program for Improving Physical Fitness in Middle School-Age Boys. <i>Perceptual and Motor Skills</i> , 2007, 104, 407-415.	0.6	32
88	Bilateral Differences in Muscle Architecture and Increased Rate of Injury in National Basketball Association Players. <i>Journal of Athletic Training</i> , 2014, 49, 794-799.	0.9	32
89	Effects of Î²-hydroxy-Î²-methylbutyrate free acid and cold water immersion on post-exercise markers of muscle damage. <i>Amino Acids</i> , 2014, 46, 1501-1511.	1.2	32
90	The effect of an acute ingestion of Turkish coffee on reaction time and time trial performance. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 37.	1.7	32

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91	Physical Differences Between Forwards and Backs in American Collegiate Rugby Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2382-2391.	1.0	32
92	β -Alanine supplementation elevates intramuscular carnosine content and attenuates fatigue in men and women similarly but does not change muscle l-histidine content. <i>Nutrition Research</i> , 2017, 48, 16-25.	1.3	32
93	COMPARISON OF LOW- AND HIGH-INTENSITY RESISTANCE EXERCISE ON LIPID PEROXIDATION. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 118-122.	1.0	31
94	β -alanine supplementation improves tactical performance but not cognitive function in combat soldiers. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, 15.	1.7	31
95	Effect of Protein Intake on Strength, Body Composition and Endocrine Changes in Strength/Power Athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2006, 3, 12-8.	1.7	30
96	The Effects of Treadmill Sprint Training and Resistance Training on Maximal Running Velocity and Power. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 385-394.	1.0	30
97	Behavioral and inflammatory response in animals exposed to a low-pressure blast wave and supplemented with β -alanine. <i>Amino Acids</i> , 2017, 49, 871-886.	1.2	30
98	Evaluating Upper-Body Strength and Power From a Single Test: The Ballistic Push-up. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1338-1345.	1.0	30
99	The Influence of Aerobic Capacity on Anaerobic Performance and Recovery Indices in Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 1999, 13, 407.	1.0	30
100	Effect of preceding resistance exercise on metabolism during subsequent aerobic session. <i>European Journal of Applied Physiology</i> , 2009, 107, 43-50.	1.2	29
101	Caffeine and Energy Drinks. <i>Strength and Conditioning Journal</i> , 2010, 32, 15-20.	0.7	29
102	Examination of the efficacy of acute L-alanyl-L-glutamine ingestion during hydration stress in endurance exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 8.	1.7	29
103	l-glutamine absorption is enhanced after ingestion of l-alanylglutamine compared with the free amino acid or wheat protein. <i>Nutrition Research</i> , 2012, 32, 272-277.	1.3	29
104	Effects of resistance training on classic and specific bioelectrical impedance vector analysis in elderly women. <i>Experimental Gerontology</i> , 2016, 74, 9-12.	1.2	29
105	Effect of 15 Days of Betaine Ingestion on Concentric and Eccentric Force Outputs During Isokinetic Exercise. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2235-2241.	1.0	28
106	The Physiology and Biomechanics of Load Carriage Performance. <i>Military Medicine</i> , 2019, 184, e83-e90.	0.4	28
107	Evaluation of Physiological Responses During Recovery Following Three Resistance Exercise Programs. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 305.	1.0	28
108	Influence of gender and muscle architecture asymmetry on jump and sprint performance. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 904-11.	0.7	28

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109	Anthropometric and Performance Differences Among High-School Football Players. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1975-1982.	1.0	27
110	Performance Changes in National Collegiate Athletic Association Division I Women Basketball Players During a Competitive Season. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 3197-3203.	1.0	27
111	Exercise Enhances the Behavioral Responses to Acute Stress in an Animal Model of PTSD. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 2043-2052.	0.2	27
112	Supplementation with Guanidinoacetic Acid in Women with Chronic Fatigue Syndrome. <i>Nutrients</i> , 2016, 8, 72.	1.7	27
113	A Microbiopsy Method for Immunohistological and Morphological Analysis. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 331-335.	0.2	27
114	Metabolic and Perceptual Responses during Spinning?? Cycle Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 853-859.	0.2	26
115	The Effects of Rest Interval Length on Acute Bench Press Performance. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1817-1826.	1.0	26
116	Recreational Sports Participation is Associated with Enhanced Physical Fitness in Children. <i>Research in Sports Medicine</i> , 2005, 13, 149-161.	0.7	25
117	Thermogenic effect of meltdown RTDâ„¢ energy drink in young healthy women: a double blind, cross-over design study. <i>Lipids in Health and Disease</i> , 2009, 8, 57.	1.2	25
118	Physical Performance Characteristics in National Collegiate Athletic Association Division III Champion Female Lacrosse Athletes. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 1524-1529.	1.0	25
119	The effects of acute and prolonged CRAM supplementation on reaction time and subjective measures of focus and alertness in healthy college students. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 39.	1.7	25
120	High-intensity interval training and Î²-hydroxy-Î²-methylbutyric free acid improves aerobic power and metabolic thresholds. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, 16.	1.7	25
121	Examination of the Effectiveness of Predictors for Musculoskeletal Injuries in Female Soldiers. <i>Journal of Sports Science and Medicine</i> , 2015, 14, 515-21.	0.7	25
122	Timing of preparatory landing responses as a function of availability of optic flow information. <i>Journal of Electromyography and Kinesiology</i> , 2005, 15, 120-130.	0.7	24
123	Effects of a competitive wrestling season on body composition, endocrine markers, and anaerobic exercise performance in NCAA collegiate wrestlers. <i>European Journal of Applied Physiology</i> , 2013, 113, 1157-1168.	1.2	24
124	Comparison of the Effects of Electrical Stimulation and Cold-Water Immersion on Muscle Soreness After Resistance Exercise. <i>Journal of Sport Rehabilitation</i> , 2015, 24, 99-108.	0.4	24
125	Effects of supine rest duration on ultrasound measures of the vastus lateralis. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 155-157.	0.5	24
126	Effect of Low-Dose, Short-Duration Creatine Supplementation on Anaerobic Exercise Performance. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 260.	1.0	24

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127	Effect of contraction frequency on energy expenditure and substrate utilisation during upper and lower body exercise. <i>British Journal of Sports Medicine</i> , 2004, 38, 31-35.	3.1	23
128	Effect of sodium bicarbonate and beta-alanine supplementation on maximal sprint swimming. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 52.	1.7	23
129	Î ² -Alanine supplementation and military performance. <i>Amino Acids</i> , 2015, 47, 2463-2474.	1.2	23
130	Sprinting performance on the Woodway Curve 3.0 TM is related to muscle architecture. <i>European Journal of Sport Science</i> , 2015, 15, 606-614.	1.4	23
131	Castration alters protein balance after high-frequency muscle contraction. <i>Journal of Applied Physiology</i> , 2017, 122, 264-272.	1.2	23
132	Combined effect of <i>Bacillus coagulans</i> GBI-30, 6086 and HMB supplementation on muscle integrity and cytokine response during intense military training. <i>Journal of Applied Physiology</i> , 2017, 123, 11-18.	1.2	23
133	Nutrition and Hydration Issues for Combat Sport Athletes. <i>Strength and Conditioning Journal</i> , 2011, 33, 10-17.	0.7	22
134	L-alanyl-L-glutamine ingestion maintains performance during a competitive basketball game. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 4.	1.7	22
135	Î ² -Hydroxy-Î ² -methylbutyrate attenuates cytokine response during sustained military training. <i>Nutrition Research</i> , 2016, 36, 553-563.	1.3	22
136	Comparison of sustained-release and rapid-release Î ² -alanine formulations on changes in skeletal muscle carnosine and histidine content and isometric performance following a muscle-damaging protocol. <i>Amino Acids</i> , 2019, 51, 49-60.	1.2	22
137	ACUTE MUSCULAR STRENGTH ASSESSMENT USING FREE WEIGHT BARS OF DIFFERENT THICKNESS. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 240-244.	1.0	21
138	Regulating intensity using perceived exertion: effect of exercise duration. <i>European Journal of Applied Physiology</i> , 2009, 105, 445-451.	1.2	21
139	Î ² -Alanine Supplementation. <i>Current Sports Medicine Reports</i> , 2012, 11, 189-195.	0.5	21
140	Effect of Age on Anthropometric and Physical Performance Measures in Professional Baseball Players. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 375-381.	1.0	21
141	Effects of Î ² -hydroxy-Î ² -methylbutyrate free acid and cold water immersion on expression of CR3 and MIP-1Î ² following resistance exercise. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2014, 306, R483-R489.	0.9	21
142	Block vs. Weekly Undulating Periodized Resistance Training Programs in Women. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2679-2687.	1.0	21
143	Effects of Î ² -Hydroxy-Î ² -methylbutyrate Free Acid Ingestion and Resistance Exercise on the Acute Endocrine Response. <i>International Journal of Endocrinology</i> , 2015, 2015, 1-7.	0.6	21
144	C-terminal agrin fragment is inversely related to neuromuscular fatigue in older men. <i>Muscle and Nerve</i> , 2015, 51, 132-133.	1.0	21

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145	Influence of Skeletal Muscle Carnosine Content on Fatigue during Repeated Resistance Exercise in Recreationally Active Women. <i>Nutrients</i> , 2017, 9, 988.	1.7	21
146	Effects of protein supplementation on muscular performance and resting hormonal changes in college football players. <i>Journal of Sports Science and Medicine</i> , 2007, 6, 85-92.	0.7	21
147	Speed, Force, and Power Values Produced From Nonmotorized Treadmill Test Are Related to Sprinting Performance. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1812-1819.	1.0	20
148	Association between myosin heavy chain protein isoforms and intramuscular anabolic signaling following resistance exercise in trained men. <i>Physiological Reports</i> , 2015, 3, e12268.	0.7	20
149	Regular- and postseason comparisons of playing time and measures of running performance in NCAA Division I women soccer players. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015, 40, 907-917.	0.9	20
150	Monocyte Recruitment after High-Intensity and High-Volume Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1169-1178.	0.2	20
151	Effects of 4 Weeks of High-Intensity Interval Training and β -Hydroxy- β -Methylbutyric Free Acid Supplementation on the Onset of Neuromuscular Fatigue. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 626-634.	1.0	20
152	Impact of Polyphenol Supplementation on Acute and Chronic Response to Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2945-2954.	1.0	20
153	Anabolic-Androgenic Steroid Use in Sports, Health, and Society. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 1778-1794.	0.2	20
154	Evaluation of a new anaerobic power testing system. <i>Journal of Strength and Conditioning Research</i> , 2002, 16, 142-8.	1.0	20
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