

# Antonio Garcia-Hermoso

## List of Publications by Citations

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259  
papers

3,868  
citations

30  
h-index

47  
g-index

274  
ext. papers

5,472  
ext. citations

4.1  
avg, IF

6.09  
L-index

#	Paper	IF	Citations
259	Muscular Strength as a Predictor of All-Cause Mortality in an Apparently Healthy Population: A Systematic Review and Meta-Analysis of Data From Approximately 2 Million Men and Women. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2018</b> , 99, 2100-2113.e5	2.8	187
258	Is Muscular Fitness Associated with Future Health Benefits in Children and Adolescents? A Systematic Review and Meta-Analysis of Longitudinal Studies. <i>Sports Medicine</i> , <b>2019</b> , 49, 1079-1094	10.6	154
257	The effects of physical exercise in children with attention deficit hyperactivity disorder: a systematic review and meta-analysis of randomized control trials. <i>Child: Care, Health and Development</i> , <b>2015</b> , 41, 779-88	2.8	110
256	Effectiveness of physical activity interventions on preventing gestational diabetes mellitus and excessive maternal weight gain: a meta-analysis. <i>BJOG: an International Journal of Obstetrics and Gynaecology</i> , <b>2015</b> , 122, 1167-74	3.7	105
255	Is high-intensity interval training more effective on improving cardiometabolic risk and aerobic capacity than other forms of exercise in overweight and obese youth? A meta-analysis. <i>Obesity Reviews</i> , <b>2016</b> , 17, 531-40	10.6	96
254	Playground designs to increase physical activity levels during school recess: a systematic review. <i>Health Education and Behavior</i> , <b>2014</b> , 41, 138-44	4.2	75
253	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , <b>2018</b> , 48, 1059-1081	10.6	74
252	Concurrent aerobic plus resistance exercise versus aerobic exercise alone to improve health outcomes in paediatric obesity: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 161-166	10.3	60
251	Effects of exercise-based interventions on postpartum depression: A meta-analysis of randomized controlled trials. <i>Birth</i> , <b>2017</b> , 44, 200-208	3.1	59
250	International Exercise Recommendations in Older Adults (ICFSR): Expert Consensus Guidelines. <i>Journal of Nutrition, Health and Aging</i> , <b>2021</b> , 25, 824-853	5.2	58
249	Reference values for handgrip strength and their association with intrinsic capacity domains among older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2019</b> , 10, 278-286	10.3	57
248	Effects of exercise on resting blood pressure in obese children: a meta-analysis of randomized controlled trials. <i>Obesity Reviews</i> , <b>2013</b> , 14, 919-28	10.6	57
247	Effects of exercise during pregnancy on mode of delivery: a meta-analysis. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , <b>2015</b> , 94, 1039-47	3.8	56
246	Improvement of the lipid profile with exercise in obese children: a systematic review. <i>Preventive Medicine</i> , <b>2012</b> , 54, 293-301	4.3	51
245	Percentage of Body Fat and Fat Mass Index as a Screening Tool for Metabolic Syndrome Prediction in Colombian University Students. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	48
244	Replacing Sedentary Time: Meta-analysis of Objective-Assessment Studies. <i>American Journal of Preventive Medicine</i> , <b>2018</b> , 55, 395-402	6.1	47
243	Safety and Effectiveness of Long-Term Exercise Interventions in Older Adults: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , <b>2020</b> , 50, 1095-1106	10.6	46

242	Physical exercise and reduction of pain in adults with lower limb osteoarthritis: a systematic review. <i>Journal of Back and Musculoskeletal Rehabilitation</i> , <b>2010</b> , 23, 175-86	1.4	44
241	Effectiveness of school-based physical activity programmes on cardiorespiratory fitness in children: a meta-analysis of randomised controlled trials. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 1234-1240	10.3	43
240	Effects of exercise on functional aerobic capacity in lower limb osteoarthritis: a systematic review. <i>Journal of Science and Medicine in Sport</i> , <b>2011</b> , 14, 190-8	4.4	43
239	Handgrip strength cutoff for cardiometabolic risk index among Colombian children and adolescents: The FUPRECOL Study. <i>Scientific Reports</i> , <b>2017</b> , 7, 42622	4.9	42
238	Exercise, adipokines and pediatric obesity: a meta-analysis of randomized controlled trials. <i>International Journal of Obesity</i> , <b>2017</b> , 41, 475-482	5.5	42
237	Handgrip Strength and Ideal Cardiovascular Health among Colombian Children and Adolescents. <i>Journal of Pediatrics</i> , <b>2016</b> , 179, 82-89.e1	3.6	38
236	Cycling to School and Body Composition, Physical Fitness, and Metabolic Syndrome in Children and Adolescents. <i>Journal of Pediatrics</i> , <b>2017</b> , 188, 57-63	3.6	36
235	Effects of different doses of high-speed resistance training on physical performance and quality of life in older women: a randomized controlled trial. <i>Clinical Interventions in Aging</i> , <b>2016</b> , 11, 1797-1804	4	34
234	Association of Cardiorespiratory Fitness Levels During Youth With Health Risk Later in Life: A Systematic Review and Meta-analysis. <i>JAMA Pediatrics</i> , <b>2020</b> , 174, 952-960	8.3	33
233	Association of Physical Education With Improvement of Health-Related Physical Fitness Outcomes and Fundamental Motor Skills Among Youths: A Systematic Review and Meta-analysis. <i>JAMA Pediatrics</i> , <b>2020</b> , 174, e200223	8.3	31
232	Exercise, health outcomes, and pediatric obesity: A systematic review of meta-analyses. <i>Journal of Science and Medicine in Sport</i> , <b>2019</b> , 22, 76-84	4.4	31
231	Endocrinology and Adolescence: aerobic exercise reduces insulin resistance markers in obese youth: a meta-analysis of randomized controlled trials. <i>European Journal of Endocrinology</i> , <b>2014</b> , 171, R163-71	6.5	31
230	Reallocating sedentary time to moderate-to-vigorous physical activity but not to light-intensity physical activity is effective to reduce adiposity among youths: a systematic review and meta-analysis. <i>Obesity Reviews</i> , <b>2017</b> , 18, 1088-1095	10.6	30
229	Improvement of continence rate with pelvic floor muscle training post-prostatectomy: a meta-analysis of randomized controlled trials. <i>Urologia Internationalis</i> , <b>2015</b> , 94, 125-32	1.9	30
228	Physical Activity, Sedentary Behavior, Sleep and Self-Regulation in Spanish Preschoolers during the COVID-19 Lockdown. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	30
227	The Effects of Exercise on Abdominal Fat and Liver Enzymes in Pediatric Obesity: A Systematic Review and Meta-Analysis. <i>Childhood Obesity</i> , <b>2017</b> , 13, 272-282	2.5	29
226	Physical activity, screen time and subjective well-being among children. <i>International Journal of Clinical and Health Psychology</i> , <b>2020</b> , 20, 126-134	5.1	29
225	Construct validity and test-retest reliability of the International Fitness Scale (IFIS) in Spanish children aged 9-12 years. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2015</b> , 25, 543-51	4.6	29

224	Improvement of aerobic fitness in obese children: a meta-analysis. <i>Pediatric Obesity</i> , <b>2011</b> , 6, 169-77		29
223	Active commuting to school, weight status, and cardiometabolic risk in children from rural areas: the Cuenca study. <i>Health Education and Behavior</i> , <b>2015</b> , 42, 231-9	4.2	28
222	Effects of Exercise-Based Interventions on Neonatal Outcomes: A Meta-Analysis of Randomized Controlled Trials. <i>American Journal of Health Promotion</i> , <b>2016</b> , 30, 214-23	2.5	27
221	High-speed resistance training in elderly women: Effects of cluster training sets on functional performance and quality of life. <i>Experimental Gerontology</i> , <b>2018</b> , 110, 216-222	4.5	27
220	Tri-Ponderal Mass Index vs. Fat Mass/Height <sup>2</sup> as a Screening Tool for Metabolic Syndrome Prediction in Colombian Children and Young People. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	27
219	Acute Effects of High Intensity, Resistance, or Combined Protocol on the Increase of Level of Neurotrophic Factors in Physically Inactive Overweight Adults: The BrainFit Study. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 741	4.6	26
218	Methodological characteristics and future directions for plyometric jump training research: A scoping review update. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 983-997	4.6	25
217	Cardiorespiratory Fitness and Muscular Strength as Mediators of the Influence of Fatness on Academic Achievement. <i>Journal of Pediatrics</i> , <b>2017</b> , 187, 127-133.e3	3.6	24
216	Effectiveness of HIIT compared to moderate continuous training in improving vascular parameters in inactive adults. <i>Lipids in Health and Disease</i> , <b>2019</b> , 18, 42	4.4	24
215	A 12-year analysis of pacing strategies in 200- and 400-m individual medley in international swimming competitions. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 3289-96	3.2	23
214	Relationship of weight status, physical activity and screen time with academic achievement in adolescents. <i>Obesity Research and Clinical Practice</i> , <b>2017</b> , 11, 44-50	5.4	22
213	Handgrip and knee extension strength as predictors of cancer mortality: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 1852-1858	4.6	22
212	Metabolic Syndrome and Associated Factors in a Population-Based Sample of Schoolchildren in Colombia: The FUPRECOL Study. <i>Metabolic Syndrome and Related Disorders</i> , <b>2016</b> , 14, 455-462	2.6	22
211	Effects of kinesio taping alone versus sham taping in individuals with musculoskeletal conditions after intervention for at least one week: a systematic review and meta-analysis. <i>Physiotherapy</i> , <b>2019</b> , 105, 412-420	3	21
210	Changes in muscle power after usual care or early structured exercise intervention in acutely hospitalized older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2020</b> , 11, 997-1006	10.3	21
209	Effects of exercise interventions on the functional status of acutely hospitalised older adults: A systematic review and meta-analysis. <i>Ageing Research Reviews</i> , <b>2020</b> , 61, 101076	12	21
208	Role of sleep duration and sleep-related problems in the metabolic syndrome among children and adolescents. <i>Italian Journal of Pediatrics</i> , <b>2018</b> , 44, 9	3.2	21
207	Ideal Cardiovascular Health and Incident Cardiovascular Disease Among Adults: A Systematic Review and Meta-analysis. <i>Mayo Clinic Proceedings</i> , <b>2018</b> , 93, 1589-1599	6.4	21

206	Lean mass as a total mediator of the influence of muscular fitness on bone health in schoolchildren: a mediation analysis. <i>Journal of Sports Sciences</i> , <b>2015</b> , 33, 817-30	3.6	20
205	Physical fitness and anthropometric normative values among Colombian-Indian schoolchildren. <i>BMC Public Health</i> , <b>2016</b> , 16, 962	4.1	20
204	Differences and discriminatory power of water polo game-related statistics in men in international championships and their relationship with the phase of the competition. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 893-901	3.2	20
203	Water Polo Game-Related Statistics in Women's International Championships: Differences and Discriminatory Power. <i>Journal of Sports Science and Medicine</i> , <b>2012</b> , 11, 475-82	2.7	20
202	A Narrative Review of Motor Competence in Children and Adolescents: What We Know and What We Need to Find Out. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 18,	4.6	20
201	Association between physical activity, sedentary behavior, and fitness with health related quality of life in healthy children and adolescents: A protocol for a systematic review and meta-analysis. <i>Medicine (United States)</i> , <b>2017</b> , 96, e6407	1.8	19
200	Active commuting to and from university, obesity and metabolic syndrome among Colombian university students. <i>BMC Public Health</i> , <b>2018</b> , 18, 523	4.1	19
199	Comparison of Bioelectrical Impedance Analysis, Slaughter Skinfold-Thickness Equations, and Dual-Energy X-ray Absorptiometry for Estimating Body Fat Percentage in Colombian Children and Adolescents with Excess of Adiposity. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	19
198	Effects of beta-hydroxy-beta-methylbutyrate supplementation on strength and body composition in trained and competitive athletes: A meta-analysis of randomized controlled trials. <i>Journal of Science and Medicine in Sport</i> , <b>2018</b> , 21, 727-735	4.4	19
197	Screen time impairs the relationship between physical fitness and academic attainment in children. <i>Jornal De Pediatria</i> , <b>2015</b> , 91, 339-45	2.6	18
196	Effects of plyometric jump training in female soccer player's vertical jump height: A systematic review with meta-analysis. <i>Journal of Sports Sciences</i> , <b>2020</b> , 38, 1475-1487	3.6	18
195	Exercise and postprandial lipemia: effects on vascular health in inactive adults. <i>Lipids in Health and Disease</i> , <b>2018</b> , 17, 69	4.4	18
194	Effects of preterm birth and fetal growth retardation on life-course cardiovascular risk factors among schoolchildren from Colombia: The FUPRECOL study. <i>Early Human Development</i> , <b>2017</b> , 106-107, 53-58	2.2	17
193	Normal-Weight Obesity Is Associated with Increased Cardiometabolic Risk in Young Adults. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	17
192	Effects of exercise on functional aerobic capacity in adults with fibromyalgia syndrome: A systematic review of randomized controlled trials. <i>Journal of Back and Musculoskeletal Rehabilitation</i> , <b>2015</b> , 28, 609-19	1.4	17
191	Performance of Two Bioelectrical Impedance Analyses in the Diagnosis of Overweight and Obesity in Children and Adolescents: The FUPRECOL Study. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	17
190	Results from Chile's 2018 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , <b>2018</b> , 15, S331-S332	2.5	17
189	Muscular fitness, adherence to the Southern European Atlantic Diet and cardiometabolic risk factors in adolescents. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2017</b> , 27, 695-702	4.5	16

188	Muscular fitness as a mediator of quality cardiopulmonary resuscitation. <i>American Journal of Emergency Medicine</i> , <b>2016</b> , 34, 1845-9	2.9	16
187	Associations between the duration of active commuting to school and academic achievement in rural Chilean adolescents. <i>Environmental Health and Preventive Medicine</i> , <b>2017</b> , 22, 31	4.2	16
186	Predictive Validity of the Body Adiposity Index in Overweight and Obese Adults Using Dual-Energy X-ray Absorptiometry. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	16
185	Effects of Exercise Intervention on Health-Related Physical Fitness and Blood Pressure in Preschool Children: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , <b>2020</b> , 50, 187-203	10.6	16
184	Homeostasis Model Assessment cut-off points related to metabolic syndrome in children and adolescents: a systematic review and meta-analysis. <i>European Journal of Pediatrics</i> , <b>2019</b> , 178, 1813-1822	4.1	15
183	Fat-to-Muscle Ratio: A New Anthropometric Indicator as a Screening Tool for Metabolic Syndrome in Young Colombian People. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	15
182	Health-related physical fitness and weight status in 13- to 15-year-old Latino adolescents. A pooled analysis. <i>Jornal De Pediatria</i> , <b>2019</b> , 95, 435-442	2.6	15
181	Effects of Aerobic Plus Resistance Exercise on Body Composition Related Variables in Pediatric Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Pediatric Exercise Science</i> , <b>2015</b> , 27, 431-40	2	15
180	Association between bullying victimization and physical fitness among children and adolescents. <i>International Journal of Clinical and Health Psychology</i> , <b>2019</b> , 19, 134-140	5.1	14
179	Adherence to Mediterranean Diet Related with Physical Fitness and Physical Activity in Schoolchildren Aged 6-13. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	14
178	Normative Values for the Short Physical Performance Battery (SPPB) and Their Association With Anthropometric Variables in Older Colombian Adults. The SABE Study, 2015. <i>Frontiers in Medicine</i> , <b>2020</b> , 7, 52	4.9	14
177	Exercise-based interventions and C-reactive protein in overweight and obese youths: a meta-analysis of randomized controlled trials. <i>Pediatric Research</i> , <b>2016</b> , 79, 522-7	3.2	14
176	Optimal Adherence to a Mediterranean Diet May Not Overcome the Deleterious Effects of Low Physical Fitness on Cardiovascular Disease Risk in Adolescents: A Cross-Sectional Pooled Analysis. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	14
175	Fatness mediates the influence of muscular fitness on metabolic syndrome in Colombian collegiate students. <i>PLoS ONE</i> , <b>2017</b> , 12, e0173932	3.7	14
174	Relationship between final performance and block times with the traditional and the new starting platforms with a back plate in international swimming championship 50-m and 100-m freestyle events. <i>Journal of Sports Science and Medicine</i> , <b>2013</b> , 12, 698-706	2.7	14
173	Adiposity as a full mediator of the influence of cardiorespiratory fitness and inflammation in schoolchildren: The FUPRECOL Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2017</b> , 27, 525-533	4.5	13
172	Energy Expenditure in Playground Games in Primary School Children Measured by Accelerometer and Heart Rate Monitors. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2017</b> , 27, 467-474	4.4	13
171	Ideal Cardiovascular Health and Arterial Stiffness in Spanish Adults-The EVIDENT Study. <i>Journal of Stroke and Cerebrovascular Diseases</i> , <b>2018</b> , 27, 1386-1394	2.8	13

170	High Intensity Interval- vs Resistance or Combined- Training for Improving Cardiometabolic Health in Overweight Adults (Cardiometabolic HIIT-RT Study): study protocol for a randomised controlled trial. <i>Trials</i> , <b>2016</b> , 17, 298	2.8	13
169	A Cross-Sectional Study of the Prevalence of Metabolic Syndrome and Associated Factors in Colombian Collegiate Students: The FUPRECOL-Adults Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2017</b> , 14,	4.6	13
168	Effect of Moderate- Versus High-Intensity Interval Exercise Training on Heart Rate Variability Parameters in Inactive Latin-American Adults: A Randomized Clinical Trial. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 3403-3415	3.2	13
167	A before-school physical activity intervention to improve cognitive parameters in children: The Active-Start study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 108-116	4.6	13
166	Effects of Exercise on Carotid Arterial Wall Thickness in Obese Pediatric Populations: A Meta-Analysis of Randomized Controlled Trials. <i>Childhood Obesity</i> , <b>2017</b> , 13, 138-145	2.5	12
165	Exercise during pregnancy on maternal lipids: a secondary analysis of randomized controlled trial. <i>BMC Pregnancy and Childbirth</i> , <b>2017</b> , 17, 396	3.2	12
164	Abdominal obesity as a mediator of the influence of physical activity on insulin resistance in Spanish adults. <i>Preventive Medicine</i> , <b>2016</b> , 82, 59-64	4.3	12
163	Changes in muscular fitness and its association with blood pressure in adolescents. <i>European Journal of Pediatrics</i> , <b>2018</b> , 177, 1101-1109	4.1	12
162	Relationship between exchange block time in swim starts and final performance in relay races in international championships. <i>Journal of Sports Sciences</i> , <b>2014</b> , 32, 1783-9	3.6	12
161	Self-determined motivation, physical exercise and diet in obese children: A three-year follow-up study. <i>International Journal of Clinical and Health Psychology</i> , <b>2014</b> , 14, 195-201	5.1	12
160	Relationship between Handgrip Strength and Muscle Mass in Female Survivors of Breast Cancer: A Mediation Analysis. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	12
159	Relationship between daily physical activity, recess physical activity, age and sex in scholar of primary school, Spain. <i>Revista Espanola De Salud Publica</i> , <b>2011</b> , 85, 481-9	0.4	12
158	Is device-measured vigorous physical activity associated with health-related outcomes in children and adolescents? A systematic review and meta-analysis. <i>Journal of Sport and Health Science</i> , <b>2021</b> , 10, 296-307	8.2	12
157	Acute effect of three different exercise training modalities on executive function in overweight inactive men: A secondary analysis of the BrainFit study. <i>Physiology and Behavior</i> , <b>2018</b> , 197, 22-28	3.5	12
156	Sedentary behaviour patterns and carotid intima-media thickness in Spanish healthy adult population. <i>Atherosclerosis</i> , <b>2015</b> , 239, 571-6	3.1	11
155	Construct validity and test-retest reliability of the International Fitness Scale (IFIS) in Colombian children and adolescents aged 9-17.9 years: the FUPRECOL study. <i>PeerJ</i> , <b>2017</b> , 5, e3351	3.1	11
154	Validation of multi-frequency bioelectrical impedance analysis versus dual-energy X-ray absorptiometry to measure body fat percentage in overweight/obese Colombian adults. <i>American Journal of Human Biology</i> , <b>2018</b> , 30, e23071	2.7	11
153	Effects of physical education interventions on cognition and academic performance outcomes in children and adolescents: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2021</b> , 55, 1224-1232	10.3	11

152	Normal-Weight Obesity Is Associated with Poorer Cardiometabolic Profile and Lower Physical Fitness Levels in Children and Adolescents. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	11
151	Normative Reference Values for Handgrip Strength in Chilean Children at 8-12 Years Old Using the Empirical Distribution and the Lambda, Mu, and Sigma Statistical Methods. <i>Journal of Strength and Conditioning Research</i> , <b>2021</b> , 35, 260-266	3.2	11
150	Relationship Between Ideal Cardiovascular Health and Disability in Older Adults: The Chilean National Health Survey (2009-10). <i>Journal of the American Geriatrics Society</i> , <b>2017</b> , 65, 2727-2732	5.6	10
149	Cardiorespiratory Fitness Cut-Points are Related to Body Adiposity Parameters in Latin American Adolescents. <i>Medicina (Lithuania)</i> , <b>2019</b> , 55,	3.1	10
148	Effects of exercise training on Fetuin-a in obese, type 2 diabetes and cardiovascular disease in adults and elderly: a systematic review and Meta-analysis. <i>Lipids in Health and Disease</i> , <b>2019</b> , 18, 23	4.4	10
147	Can a before-school physical activity program decrease bullying victimization in disadvantaged children? The Active-Start Study. <i>International Journal of Clinical and Health Psychology</i> , <b>2019</b> , 19, 237-242	5.1	10
146	Body Adiposity Index Performance in Estimating Body Fat Percentage in Colombian College Students: Findings from the FUPRECOL-Adults Study. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	10
145	Low-grade inflammation and muscular fitness on insulin resistance in adolescents: Results from LabMed Physical Activity Study. <i>Pediatric Diabetes</i> , <b>2018</b> , 19, 429-435	3.6	10
144	Comparison of Different Maximal Oxygen Uptake Equations to Discriminate the Cardiometabolic Risk in Children and Adolescents. <i>Journal of Pediatrics</i> , <b>2018</b> , 194, 152-157.e1	3.6	10
143	Effects of an exercise program on hepatic metabolism, hepatic fat, and cardiovascular health in overweight/obese adolescents from Bogotá-Colombia (the HEPAFIT study): study protocol for a randomized controlled trial. <i>Trials</i> , <b>2018</b> , 19, 330	2.8	10
142	Sedentary behaviour patterns and arterial stiffness in a Spanish adult population - The EVIDENT trial. <i>Atherosclerosis</i> , <b>2015</b> , 243, 516-22	3.1	10
141	Prevalence of meeting 24-Hour Movement Guidelines from pre-school to adolescence: A systematic review and meta-analysis including 387,437 participants and 23 countries.. <i>Journal of Sport and Health Science</i> , <b>2022</b> ,	8.2	10
140	Discriminatory Power of Women's Handball Game-Related Statistics at the Olympic Games (2004-2016). <i>Journal of Human Kinetics</i> , <b>2018</b> , 62, 221-229	2.6	10
139	Independent and combined effects of handgrip strength and adherence to a Mediterranean diet on blood pressure in Chilean children. <i>Nutrition</i> , <b>2019</b> , 60, 170-174	4.8	10
138	Handgrip strength attenuates the adverse effects of overweight on cardiometabolic risk factors among collegiate students but not in individuals with higher fat levels. <i>Scientific Reports</i> , <b>2019</b> , 9, 6986	4.9	9
137	Can physical activity attenuate the negative association between sitting time and cognitive function among older adults? A mediation analysis. <i>Experimental Gerontology</i> , <b>2018</b> , 106, 173-177	4.5	9
136	Optimal Adherence to a Mediterranean Diet and High Muscular Fitness Are Associated with a Healthier Cardiometabolic Profile in Collegiate Students. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	9
135	Prevalence of probable Attention-Deficit/Hyperactivity Disorder symptoms: result from a Spanish sample of children. <i>BMC Pediatrics</i> , <b>2018</b> , 18, 111	2.6	9



134	Effects of Polarized Training on Cardiometabolic Risk Factors in Young Overweight and Obese Women: A Randomized-Controlled Trial. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1287	4.6	9
133	The Effects of Long-Acting Stimulant and Nonstimulant Medications in Children and Adolescents with Attention-Deficit/Hyperactivity Disorder: A Meta-Analysis of Randomized Controlled Trials. <i>Journal of Child and Adolescent Psychopharmacology</i> , <b>2018</b> , 28, 494-507	2.9	9
132	Similar cardiometabolic effects of high- and moderate-intensity training among apparently healthy inactive adults: a randomized clinical trial. <i>Journal of Translational Medicine</i> , <b>2017</b> , 15, 118	8.5	9
131	Moderate-to-vigorous physical activity as a mediator between sedentary behavior and cardiometabolic risk in Spanish healthy adults: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2015</b> , 12, 78	8.4	9
130	Factors associated with active commuting to school by bicycle from Bogotá-Colombia: The FUPRECOL study. <i>Italian Journal of Pediatrics</i> , <b>2016</b> , 42, 97	3.2	9
129	Muscle strength cut-offs for the detection of metabolic syndrome in a nonrepresentative sample of collegiate students from Colombia. <i>Journal of Sport and Health Science</i> , <b>2020</b> , 9, 283-290	8.2	9
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127	Effect of exercise on myosteatosis in adults: a systematic review and meta-analysis. <i>Journal of Applied Physiology</i> , <b>2021</b> , 130, 245-255	3.7	9
126	Effects of Plyometric Training on Explosive and Endurance Performance at Sea Level and at High Altitude. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1415	4.6	9
125	Ideal Cardiovascular Health, Handgrip Strength, and Muscle Mass Among College Students: The FUPRECOL Adults Study. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 33, 747-754	3.2	8
124	Effects of jump training on jumping performance of handball players: A systematic review with meta-analysis of randomised controlled trials. <i>International Journal of Sports Science and Coaching</i> , <b>2020</b> , 15, 584-594	1.8	8
123	The Role of Body Adiposity Index in Determining Body Fat Percentage in Colombian Adults with Overweight or Obesity. <i>International Journal of Environmental Research and Public Health</i> , <b>2017</b> , 14,	4.6	8
122	Prevalence of Ideal Cardiovascular Health and Its Association with Cognitive Function in Older Adults: The Chilean National Health Survey (2009-2010). <i>Rejuvenation Research</i> , <b>2018</b> , 21, 333-340	2.6	8
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120	Pubertal Stage, Body Mass Index, and Cardiometabolic Risk in Children and Adolescents in Bogotá Colombia: The Cross-Sectional Fuprecol Study. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	8
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118	The effects of plyometric jump training on physical fitness attributes in basketball players: A meta-analysis. <i>Journal of Sport and Health Science</i> , <b>2020</b> ,	8.2	8
117	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. <i>Sports Medicine</i> , <b>2021</b> , 51, 65-79	10.6	8

116	Comparison of game-related statistics in men's international championships between winning and losing teams according to margin of victory. <i>Collegium Antropologicum</i> , <b>2014</b> , 38, 901-7	0.1	8
115	Obesity, Cardiorespiratory Fitness, and Self-Reported Sleep Patterns in Chilean School-Aged Children. <i>Behavioral Sleep Medicine</i> , <b>2017</b> , 15, 70-80	4.2	7
114	Is adherence to the Mediterranean diet associated with healthy habits and physical fitness? A systematic review and meta-analysis including 565'421 youths. <i>British Journal of Nutrition</i> , <b>2020</b> , 1-12	3.6	7
113	Physical fitness components in relation to attention capacity in Latin American youth with overweight and obesity. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 1188-1193	4.6	7
112	Tailored exercise is safe and beneficial for acutely hospitalised older adults with COPD. <i>European Respiratory Journal</i> , <b>2020</b> , 56,	13.6	7
111	Predictive Ability of Waist Circumference and Waist-to-Height Ratio for Cardiometabolic Risk Screening among Spanish Children. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	7
110	Longitudinal association between ideal cardiovascular health status and muscular fitness in adolescents: The LabMed Physical Activity Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2018</b> , 28, 892-899	4.5	7
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104	Lifestyle behaviors predict adolescents bullying victimization in low and middle-income countries. <i>Journal of Affective Disorders</i> , <b>2020</b> , 273, 364-374	6.6	6
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101	Interindividual responses to different exercise stimuli among insulin-resistant women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 2052-2065	4.6	6
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96	Healthy Lifestyle Behaviors and Their Association with Self-Regulation in Chilean Children. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	6
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