

Alejandro PÃ©rez-Castilla

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/255862/publications.pdf>

Version: 2024-02-01

89
papers

1,630
citations

331642

21
h-index

377849

34
g-index

89
all docs

89
docs citations

89
times ranked

704
citing authors

#	ARTICLE	IF	CITATIONS
1	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.	2.1	140
2	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.	2.1	98
3	Differences in the Load-Velocity Profile Between 4 Bench-Press Variants. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 326-331.	2.3	78
4	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.	2.1	77
5	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.	2.3	76
6	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.	2.7	54
7	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.	1.6	52
8	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.	0.8	50
9	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.	2.3	45
10	Vertical jump performance is affected by the velocity and depth of the countermovement. <i>Sports Biomechanics</i> , 2021, 20, 1015-1030.	1.6	45
11	The load-velocity profiles of three upper-body pushing exercises in men and women. <i>Sports Biomechanics</i> , 2021, 20, 693-705.	1.6	43
12	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.	2.0	42
13	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.	2.1	39
14	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.	2.3	38
15	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.	2.1	31
16	Reliability and concurrent validity of the Velowin 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.	1.4	30
17	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.	2.1	29
18	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.	2.7	28

#	ARTICLE	IF	CITATIONS
19	Reliability and magnitude of mechanical variables assessed from unconstrained and constrained loaded countermovement jumps. <i>Sports Biomechanics</i> , 2017, 16, 514-526.	1.6	27
20	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> , 2022, 36, 1077-1083.	2.1	26
21	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.	0.8	25
22	Influence of countermovement depth on the countermovement jump-derived reactive strength index modified. <i>European Journal of Sport Science</i> , 2021, 21, 1606-1616.	2.7	23
23	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.	2.1	18
24	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.	2.1	18
25	Validation of a novel method to assess maximal neuromuscular capacities through the load-velocity relationship. <i>Journal of Biomechanics</i> , 2021, 127, 110684.	2.1	16
26	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.	2.5	15
27	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.	2.1	15
28	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, 7811.	2.6	15
29	Effect of Augmented Feedback on Velocity Performance During Strength-Oriented and Power-Oriented Resistance Training Sessions. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1511-1517.	2.1	15
30	Influence of the breathing pattern during resistance training on intraocular pressure. <i>European Journal of Sport Science</i> , 2020, 20, 157-165.	2.7	14
31	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.	1.6	14
32	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.	1.6	14
33	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.	2.5	14
34	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.	1.8	14
35	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.	2.1	14
36	Validity of a Linear Velocity Transducer for Testing Maximum Vertical Jumps. <i>Journal of Applied Biomechanics</i> , 2017, 33, 388-392.	0.8	13

#	ARTICLE	IF	CITATIONS
37	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.	2.3	13
38	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.	1.4	13
39	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.	2.3	13
40	Force-Velocity Relationship in the Countermovement Jump Exercise Assessed by Different Measurement Methods. <i>Journal of Human Kinetics</i> , 2019, 67, 37-47.	1.5	13
41	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.	2.1	12
42	Reliability and magnitude of loaded countermovement jump performance variables: a technical examination of the jump threshold initiation. <i>Sports Biomechanics</i> , 2022, 21, 622-636.	1.6	12
43	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.	2.1	12
44	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.	2.7	12
45	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.	2.0	11
46	The force-velocity relationship obtained during the squat jump exercise is meaningfully influenced by the initial knee angle. <i>Sports Biomechanics</i> , 2022, 21, 1136-1145.	1.6	11
47	Load-Velocity Relationship Variables to Assess the Maximal Neuromuscular Capacities During the Back-Squat Exercise. <i>Sports Health</i> , 2022, 14, 885-893.	2.7	11
48	Feasibility of the 2-point method to determine the load-velocity relationship variables during the countermovement jump exercise. <i>Journal of Sport and Health Science</i> , 2023, 12, 544-552.	6.5	10
49	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.	2.8	9
50	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.	2.7	9
51	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, 71.	2.1	9
52	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, 29, 369-377.	0.4	9
53	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.	2.1	9
54	Associations of the Force-velocity Profile with Isometric Strength and Neuromuscular Factors. <i>International Journal of Sports Medicine</i> , 2018, 39, 984-994.	1.7	8

#	ARTICLE	IF	CITATIONS
55	Magnitude and reliability of mechanical outputs obtained during loaded squat jumps performed from different knee angles. <i>Sports Biomechanics</i> , 2021, 20, 925-937.	1.6	8
56	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> , 2023, 22, 798-810.	1.6	8
57	Influence of Grip Width and Anthropometric Characteristics on the Bench-Press Load-Velocity Relationship. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 949-957.	2.3	8
58	Lifting Velocity as a Predictor of the Maximum Number of Repetitions That Can Be Performed to Failure During the Prone Bench Pull Exercise. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 1213-1221.	2.3	8
59	Muscle Activation During Power-Oriented Resistance Training: Continuous vs. Cluster Set Configurations. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, S95-S102.	2.1	7
60	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.	1.4	7
61	Intraocular pressure increases during dynamic resistance training exercises according to the exercise phase in healthy young adults. <i>Graefe's Archive for Clinical and Experimental Ophthalmology</i> , 2020, 258, 1795-1801.	1.9	6
62	Velocity Performance Feedback During Ballistic Training: Which Is the Optimal Frequency of Feedback Administration?. <i>Motor Control</i> , 2021, 25, 19-32.	0.6	6
63	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.	0.7	6
64	Association of the load-velocity relationship variables with 2000-m rowing ergometer performance. <i>European Journal of Sport Science</i> , 2023, 23, 736-745.	2.7	6
65	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.	2.6	5
66	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, 1057.	2.6	5
67	Force-Velocity Profile of Competitive Kayakers: Evaluation of a Novel Single Kayak Stroke Test. <i>Journal of Human Kinetics</i> , 2021, 80, 49-59.	1.5	5
68	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.	2.1	4
69	Reliability of Low-Cost Near-Infrared Spectroscopy in the Determination of Muscular Oxygen Saturation and Hemoglobin Concentration during Rest, Isometric and Dynamic Strength Activity. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8824.	2.6	4
70	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.	1.5	4
71	Comparison of the two most commonly used gold-standard velocity monitoring devices (GymAware) Tj ETQq1 1 0.784314 rGBT /Over of the Institution of Mechanical Engineers, Part P: <i>Journal of Sports Engineering and Technology</i> , 0, , 175433712110296.	0.7	4
72	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.	1.6	3

#	ARTICLE	IF	CITATIONS
73	The Novel Single-Stroke Kayak Test: Can It Discriminate Between 200-m and Longer-Distance (500- and Tj ETQq1 1 0.784314 rgBT /Cve 2021, 16, 208-215.	2.3	3
74	Unilateral or Bilateral Standing Broad Jumps: Which Jump Type Provides Inter-Limb Asymmetries with a Higher Reliability?. Journal of Sports Science and Medicine, 2021, 20, 317-327.	1.6	3
75	Assessment of Back-Squat Performance at Submaximal Loads: Is the Reliability Affected by the Variable, Exercise Technique, or Repetition Criterion?. International Journal of Environmental Research and Public Health, 2021, 18, 4626.	2.6	3
76	Inter-limb differences in unilateral countermovement jump height are not associated with the inter-limb differences in bilateral countermovement jump force production. Sports Biomechanics, 2021, , 1-13.	1.6	3
77	Forceâ€“Velocity Vs. Powerâ€“Velocity Relationships: Which Method Provides the Maximum Power and Optimal Velocity with Higher Reliability during the Leg Cycle-Ergometer and Bench Press Throw Exercises?. Measurement in Physical Education and Exercise Science, 2021, 25, 294-305.	1.8	3
78	The linear regression model provides the force-velocity relationship parameters with the highest reliability. Sports Biomechanics, 2022, , 1-20.	1.6	3
79	Effects of Wearing the Elevation Training Mask During Low-intensity Cycling Exercise on Intraocular Pressure. Journal of Glaucoma, 2021, 30, e193-e197.	1.6	2
80	Ballistic, maximal strength and strength-endurance performance of male handball players: Are they affected by the evaluatorâ€™s sex?. PLoS ONE, 2021, 16, e0249974.	2.5	2
81	Sensitivity of the iLOADÂ® Application for Monitoring Changes in Barbell Velocity Following Power- and Strength-Oriented Resistance Training Programs. International Journal of Sports Physiology and Performance, 2021, 16, 1056-1060.	2.3	2
82	A proposed model to test the hypothesis of exercise-induced localized fat reduction (spot reduction), including a systematic review with meta-analysis. Human Movement, 2022, 23, 1-14.	0.9	1
83	Validity And Reliability Of A Mobile App For Measuring Bar Velocity In The Bench Press Exercise. Medicine and Science in Sports and Exercise, 2020, 52, 937-937.	0.4	0
84	Influence of Coaching Condition on the Magnitude and Reliability of Drop Jump Height in Men and Women. Motor Control, 2021, 25, 167-181.	0.6	0
85	Reliability and concurrent validity of the PUSH Bandâ„¢ 2.0 to measure barbell velocity during the free-weight and Smith machine squat exercises. Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology, 0, , 175433712110240.	0.7	0
86	Fiabilidad de la velocidad de ejecuciÃ³n en tres modalidades del ejercicio de press de banca: influencia del nivel de experiencia. BiomecÃ¡nica, 2019, 27, .	0.1	0
87	The ADR Encoder is a reliable and valid device to measure barbell mean velocity during the Smith machine bench press exercise. Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology, 2024, 238, 102-107.	0.7	0
88	The placement of linear transducers affects the magnitude but not the intra-session reliability of kinematic variables during the bench press exercise. Isokinetics and Exercise Science, 2022, , 1-10.	0.4	0
89	Effect of intra-session exercise sequence on the loadâ€“velocity relationship variables after a concurrent sprint interval and resistance training program. International Journal of Sports Science and Coaching, 0, , 174795412211054.	1.4	0