

Alejandro Prez-Castilla

List of Publications by Citations

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84
papers

984
citations

19
h-index

27
g-index

89
ext. papers

1,267
ext. citations

2.7
avg, IF

5.46
L-index

#	Paper	IF	Citations
84	Reliability and Concurrent Validity of Seven Commercially Available Devices for the Assessment of Movement Velocity at Different Intensities During the Bench Press. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 1258-1265	3.2	80
83	Mean Velocity vs. Mean Propulsive Velocity vs. Peak Velocity: Which Variable Determines Bench Press Relative Load With Higher Reliability?. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 1273-1279	3.2	66
82	Differences in the Load-Velocity Profile Between 4 Bench-Press Variants. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 326-331	3.5	58
81	Feasibility of the 2-Point Method for Determining the 1-Repetition Maximum in the Bench Press Exercise. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 474-481	3.5	52
80	Load-Velocity Relationship in Variations of the Half-Squat Exercise: Influence of Execution Technique. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 1024-1031	3.2	47
79	Assessment of leg muscles mechanical capacities: Which jump, loading, and variable type provide the most reliable outcomes?. <i>European Journal of Sport Science</i> , 2017 , 17, 690-698	3.9	41
78	Reliability of the Load-Velocity Relationship Obtained Through Linear and Polynomial Regression Models to Predict the 1-Repetition Maximum Load. <i>Journal of Applied Biomechanics</i> , 2018 , 34, 184-190	1.2	35
77	Evaluation of Muscle Mechanical Capacities Through the Two-Load Method: Optimization of the Load Selection. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 1245-1253	3.2	28
76	Effect of different velocity loss thresholds during a power-oriented resistance training program on the mechanical capacities of lower-body muscles. <i>Journal of Sports Sciences</i> , 2018 , 36, 1331-1339	3.6	28
75	Reliability and concurrent validity of the Velwin optoelectronic system to measure movement velocity during the free-weight back squat. <i>International Journal of Sports Science and Coaching</i> , 2018 , 13, 737-742	1.8	28
74	Precision of 7 Commercially Available Devices for Predicting Bench-Press 1-Repetition Maximum From the Individual Load-Velocity Relationship. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 14, 1442-1446	3.5	26
73	Optimisation of applied loads when using the two-point method for assessing the force-velocity relationship during vertical jumps. <i>Sports Biomechanics</i> , 2021 , 20, 274-289	2.2	26
72	Vertical jump performance is affected by the velocity and depth of the countermovement. <i>Sports Biomechanics</i> , 2021 , 20, 1015-1030	2.2	25
71	Influence of a Cluster Set Configuration on the Adaptations to Short-Term Power Training. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 930-937	3.2	24
70	Prediction of the Maximum Number of Repetitions and Repetitions in Reserve From Barbell Velocity. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 353-359	3.5	24
69	The load-velocity profiles of three upper-body pushing exercises in men and women. <i>Sports Biomechanics</i> , 2021 , 20, 693-705	2.2	22
68	Reliability and magnitude of mechanical variables assessed from unconstrained and constrained loaded countermovement jumps. <i>Sports Biomechanics</i> , 2017 , 16, 514-526	2.2	21

67	Optimal Resistive Forces for Maximizing the Reliability of Leg Muscles Capacities Tested on a Cycle Ergometer. <i>Journal of Applied Biomechanics</i> , 2018 , 34, 47-52	1.2	19
66	Validity of Different Velocity-Based Methods and Repetitions-to-Failure Equations for Predicting the 1 Repetition Maximum During 2 Upper-Body Pulling Exercises. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 1800-1808	3.2	19
65	Assessment of Upper-Body Ballistic Performance Through the Bench Press Throw Exercise: Which Velocity Outcome Provides the Highest Reliability?. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 2701-2707	3.2	15
64	Assessment of the force-velocity relationship during vertical jumps: influence of the starting position, analysis procedures and number of loads. <i>European Journal of Sport Science</i> , 2020 , 20, 614-623	3.9	15
63	Validity of a Linear Velocity Transducer for Testing Maximum Vertical Jumps. <i>Journal of Applied Biomechanics</i> , 2017 , 33, 388-392	1.2	12
62	Velocity Performance Feedback During the Free-Weight Bench Press Testing Procedure: An Effective Strategy to Increase the Reliability and One Repetition Maximum Accuracy Prediction. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	12
61	Selective Changes in the Mechanical Capacities of Lower-Body Muscles After Cycle-Ergometer Sprint Training Against Heavy and Light Resistances. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 290-297	3.5	11
60	Influence of the grip width on the reliability and magnitude of different velocity variables during the bench press exercise. <i>European Journal of Sport Science</i> , 2020 , 20, 1168-1177	3.9	11
59	Comparison of the Force-, Velocity-, and Power-Time Curves Between the Concentric-Only and Eccentric-Concentric Bench Press Exercises. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 1618-1624	3.2	11
58	Assessment of Loaded Squat Jump Height With a Free-Weight Barbell and Smith Machine: Comparison of the Takeoff Velocity and Flight Time Procedures. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 671-677	3.2	11
57	Influence of the breathing pattern during resistance training on intraocular pressure. <i>European Journal of Sport Science</i> , 2020 , 20, 157-165	3.9	10
56	Acute intraocular pressure changes during isometric exercise and recovery: The influence of exercise type and intensity, and participant's sex. <i>Journal of Sports Sciences</i> , 2019 , 37, 2213-2219	3.6	9
55	Changes in the Load-Velocity Profile Following Power- and Strength-Oriented Resistance-Training Programs. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 15, 1460-1466	3.5	9
54	Force-Velocity Relationship in the Countermovement Jump Exercise Assessed by Different Measurement Methods. <i>Journal of Human Kinetics</i> , 2019 , 67, 37-47	2.6	9
53	Differences in the one-repetition maximum and load-velocity profile between the flat and arched bench press in competitive powerlifters. <i>Sports Biomechanics</i> , 2021 , 20, 261-273	2.2	9
52	Comparison of the bench press one-repetition maximum obtained by different procedures: Direct assessment vs. lifts-to-failure equations vs. two-point method. <i>International Journal of Sports Science and Coaching</i> , 2020 , 15, 337-346	1.8	8
51	Reliability and magnitude of loaded countermovement jump performance variables: a technical examination of the jump threshold initiation. <i>Sports Biomechanics</i> , 2019 , 1-15	2.2	8
50	Selective effects of different fatigue protocols on the function of upper body muscles assessed through the force-velocity relationship. <i>European Journal of Applied Physiology</i> , 2018 , 118, 439-447	3.4	8

49	The intraocular pressure response to lower-body and upper-body isometric exercises is affected by the breathing pattern. <i>European Journal of Sport Science</i> , 2021 , 21, 879-886	3.9	7
48	Intermittent Resistance Training at Moderate Altitude: Effects on the Force-Velocity Relationship, Isometric Strength and Muscle Architecture. <i>Frontiers in Physiology</i> , 2018 , 9, 594	4.6	7
47	Influence of Grip Width and Anthropometric Characteristics on the Bench-Press Load-Velocity Relationship. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 1-9	3.5	7
46	Reliability and Validity of the iLOAD Application for Monitoring the Mean Set Velocity During the Back Squat and Bench Press Exercises Performed Against Different Loads. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, S57-S65	3.2	7
45	Evaluation of the Most Reliable Procedure of Determining Jump Height During the Loaded Countermovement Jump Exercise: Take-Off Velocity vs. Flight Time. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 2025-2030	3.2	7
44	Influence of countermovement depth on the countermovement jump-derived reactive strength index modified. <i>European Journal of Sport Science</i> , 2021 , 21, 1606-1616	3.9	6
43	Magnitude and reliability of mechanical outputs obtained during loaded squat jumps performed from different knee angles. <i>Sports Biomechanics</i> , 2021 , 20, 925-937	2.2	6
42	Effect of Augmented Feedback on Velocity Performance During Strength-Oriented and Power-Oriented Resistance Training Sessions. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	6
41	Assessment of the loaded squat jump and countermovement jump exercises with a linear velocity transducer: which velocity variable provides the highest reliability?. <i>Sports Biomechanics</i> , 2021 , 20, 247-260	2.2	6
40	Between-session reliability of performance and asymmetry variables obtained during unilateral and bilateral countermovement jumps in basketball players. <i>PLoS ONE</i> , 2021 , 16, e0255458	3.7	6
39	Assessment of unloaded and loaded squat jump performance with a force platform: Which jump starting threshold provides more reliable outcomes?. <i>Journal of Biomechanics</i> , 2019 , 92, 19-28	2.9	5
38	Muscle Activation During Power-Oriented Resistance Training: Continuous vs. Cluster Set Configurations. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33 Suppl 1, S95-S102	3.2	5
37	Validity of the bench press one-repetition maximum test predicted through individualized load-velocity relationship using different repetition criteria and minimal velocity thresholds. <i>Isokinetics and Exercise Science</i> , 2021 , 1-9	0.6	5
36	Reliability and Magnitude of Countermovement Jump Performance Variables: Influence of the Take-off Threshold. <i>Measurement in Physical Education and Exercise Science</i> , 2021 , 25, 227-235	1.9	5
35	The force-velocity relationship obtained during the squat jump exercise is meaningfully influenced by the initial knee angle. <i>Sports Biomechanics</i> , 2020 , 1-10	2.2	4
34	Changes in bench press performance and throwing velocity after strength-oriented and ballistic resistance training programs. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020 , 60, 1423-1430	1.4	4
33	Velocity Performance Feedback During Ballistic Training: Which Is the Optimal Frequency of Feedback Administration?. <i>Motor Control</i> , 2020 , 25, 19-32	1.3	4
32	Associations of the Force-velocity Profile with Isometric Strength and Neuromuscular Factors. <i>International Journal of Sports Medicine</i> , 2018 , 39, 984-994	3.6	4

31	Validation of a novel method to assess maximal neuromuscular capacities through the load-velocity relationship. <i>Journal of Biomechanics</i> , 2021 , 127, 110684	2.9	4
30	Intraocular pressure increases during dynamic resistance training exercises according to the exercise phase in healthy young adults. <i>Graefes Archive for Clinical and Experimental Ophthalmology</i> , 2020 , 258, 1795-1801	3.8	3
29	Knowledge of results during vertical jump testing: an effective method to increase the performance but not the consistency of vertical jumps. <i>Sports Biomechanics</i> , 2020 , 1-13	2.2	3
28	Effects of caffeine consumption on intraocular pressure during low-intensity endurance exercise: A placebo-controlled, double-blind, balanced crossover study. <i>Clinical and Experimental Ophthalmology</i> , 2020 , 48, 602-609	2.4	3
27	Effect of the Menstrual Cycle When Estimating 1 Repetition Maximum From the Load-Velocity Relationship During the Bench Press Exercise.. <i>Journal of Strength and Conditioning Research</i> , 2022 , 36, e55-e58	3.2	3
26	Group versus Individualised Minimum Velocity Thresholds in the Prediction of Maximal Strength in Trained Female Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	2
25	Rating of perceived exertion and velocity loss as variables for controlling the level of effort in the bench press exercise. <i>Sports Biomechanics</i> , 2022 , 21, 41-55	2.2	2
24	Load-Velocity Relationship Variables to Assess the Maximal Neuromuscular Capacities During the Back-Squat Exercise.. <i>Sports Health</i> , 2022 , 19417381211064603	4.7	2
23	Prediction of One Repetition Maximum Using Reference Minimum Velocity Threshold Values in Young and Middle-Aged Resistance-Trained Males. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2021 , 11,	2.3	2
22	Sensitivity of the iLOAD [®] Application for Monitoring Changes in Barbell Velocity Following Power- and Strength-Oriented Resistance Training Programs. <i>International Journal of Sports Physiology and Performance</i> , 2021 , 16, 1056-1060	3.5	2
21	Comparison of Mechanical Outputs Between the Traditional and Ballistic Bench Press: Role of the Type of Variable. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2227-2234	3.2	2
20	Determinant Factors of Intraocular Pressure Responses to a Maximal Isometric Handgrip Test: Hand Dominance, Handgrip Strength and Sex. <i>Current Eye Research</i> , 2021 , 46, 64-70	2.9	2
19	Inter-limb differences in unilateral countermovement jump height are not associated with the inter-limb differences in bilateral countermovement jump force production. <i>Sports Biomechanics</i> , 2021 , 1-13	2.2	2
18	Force-Velocity Vs. Power-Velocity Relationships: Which Method Provides the Maximum Power and Optimal Velocity with Higher Reliability during the Leg Cycle-Ergometer and Bench Press Throw Exercises?. <i>Measurement in Physical Education and Exercise Science</i> , 1-12	1.9	2
17	Force-Velocity Profile of Competitive Kayakers: Evaluation of a Novel Single Kayak Stroke Test. <i>Journal of Human Kinetics</i> , 2021 , 80, 49-59	2.6	1
16	Unilateral or Bilateral Standing Broad Jumps: Which Jump Type Provides Inter-Limb Asymmetries with a Higher Reliability?. <i>Journal of Sports Science and Medicine</i> , 2021 , 20, 317-327	2.7	1
15	Assessment of Back-Squat Performance at Submaximal Loads: Is the Reliability Affected by the Variable, Exercise Technique, or Repetition Criterion?. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
14	Ballistic, maximal strength and strength-endurance performance of male handball players: Are they affected by the evaluator's sex?. <i>PLoS ONE</i> , 2021 , 16, e0249974	3.7	1

13	The Bench Press Grip Width Does Not Affect the Number of Repetitions Performed at Different Velocity Loss Thresholds. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
12	Effects of Wearing the Elevation Training Mask During Low-intensity Cycling Exercise on Intraocular Pressure. <i>Journal of Glaucoma</i> , 2021 , 30, e193-e197	2.1	1
11	The Novel Single-Stroke Kayak Test: Can It Discriminate Between 200-m and Longer-Distance (500- and 1000-m) Specialists in Canoe Sprint?. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 16, 208-215	3.5	1
10	Comparison of the two most commonly used gold-standard velocity monitoring devices (GymAware and T-Force) to assess lifting velocity during the free-weight barbell back squat exercise. <i>Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology</i> , 175433712110296	0.7	1
9	Association of the load-velocity relationship variables with 2000-m rowing ergometer performance.. <i>European Journal of Sport Science</i> , 2022 , 1-25	3.9	1
8	The linear regression model provides the force-velocity relationship parameters with the highest reliability.. <i>Sports Biomechanics</i> , 2022 , 1-20	2.2	1
7	Single-leg mechanical performance and inter-leg asymmetries during bilateral countermovement jumps: A comparison of different calculation methods.. <i>Gait and Posture</i> , 2022 , 96, 47-52	2.6	0
6	Validity And Reliability Of A Mobile App For Measuring Bar Velocity In The Bench Press Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 937-937	1.2	
5	Influence of Coaching Condition on the Magnitude and Reliability of Drop Jump Height in Men and Women. <i>Motor Control</i> , 2020 , 25, 167-181	1.3	
4	Reliability and concurrent validity of the PUSH Band 2.0 to measure barbell velocity during the free-weight and Smith machine squat exercises. <i>Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology</i> , 175433712110240	0.7	
3	The ADR Encoder is a reliable and valid device to measure barbell mean velocity during the Smith machine bench press exercise. <i>Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology</i> , 175433712110628	0.7	
2	The placement of linear transducers affects the magnitude but not the intra-session reliability of kinematic variables during the bench press exercise. <i>Isokinetics and Exercise Science</i> , 2022 , 1-10	0.6	
1	Effect of intra-session exercise sequence on the load-velocity relationship variables after a concurrent sprint interval and resistance training program. <i>International Journal of Sports Science and Coaching</i> , 174795412211054	1.8	