

Jay R Hoffman

List of Publications by Citations

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317
papers

7,825
citations

44
h-index

74
g-index

398
ext. papers

8,927
ext. citations

2.6
avg, IF

5.71
L-index

#	Paper	IF	Citations
3 ¹⁷	American College of Sports Medicine position stand. Progression models in resistance training for healthy adults. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 364-80	1.2	928
3 ¹⁶	International Society of Sports Nutrition Position Stand: protein and exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 20	4.5	264
3 ¹⁵	Thermal and circulatory responses during exercise: effects of hypohydration, dehydration, and water intake. <i>Journal of Applied Physiology</i> , 1997 , 82, 2028-35	3.7	148
3 ¹⁴	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	3.4	132
3 ¹³	Effects of beta-alanine supplementation on the onset of neuromuscular fatigue and ventilatory threshold in women. <i>Amino Acids</i> , 2007 , 32, 381-6	3.5	130
3 ¹²	International Society of Sports Nutrition position stand: energy drinks. <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10, 1	4.5	121
3 ¹¹	International society of sports nutrition position stand: Beta-Alanine. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 30	4.5	111
3 ¹⁰	Inhalation of ultrafine and fine particulate matter disrupts systemic vascular function. <i>Inhalation Toxicology</i> , 2007 , 19, 133-40	2.7	111
3 ⁰⁹	Effect of creatine and beta-alanine supplementation on performance and endocrine responses in strength/power athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2006 , 16, 430-44	4.4	93
3 ⁰⁸	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	2.6	89
3 ⁰⁷	Muscle architecture and strength: adaptations to short-term resistance training in older adults. <i>Muscle and Nerve</i> , 2014 , 49, 584-92	3.4	88
3 ⁰⁶	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	4.5	87
3 ⁰⁵	Short-duration beta-alanine supplementation increases training volume and reduces subjective feelings of fatigue in college football players. <i>Nutrition Research</i> , 2008 , 28, 31-5	4	87
3 ⁰⁴	Nutritional supplementation and anabolic steroid use in adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 15-24	1.2	82
3 ⁰³	Acute anabolic response to β-hydroxy-β-methylbutyrate (HMB)-free acid supplementation following heavy resistance exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, P16	4.5	78
3 ⁰²	Examination of the health and safety aspects of 28-days ingestion of a supplement containing slow-release caffeine. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, P17	4.5	78
3 ⁰¹	Bio-active peptides (Biogro) supplementation improves work capacity during short-term resistance exercise in men. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11,	4.5	78

300	Position stand on androgen and human growth hormone use. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, S1-S59	3.2	74
299	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, 1303-10	4.5	72
298	Visual tracking speed is related to basketball-specific measures of performance in NBA players. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2406-14	3.2	71
297	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	3.7	71
296	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, 11-9	3.2	70
295	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, 172-85	4.4	70
294	Effect of betaine supplementation on power performance and fatigue. <i>Journal of the International Society of Sports Nutrition</i> , 2009 , 6, 7	4.5	64
293	Do bilateral power deficits influence direction-specific movement patterns?. <i>Research in Sports Medicine</i> , 2007 , 15, 125-32	3.8	62
292	Thermogenic effect of an acute ingestion of a weight loss supplement. <i>Journal of the International Society of Sports Nutrition</i> , 2009 , 6, 1	4.5	60
291	Biochemical and hormonal responses during an intercollegiate football season. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 1237-41	1.2	59
290	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	3.2	59
289	Comparison of Olympic vs. traditional power lifting training programs in football players. <i>Journal of Strength and Conditioning Research</i> , 2004 , 18, 129-35	3.2	57
288	Muscle quality index improves with resistance exercise training in older adults. <i>Experimental Gerontology</i> , 2014 , 53, 1-6	4.5	54
287	The effect of water restriction on anaerobic power and vertical jumping height in basketball players. <i>International Journal of Sports Medicine</i> , 1995 , 16, 214-8	3.6	54
286	Examination of a pre-exercise, high energy supplement on exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2009 , 6, 2	4.5	53
285	Comparison of high-intensity vs. high-volume resistance training on the BDNF response to exercise. <i>Journal of Applied Physiology</i> , 2016 , 121, 123-8	3.7	53
284	Biomarkers of muscle quality: N-terminal 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, 139-48	10.3	52
283	Anticipatory responses of catecholamines on muscle force production. <i>Journal of Applied Physiology</i> , 2007 , 102, 94-102	3.7	52

282	Performance, biochemical, and endocrine changes during a competitive football game. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 1845-53	1.2	52
281	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	3.4	50
280	Effects of beta-hydroxy beta-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, 747-52	3.2	50
279	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, 874-82	3.2	48
278	Relationship Between Athletic Performance Tests and Playing Time in Elite College Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 1996 , 10, 67	3.2	48
277	Intramuscular Anabolic Signaling and Endocrine Response Following Resistance Exercise: Implications for Muscle Hypertrophy. <i>Sports Medicine</i> , 2016 , 46, 671-85	10.6	47
276	Effect of rest interval length on bench press performance in boys, teens, and men. <i>Pediatric Exercise Science</i> , 2008 , 20, 457-69	2	46
275	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		46
274	Beta-alanine and the hormonal response to exercise. <i>International Journal of Sports Medicine</i> , 2008 , 29, 952-8	3.6	45
273	β-Hydroxy-β-methylbutyrate (HMB)-free acid attenuates circulating TNF-α and TNFR1 expression postresistance exercise. <i>Journal of Applied Physiology</i> , 2013 , 115, 1173-82	3.7	44
272	Effect of a proprietary protein supplement on recovery indices following resistance exercise in strength/power athletes. <i>Amino Acids</i> , 2010 , 38, 771-8	3.5	43
271	A comparison of traditional and block periodized strength training programs in trained athletes. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 990-7	3.2	42
270	Self-selected resistance training intensity in healthy women: the influence of a personal trainer. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 103-11	3.2	42
269	Seasonal variation in physical performance-related variables in male NCAA Division III soccer players. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 2555-9	3.2	41
268	Effect of muscle oxygenation during resistance exercise on anabolic hormone response. <i>Medicine and Science in Sports and Exercise</i> , 2003 , 35, 1929-34	1.2	41
267	Vastus lateralis exhibits non-homogenous adaptation to resistance training. <i>Muscle and Nerve</i> , 2014 , 50, 785-93	3.4	40
266	The Effect of Leg Strength on the Incidence of Lower Extremity Overuse Injuries during Military Training. <i>Military Medicine</i> , 1999 , 164, 153-156	1.3	40
265	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	2.7	40

264	Physiological Aspects of Sport Training and Performance 2002 ,		38
263	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, 611-5	3-2	37
262	Performance changes during a college playing career in NCAA division III football athletes. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 2351-7	3-2	37
261	The inter-association task force for preventing sudden death in collegiate conditioning sessions: best practices recommendations. <i>Journal of Athletic Training</i> , 2012 , 47, 477-80	4	37
260	Thermogenic effect from nutritionally enriched coffee consumption. <i>Journal of the International Society of Sports Nutrition</i> , 2006 , 3, 35-41	4-5	36
259	Alanine supplemented diets enhance behavioral resilience to stress exposure in an animal model of PTSD. <i>Amino Acids</i> , 2015 , 47, 1247-57	3-5	35
258	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, 933-9	4-5	34
257	Reliability of the dynavision [®] 2 for assessing reaction time performance. <i>Journal of Sports Science and Medicine</i> , 2014 , 13, 145-50	2-7	34
256	Resistance exercise may improve spatial awareness and visual reaction in older adults. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2079-87	3-2	33
255	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, 2355-65	3-2	33
254	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	4-5	33
253	Physiological and biomechanical analysis of treadmill walking up various gradients in men and women. <i>European Journal of Applied Physiology</i> , 2002 , 86, 503-8	3-4	33
252	The effect of environmental temperature on testosterone and cortisol responses to high intensity, intermittent exercise in humans. <i>European Journal of Applied Physiology</i> , 1997 , 75, 83-7	3-4	33
251	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, 810-5	3-2	33
250	Anthropometric and performance comparisons in professional baseball players. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 2173-8	3-2	32
249	Exercise-Induced Hormone Elevations Are Related to Muscle Growth. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 45-53	3-2	30
248	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	4-5	30
247	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, 132-9	3-2	29

246	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, 1213-23	3.2	29
245	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	5.4	28
244	Alanine ingestion increases muscle carnosine content and combat specific performance in soldiers. <i>Amino Acids</i> , 2015 , 47, 627-36	3.5	28
243	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	2.6	28
242	Effectiveness of oral and topical hydrogen for sports-related soft tissue injuries. <i>Postgraduate Medicine</i> , 2014 , 126, 187-95	3.7	28
241	The applied physiology of American football. <i>International Journal of Sports Physiology and Performance</i> , 2008 , 3, 387-92	3.5	28
240	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, 407-15	2.2	28
239	Regulating intensity using perceived exertion during extended exercise periods. <i>European Journal of Applied Physiology</i> , 2003 , 89, 475-82	3.4	28
238	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	3.4	28
237	Bilateral differences in muscle architecture and increased rate of injury in national basketball association players. <i>Journal of Athletic Training</i> , 2014 , 49, 794-9	4	27
236	Comparison of Two Alanine Dosing Protocols on Muscle Carnosine Elevations. <i>Journal of the American College of Nutrition</i> , 2017 , 36, 608-616	3.5	27
235	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, 272-7	4	27
234	Acute Effects of Different Warm-Up Protocols on Anaerobic Performance in Teenage Athletes. <i>Pediatric Exercise Science</i> , 2006 , 18, 64-75	2	27
233	Strength changes during an in-season resistance-training program for football. <i>Journal of Strength and Conditioning Research</i> , 2003 , 17, 109-14	3.2	27
232	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	3.2	27
231	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	4.5	26
230	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	4.5	26
229	Effect of nutritionally enriched coffee consumption on aerobic and anaerobic exercise performance. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 456-9	3.2	26

228	Resistance training does not induce uniform adaptations to quadriceps. <i>PLoS ONE</i> , 2018 , 13, e0198304	3.7	26
227	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	3.2	25
226	Predictors of high-intensity running capacity in collegiate women during a soccer game. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 964-70	3.2	25
225	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, 2235-41	3.2	25
224	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, 385-94	3.2	25
223	Anthropometric and performance differences among high-school football players. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 1975-82	3.2	25
222	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	4	24
221	Effects of Alanine Supplementation on Carnosine Elevation and Physiological Performance. <i>Advances in Food and Nutrition Research</i> , 2018 , 84, 183-206	6	24
220	Effects of Hydroxy-methylbutyrate free acid and cold water immersion on post-exercise markers of muscle damage. <i>Amino Acids</i> , 2014 , 46, 1501-11	3.5	24
219	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	4.5	24
218	Effect of preceding resistance exercise on metabolism during subsequent aerobic session. <i>European Journal of Applied Physiology</i> , 2009 , 107, 43-50	3.4	24
217	Comparison of low- and high-intensity resistance exercise on lipid peroxidation: role of muscle oxygenation. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 118-22	3.2	24
216	Timing of preparatory landing responses as a function of availability of optic flow information. <i>Journal of Electromyography and Kinesiology</i> , 2005 , 15, 120-30	2.5	24
215	The effect of an intercollegiate soccer game on maximal power performance. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2003 , 28, 807-17		24
214	Behavioral and inflammatory response in animals exposed to a low-pressure blast wave and supplemented with Alanine. <i>Amino Acids</i> , 2017 , 49, 871-886	3.5	23
213	Caffeine and Energy Drinks. <i>Strength and Conditioning Journal</i> , 2010 , 32, 15-20	2	23
212	The effects of rest interval length on acute bench press performance: the influence of gender and muscle strength. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 1817-26	3.2	22
211	Physical Differences Between Forwards and Backs in American Collegiate Rugby Players. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2382-91	3.2	22

210	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, 1157-68	3.4	21
209	Acute muscular strength assessment using free weight bars of different thickness. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 240-4	3.2	21
208	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	4.5	21
207	Recreational sports participation is associated with enhanced physical fitness in children. <i>Research in Sports Medicine</i> , 2005 , 13, 149-61	3.8	21
206	Examination of the Effectiveness of Predictors for Musculoskeletal Injuries in Female Soldiers. <i>Journal of Sports Science and Medicine</i> , 2015 , 14, 515-21	2.7	21
205	Castration alters protein balance after high-frequency muscle contraction. <i>Journal of Applied Physiology</i> , 2017 , 122, 264-272	3.7	20
204	Sprinting performance on the Woodway Curve 3.0 is related to muscle architecture. <i>European Journal of Sport Science</i> , 2015 , 15, 606-14	3.9	20
203	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	1.7	20
202	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, 2043-52	1.2	20
201	Physical performance characteristics in National Collegiate Athletic Association Division III champion female lacrosse athletes. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1524-9	3.2	20
200	A treadmill test of sprint running. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 1996 , 6, 259-64	4.6	20
199	Influence of gender and muscle architecture asymmetry on jump and sprint performance. <i>Journal of Sports Science and Medicine</i> , 2014 , 13, 904-11	2.7	20
198	A Microbiopsy Method for Immunohistological and Morphological Analysis: A Pilot Study. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 331-5	1.2	20
197	Alanine supplementation and military performance. <i>Amino Acids</i> , 2015 , 47, 2463-74	3.5	19
196	Effects of resistance training on classic and specific bioelectrical impedance vector analysis in elderly women. <i>Experimental Gerontology</i> , 2016 , 74, 9-12	4.5	19
195	Nutrition and Hydration Issues for Combat Sport Athletes. <i>Strength and Conditioning Journal</i> , 2011 , 33, 10-17	2	19
194	Thermogenic effect of meltdown RTD energy drink in young healthy women: a double blind, cross-over design study. <i>Lipids in Health and Disease</i> , 2009 , 8, 57	4.4	19
193	Metabolic and perceptual responses during Spinning cycle exercise. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 853-9	1.2	19

192	Evaluation of a new anaerobic power testing system. <i>Journal of Strength and Conditioning Research</i> , 2002 , 16, 142-8	3.2	19
191	C-terminal agrin fragment is inversely related to neuromuscular fatigue in older men. <i>Muscle and Nerve</i> , 2015 , 51, 132-3	3.4	18
190	Effects of supine rest duration on ultrasound measures of the vastus lateralis. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 155-157	2.4	18
189	High-intensity interval training and β-hydroxy-β-methylbutyric free acid improves aerobic power and metabolic thresholds. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 16	4.5	18
188	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	4.5	18
187	Regulating intensity using perceived exertion: effect of exercise duration. <i>European Journal of Applied Physiology</i> , 2009 , 105, 445-51	3.4	18
186	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	2.7	18
185	Supplementation with Guanidinoacetic Acid in Women with Chronic Fatigue Syndrome. <i>Nutrients</i> , 2016 , 8, 72	6.7	18
184	Combined effect of 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	3.7	17
183	Effects of β-hydroxy-β-methylbutyrate free acid and cold water immersion on expression of CR3 and MIP-1β following resistance exercise. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2014 , 306, R483-9	3.2	17
182	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	4.5	17
181	Association between myosin heavy chain protein isoforms and intramuscular anabolic signaling following resistance exercise in trained men. <i>Physiological Reports</i> , 2015 , 3, e12268	2.6	17
180	Effects of β-Hydroxy-β-methylbutyrate Free Acid Ingestion and Resistance Exercise on the Acute Endocrine Response. <i>International Journal of Endocrinology</i> , 2015 , 2015, 856708	2.7	17
179	The effect of a dietary supplement (N-oleyl-phosphatidyl-ethanolamine and epigallocatechin gallate) on dietary compliance and body fat loss in adults who are overweight: a double-blind, randomized control trial. <i>Lipids in Health and Disease</i> , 2012 , 11, 127	4.4	17
178	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	4.5	17
177	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, 31-5	10.3	17
176	Oxygen consumption following exercise of moderate intensity and duration. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1992 , 65, 421-6		17
175	Evaluation of physiological responses during recovery following three resistance exercise programs. <i>Journal of Strength and Conditioning Research</i> , 2005 , 19, 305-9	3.2	17

174	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, 626-34	3.2	16
173	β -Hydroxy- β -methylbutyrate attenuates cytokine response during sustained military training. <i>Nutrition Research</i> , 2016 , 36, 553-63	4	16
172	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, 1812-9	3.2	16
171	Effects of an amino acid/creatine energy supplement on the acute hormonal response to resistance exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007 , 17, 608-23	4.4	16
170	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	3.2	16
169	Dose-response effects of oral guanidinoacetic acid on serum creatine, homocysteine and B vitamins levels. <i>European Journal of Nutrition</i> , 2014 , 53, 1637-43	5.2	15
168	β -Alanine supplementation. <i>Current Sports Medicine Reports</i> , 2012 , 11, 189-95	1.9	15
167	The Relationship between Aerobic Fitness and Recovery from High-Intensity Exercise in Infantry Soldiers. <i>Military Medicine</i> , 1997 , 162, 484-488	1.3	15
166	Reliability of the Woodway Curve(TM) Non-Motorized Treadmill for Assessing Anaerobic Performance. <i>Journal of Sports Science and Medicine</i> , 2013 , 12, 104-8	2.7	15
165	Comparison of sustained-release and rapid-release β -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	3.5	14
164	Phosphatidylserine and caffeine attenuate postexercise mood disturbance and perception of fatigue in humans. <i>Nutrition Research</i> , 2013 , 33, 464-72	4	14
163	The effect of polyphenols on cytokine and granulocyte response to resistance exercise. <i>Physiological Reports</i> , 2016 , 4, e13058	2.6	14
162	The Physiology and Biomechanics of Load Carriage Performance. <i>Military Medicine</i> , 2019 , 184, e83-e90	1.3	14
161	Impact of Polyphenol Supplementation on Acute and Chronic Response to Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2945-2954	3.2	13
160	Influence of Skeletal Muscle Carnosine Content on Fatigue during Repeated Resistance Exercise in Recreationally Active Women. <i>Nutrients</i> , 2017 , 9,	6.7	13
159	Muscle strength and hypertrophy occur independently of protein supplementation during short-term resistance training in untrained men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 797-802	3	13
158	β -Hydroxy- β -methylbutyrate (HMB) supplementation and resistance exercise significantly reduce abdominal adiposity in healthy elderly men. <i>Experimental Gerontology</i> , 2015 , 64, 33-4	4.5	13
157	Effect of age on anthropometric and physical performance measures in professional baseball players. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 375-81	3.2	13

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