## Alejandro Pérez-Castilla

List of Publications by Year in descending order

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#	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. Journal of Strength and Conditioning Research, 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?. Journal of Strength and Conditioning Research, 2018, 32, 1273-1279.	2.1	98
3	Differences in the Load–Velocity Profile Between 4 Bench-Press Variants. International Journal of Sports Physiology and Performance, 2018, 13, 326-331.	2.3	78
4	Load-Velocity Relationship in Variations of the Half-Squat Exercise: Influence of Execution Technique. Journal of Strength and Conditioning Research, 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. International Journal of Sports Physiology and Performance, 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?. European Journal of Sport Science, 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. Sports Biomechanics, 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. Journal of Applied Biomechanics, 2018, 34, 184-190.	0.8	50
9	Prediction of the Maximum Number of Repetitions and Repetitions in Reserve From Barbell Velocity. International Journal of Sports Physiology and Performance, 2018, 13, 353-359.	2.3	45
10	Vertical jump performance is affected by the velocity and depth of the countermovement. Sports Biomechanics, 2021, 20, 1015-1030.	1.6	45
11	The load-velocity profiles of three upper-body pushing exercises in men and women. Sports Biomechanics, 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. Journal of Sports Sciences, 2018, 36, 1331-1339.	2.0	42
13	Evaluation of Muscle Mechanical Capacities Through the Two-Load Method: Optimization of the Load Selection. Journal of Strength and Conditioning Research, 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. International Journal of Sports Physiology and Performance, 2019, 14, 1442-1446.	2.3	38
15	Influence of a Cluster Set Configuration on the Adaptations to Short-Term Power Training. Journal of Strength and Conditioning Research, 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. International Journal of Sports Science and Coaching, 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. Journal of Strength and Conditioning Research, 2021, 35, 1800-1808.	2.1	29
18	Assessment of the forceâ€velocity relationship during vertical jumps: influence of the starting position, analysis procedures and number of loads. European Journal of Sport Science, 2020, 20, 614-623.	2.7	28

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19	Reliability and magnitude of mechanical variables assessed from unconstrained and constrained loaded countermovement jumps. Sports Biomechanics, 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. Journal of Strength and Conditioning Research, 2022, 36, 1077-1083.	2.1	26
21	Optimal Resistive Forces for Maximizing the Reliability of Leg Muscles' Capacities Tested on a Cycle Ergometer. Journal of Applied Biomechanics, 2018, 34, 47-52.	0.8	25
22	Influence of countermovement depth on the countermovement jumpâ€derived reactive strength index modified. European Journal of Sport Science, 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?. Journal of Strength and Conditioning Research, 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. Journal of Strength and Conditioning Research, 2020, 34, 671-677.	2.1	18
25	Validation of a novel method to assess maximal neuromuscular capacities through the load-velocity relationship. Journal of Biomechanics, 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. European Journal of Applied Physiology, 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. Journal of Strength and Conditioning Research, 2020, 34, 1618-1624.	2.1	15
28	Group versus Individualised Minimum Velocity Thresholds in the Prediction of Maximal Strength in Trained Female Athletes. International Journal of Environmental Research and Public Health, 2020, 17, 7811.	2.6	15
29	Effect of Augmented Feedback on Velocity Performance During Strength-Oriented and Power-Oriented Resistance Training Sessions. Journal of Strength and Conditioning Research, 2022, 36, 1511-1517.	2.1	15
30	Influence of the breathing pattern during resistance training on intraocular pressure. European Journal of Sport Science, 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?. Sports Biomechanics, 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. Sports Biomechanics, 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. PLoS ONE, 2021, 16, e0255458.	2.5	14
34	Reliability and Magnitude of Countermovement Jump Performance Variables: Influence of the Take-off Threshold. Measurement in Physical Education and Exercise Science, 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. Journal of Strength and Conditioning Research, 2021, 35, S57-S65.	2.1	14
36	Validity of a Linear Velocity Transducer for Testing Maximum Vertical Jumps. Journal of Applied Biomechanics, 2017, 33, 388-392.	0.8	13

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37	Selective Changes in the Mechanical Capacities of Lower-Body Muscles After Cycle-Ergometer Sprint Training Against Heavy and Light Resistances. International Journal of Sports Physiology and Performance, 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. International Journal of Sports Science and Coaching, 2020, 15, 337-346.	1.4	13
39	Changes in the Load–Velocity Profile Following Power- and Strength-Oriented Resistance-Training Programs. International Journal of Sports Physiology and Performance, 2020, 15, 1460-1466.	2.3	13
40	Force-Velocity Relationship in the Countermovement Jump Exercise Assessed by Different Measurement Methods. Journal of Human Kinetics, 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. Journal of Strength and Conditioning Research, 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. Sports Biomechanics, 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?. Journal of Biomechanics, 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. European Journal of Sport Science, 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 participantÂ's sex. Journal of Sports Sciences, 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. Sports Biomechanics, 2022, 21, 1136-1145.	1.6	11
47	Load-Velocity Relationship Variables to Assess the Maximal Neuromuscular Capacities During the Back-Squat Exercise. Sports Health, 2022, 14, 885-893.	2.7	11
48	Feasibility of the 2-point method to determine the loadâ^'velocity relationship variables during the countermovement jump exercise. Journal of Sport and Health Science, 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. Frontiers in Physiology, 2018, 9, 594.	2.8	9
50	The intraocular pressure response to lowerâ€body and upperâ€body isometric exercises is affected by the breathing pattern. European Journal of Sport Science, 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. Behavioral Sciences (Basel, Switzerland), 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. Isokinetics and Exercise Science, 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. Journal of Strength and Conditioning Research, 2022, 36, e55-e58.	2.1	9
54	Associations of the Force-velocity Profile with Isometric Strength and Neuromuscular Factors. International Journal of Sports Medicine, 2018, 39, 984-994.	1.7	8

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55	Magnitude and reliability of mechanical outputs obtained during loaded squat jumps performed from different knee angles. Sports Biomechanics, 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. Sports Biomechanics, 2023, 22, 798-810.	1.6	8
57	Influence of Grip Width and Anthropometric Characteristics on the Bench-Press Load–Velocity Relationship. International Journal of Sports Physiology and Performance, 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. International Journal of Sports Physiology and Performance, 2022, 17, 1213-1221.	2.3	8
59	Muscle Activation During Power-Oriented Resistance Training: Continuous vs. Cluster Set Configurations. Journal of Strength and Conditioning Research, 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. Gait and Posture, 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. Graefe's Archive for Clinical and Experimental Ophthalmology, 2020, 258, 1795-1801.	1.9	6
62	Velocity Performance Feedback During Ballistic Training: Which Is the Optimal Frequency of Feedback Administration?. Motor Control, 2021, 25, 19-32.	0.6	6
63	Changes in bench press performance and throwing velocity after strength-oriented and ballistic resistance training programs. Journal of Sports Medicine and Physical Fitness, 2020, 60, 1423-1430.	0.7	6
64	Association of the loadâ€velocity relationship variables with 2000â€m rowing ergometer performance. European Journal of Sport Science, 2023, 23, 736-745.	2.7	6
65	Effects of caffeine consumption on intraocular pressure during lowâ€intensity endurance exercise: A placeboâ€controlled, doubleâ€blind, balanced crossover study. Clinical and Experimental Ophthalmology, 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. International Journal of Environmental Research and Public Health, 2021, 18, 1057.	2.6	5
67	Force-Velocity Profile of Competitive Kayakers: Evaluation of a Novel Single Kayak Stroke Test. Journal of Human Kinetics, 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. Journal of Strength and Conditioning Research, 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. International Journal of Environmental Research and Public Health, 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. Current Eye Research, 2021, 46, 64-70.	1.5	4
71	Comparison of the two most commonly used gold-standard velocity monitoring devices (GymAware) Tj ETQq1 1 of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology, 0, , 175433712110296	0.784314	rgBT /Overlo 4
72	Rating of perceived exertion and velocity loss as variables for controlling the level of effort in the bench press exercise. Sports Biomechanics, 2022, 21, 41-55.	1.6	3

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79	The Novel Single-Stroke Kayak Test: Can It Discriminate Between 200-m and Longer-Distance (500- and) Tj ETQq1	1 0.7843	14 rgBT /O
70	2021, 16, 208-215.	2.0	0
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	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?. 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 evaluator's sex?. PLoS ONE, 2021, 16, e0249974.	2.5	2
81	Sensitivity of the iLOAD® 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 exerciseinduced 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 ejecución en tres modalidades del ejercicio de press de banca: influencia del nivel de experiencia. Biomecánica, 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 load–velocity relationship variables after a concurrent sprint interval and resistance training program. International Journal of Sports Science and Coaching, 0, , 174795412211054.	1.4	0