Mikel Izquierdo

List of Publications by Year
in descending order

508	23,149	9234 74	15683 125
papers	citations	h-index	g-index

526	526	526	17546
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Effects of Different Exercise Interventions on Risk of Falls, Gait Ability, and Balance in Physically Frail Older Adults: A Systematic Review. Rejuvenation Research, 2013, 16, 105-114.	0.9	673
2	Changes in agonist-antagonist EMG, muscle CSA, and force during strength training in middle-aged and older people. Journal of Applied Physiology, 1998, 84, 1341-1349.	1.2	612
3	Resistance Training for Older Adults: Position Statement From the National Strength and Conditioning Association. Journal of Strength and Conditioning Research, 2019, 33, 2019-2052.	1.0	585
4	International Clinical Practice Guidelines for Sarcopenia (ICFSR): Screening, Diagnosis and Management. Journal of Nutrition, Health and Aging, 2018, 22, 1148-1161.	1.5	549
5	Exercise benefits in cardiovascular disease: beyond attenuation of traditional risk factors. Nature Reviews Cardiology, 2018, 15, 731-743.	6.1	449
6	International Exercise Recommendations in Older Adults (ICFSR): Expert Consensus Guidelines. Journal of Nutrition, Health and Aging, 2021, 25, 824-853.	1.5	384
7	Multicomponent exercises including muscle power training enhance muscle mass, power output, and functional outcomes in institutionalized frail nonagenarians. Age, 2014, 36, 773-785.	3.0	356
8	Neuromuscular adaptations during concurrent strength and endurance training versus strength training. European Journal of Applied Physiology, 2003, 89, 42-52.	1.2	347
9	Twice-Weekly Progressive Resistance Training Decreases Abdominal Fat and Improves Insulin Sensitivity in Older Men With Type 2 Diabetes. Diabetes Care, 2005, 28, 662-667.	4.3	346
10	Maximal and explosive force production capacity and balance performance in men of different ages. European Journal of Applied Physiology, 1999, 79, 260-267.	1.2	295
11	Is Muscular Fitness Associated with Future Health Benefits in Children and Adolescents? A Systematic Review and Meta-Analysis of Longitudinal Studies. Sports Medicine, 2019, 49, 1079-1094.	3.1	294
12	Effect of Exercise Intervention on Functional Decline in Very Elderly Patients During Acute Hospitalization. JAMA Internal Medicine, 2019, 179, 28.	2.6	288
13	Maximal strength and power characteristics in isometric and dynamic actions of the upper and lower extremities in middle-aged and older men. Acta Physiologica Scandinavica, 1999, 167, 57-68.	2.3	270
14	Differences in Physical Fitness and Throwing Velocity Among Elite and Amateur Male Handball Players. International Journal of Sports Medicine, 2005, 26, 225-232.	0.8	265
15	The relationship between frailty and polypharmacy in older people: A systematic review. British Journal of Clinical Pharmacology, 2018, 84, 1432-1444.	1.1	257
16	The Relationship of Serum Osteocalcin Concentration to Insulin Secretion, Sensitivity, and Disposal with Hypocaloric Diet and Resistance Training. Journal of Clinical Endocrinology and Metabolism, 2009, 94, 237-245.	1.8	254
17	Differential effects of strength training leading to failure versus not to failure on hormonal responses, strength, and muscle power gains. Journal of Applied Physiology, 2006, 100, 1647-1656.	1.2	248
18	Effects of long-term training specificity on maximal strength and power of the upper and lower extremities in athletes from different sports. European Journal of Applied Physiology, 2002, 87, 264-271.	1.2	239

#	Article	IF	Citations
19	Determining Variables of Plyometric Training for Improving Vertical Jump Height Performance: A Meta-Analysis. Journal of Strength and Conditioning Research, 2009, 23, 495-506.	1.0	233
20	Electromyographic models to assess muscle fatigue. Journal of Electromyography and Kinesiology, 2012, 22, 501-512.	0.7	219
21	Benefits of resistance training in physically frail elderly: a systematic review. Aging Clinical and Experimental Research, 2018, 30, 889-899.	1.4	193
22	Echo intensity is associated with skeletal muscle power and cardiovascular performance in elderly men. Experimental Gerontology, 2012, 47, 473-478.	1.2	184
23	Effects of an Entire Season on Physical Fitness Changes in Elite Male Handball Players. Medicine and Science in Sports and Exercise, 2006, 38, 357-366.	0.2	180
24	Strength and Endurance Training Prescription in Healthy and Frail Elderly. , 2014, 5, 183-95.		178
25	Recommendations on Physical Activity and Exercise for Older Adults Living in Long-Term Care Facilities: A Taskforce Report. Journal of the American Medical Directors Association, 2016, 17, 381-392.	1.2	174
26	Effects of strength training on muscle power and serum hormones in middle-aged and older men. Journal of Applied Physiology, 2001, 90, 1497-1507.	1.2	164
27	An evaluation of the 30-s chair stand test in older adults: frailty detection based on kinematic parameters from a single inertial unit. Journal of NeuroEngineering and Rehabilitation, 2013, 10, 86.	2.4	161
28	Exercise for depression in older adults: a meta-analysis of randomized controlled trials adjusting for publication bias. Revista Brasileira De Psiquiatria, 2016, 38, 247-254.	0.9	160
29	Effect of Loading on Unintentional Lifting Velocity Declines During Single Sets of Repetitions to Failure During Upper and Lower Extremity Muscle Actions. International Journal of Sports Medicine, 2006, 27, 718-724.	0.8	153
30	EMG spectral indices and muscle power fatigue during dynamic contractions. Journal of Electromyography and Kinesiology, 2010, 20, 233-240.	0.7	153
31	High-speed resistance training is more effective than low-speed resistance training to increase functional capacity and muscle performance in older women. Experimental Gerontology, 2014, 58, 51-57.	1.2	148
32	Strength training effects on physical performance and serum hormones in young soccer players. European Journal of Applied Physiology, 2004, 91, 698-707.	1.2	143
33	Role of physical exercise on cognitive function in healthy older adults: A systematic review of randomized clinical trials. Ageing Research Reviews, 2017, 37, 117-134.	5.0	142
34	Electromyostimulation and Plyometric Training Effects on Jumping and Sprint Time. International Journal of Sports Medicine, 2006, 27, 533-539.	0.8	140
35	Once Weekly Combined Resistance and Cardiovascular Training in Healthy Older Men. Medicine and Science in Sports and Exercise, 2004, 36, 435-443.	0.2	137
36	Effects of heavy resistance training on maximal and explosive force production, endurance and serum hormones in adolescent handball players. European Journal of Applied Physiology and Occupational Physiology, 1999, 80, 485-493.	1.2	136

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37	Optimal warm-up stimuli of muscle activation to enhance short and long-term acute jumping performance. European Journal of Applied Physiology, 2007, 100, 393-401.	1.2	129
38	Low and Moderate Plyometric Training Frequency Produces Greater Jumping and Sprinting Gains Compared with High Frequency. Journal of Strength and Conditioning Research, 2008, 22, 715-725.	1.0	126
39	Effect of Vertical, Horizontal, and Combined Plyometric Training on Explosive, Balance, and Endurance Performance of Young Soccer Players. Journal of Strength and Conditioning Research, 2015, 29, 1784-1795.	1.0	126
40	Energy Metabolism during Repeated Sets of Leg Press Exercise Leading to Failure or Not. PLoS ONE, 2012, 7, e40621.	1.1	118
41	Neuromuscular adaptations to concurrent training in the elderly: effects of intrasession exercise sequence. Age, 2013, 35, 891-903.	3.0	115
42	Endurance and neuromuscular changes in world-class level kayakers during a periodized training cycle. European Journal of Applied Physiology, 2009, 106, 629-638.	1.2	112
43	Concurrent Endurance and Strength Training Not to Failure Optimizes Performance Gains. Medicine and Science in Sports and Exercise, 2010, 42, 1191-1199.	0.2	112
44	Cytokine and hormone responses to resistance training. European Journal of Applied Physiology, 2009, 107, 397-409.	1.2	111
45	Creatine supplementation and sprint performance in soccer players. Medicine and Science in Sports and Exercise, 2000, 32, 518.	0.2	110
46	Effect of Unilateral, Bilateral, and Combined Plyometric Training on Explosive and Endurance Performance of Young Soccer Players. Journal of Strength and Conditioning Research, 2015, 29, 1317-1328.	1.0	110
47	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. Sports Medicine, 2018, 48, 1059-1081.	3.1	109
48	Effects of high-speed power training on functional capacity and muscle performance in older women. Experimental Gerontology, 2012, 47, 250-255.	1.2	108
49	Effects of Plyometric Training Volume and Training Surface on Explosive Strength. Journal of Strength and Conditioning Research, 2013, 27, 2714-2722.	1.0	106
50	Maximal strength and power, endurance performance, and serum hormones in middle-aged and elderly men. Medicine and Science in Sports and Exercise, 2001, 33, 1577-1587.	0.2	104
51	Effects of combined resistance and cardiovascular training on strength, power, muscle cross-sectional area, and endurance markers in middle-aged men. European Journal of Applied Physiology, 2005, 94, 70-75.	1.2	104
52	Effects of In-Season Low-Volume High-Intensity Plyometric Training on Explosive Actions and Endurance of Young Soccer Players. Journal of Strength and Conditioning Research, 2014, 28, 1335-1342.	1.0	104
53	Differences in Physical Fitness and Throwing Velocity Among Elite and Amateur Female Handball Players. International Journal of Sports Medicine, 2007, 28, 860-867.	0.8	102
54	Effects of creatine supplementation on muscle power, endurance, and sprint performance. Medicine and Science in Sports and Exercise, 2002, 34, 332-343.	0.2	101

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55	Positive effects of resistance training in frail elderly patients with dementia after long-term physical restraint. Age, 2014, 36, 801-811.	3.0	101
56	Association of Cardiorespiratory Fitness Levels During Youth With Health Risk Later in Life. JAMA Pediatrics, 2020, 174, 952.	3.3	101
57	Physical fitness factors to predict male Olympic wrestling performance. European Journal of Applied Physiology, 2011, 111, 1747-1758.	1.2	99
58	Effectiveness of a multimodal intervention in functionally impaired older people with type 2 diabetes mellitus. Journal of Cachexia, Sarcopenia and Muscle, 2019, 10, 721-733.	2.9	98
59	Use of NSAIDs in triathletes: prevalence, level of awareness and reasons for use. British Journal of Sports Medicine, 2011, 45, 85-90.	3.1	95
60	Effects of Warm-Up, Post-Warm-Up, and Re-Warm-Up Strategies on Explosive Efforts in Team Sports: A Systematic Review. Sports Medicine, 2018, 48, 2285-2299.	3.1	95
61	Strength prior to endurance intra-session exercise sequence optimizes neuromuscular and cardiovascular gains in elderly men. Experimental Gerontology, 2012, 47, 164-169.	1.2	92
62	Functional Capacity, Muscle Fat Infiltration, Power Output, and Cognitive Impairment in Institutionalized Frail Oldest Old. Rejuvenation Research, 2013, 16, 396-403.	0.9	91
63	Safety and Effectiveness of Long-Term Exercise Interventions in Older Adults: A Systematic Review and Meta-analysis of Randomized Controlled Trials. Sports Medicine, 2020, 50, 1095-1106.	3.1	91
64	Systematic Review and Meta-Analysis of Randomized, Controlled Trials on Preoperative Physical Exercise Interventions in Patients with Non-Small-Cell Lung Cancer. Cancers, 2019, 11, 944.	1.7	88
65	Differences in physical fitness among indoor and outdoor elite male soccer players. European Journal of Applied Physiology, 2009, 106, 483-491.	1.2	86
66	Performance changes in world-class kayakers following two different training periodization models. European Journal of Applied Physiology, 2010, 110, 99-107.	1.2	86
67	Intersession and Intrasession Reliability and Validity of the My Jump App for Measuring Different Jump Actions in Trained Male and Female Athletes. Journal of Strength and Conditioning Research, 2016, 30, 2049-2056.	1.0	86
68	Reliability of Health-Related Physical Fitness Tests among Colombian Children and Adolescents: The FUPRECOL Study. PLoS ONE, 2015, 10, e0140875.	1.1	85
69	Muscle CSA, Force Production, and Activation of Leg Extensors during Isometric and Dynamic Actions in Middle-Aged and Elderly Men and Women. Journal of Aging and Physical Activity, 1998, 6, 232-247.	0.5	84
70	Strategies to Optimize Concurrent Training of Strength and Aerobic Fitness for Rowing and Canoeing. Sports Medicine, 2011, 41, 329-343.	3.1	83
71	Metabolic endotoxemia and saturated fat contribute to circulating NGAL concentrations in subjects with insulin resistance. International Journal of Obesity, 2010, 34, 240-249.	1.6	82
72	Warm-Up and Performance in Competitive Swimming. Sports Medicine, 2014, 44, 319-330.	3.1	82

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73	Reference values for handgrip strength and their association with intrinsic capacity domains among older adults. Journal of Cachexia, Sarcopenia and Muscle, 2019, 10, 278-286.	2.9	82
74	Effects of combined endurance and strength training on muscle strength, power and hypertrophy in 40â€“67â€yearâ€old men. Scandinavian Journal of Medicine and Science in Sports, 2011, 21, 402-411.	1.3	81
75	Physical Exercise in the Oldest Old. , 2019, 9, 1281-1304.		79
76	Effects of Amino Acids Supplement on Physiological Adaptations to Resistance Training. Medicine and Science in Sports and Exercise, 2009, 41, 1111-1121.	0.2	78
77	Muscle conduction velocity, strength, neural activity, and morphological changes after eccentric and concentric training. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, e343-52.	1.3	78
78	Kinematic Parameters to Evaluate Functional Performance of Sit-to-Stand and Stand-to-Sit Transitions Using Motion Sensor Devices: A Systematic Review. IEEE Transactions on Neural Systems and Rehabilitation Engineering, 2014, 22, 926-936.	2.7	77
79	Muscle power training in the institutionalized frail: a new approach to counteracting functional declines and very late-life disability. Current Medical Research and Opinion, 2014, 30, 1385-1390.	0.9	77
80	Effects of plyometric training on maximal-intensity exercise and endurance in male and female soccer players. Journal of Sports Sciences, 2016, 34, 687-693.	1.0	77
81	Optimal Reactive Strength Index: Is It an Accurate Variable to Optimize Plyometric Training Effects on Measures of Physical Fitness in Young Soccer Players?. Journal of Strength and Conditioning Research, 2018, 32, 885-893.	1.0	76
82	Effects of an Entire Season on Physical Fitness in Elite Female Handball Players. Medicine and Science in Sports and Exercise, 2008, 40, 351-361.	0.2	75
83	Association of Physical Education With Improvement of Health-Related Physical Fitness Outcomes and Fundamental Motor Skills Among Youths. JAMA Pediatrics, 2020, 174, e200223.	3.3	75
84	Physical Activity, Sedentary Behavior, Sleep and Self-Regulation in Spanish Preschoolers during the COVID-19 Lockdown. International Journal of Environmental Research and Public Health, 2021, 18, 693.	1.2	73
85	Correlations between serum and salivary hormonal concentrations in response to resistance exercise. Journal of Sports Sciences, 2008, 26, 1067-1072.	1.0	72
86	Physical activity guidelines for older people: knowledge gaps and future directions. The Lancet Healthy Longevity, 2021, 2, e380-e383.	2.0	72
87	Maximal strength and power, muscle mass, endurance and serum hormones in weightlifters and road cyclists. Journal of Sports Sciences, 2004, 22, 465-478.	1.0	71
88	AN INTERNATIONAL POSITION STATEMENT ON THE MANAGEMENT OF FRAILTY IN DIABETES MELLITUS: SUMMARY OF RECOMMENDATIONS 2017. Journal of Frailty & Aging,the, 2018, 7, 1-11.	0.8	71
89	Gait speed as a mediator of the effect of sarcopenia on dependency in activities of daily living. Journal of Cachexia, Sarcopenia and Muscle, 2019, 10, 1009-1015.	2.9	70
90	Multicomponent exercise and the hallmarks of frailty: Considerations on cognitive impairment and acute hospitalization. Experimental Gerontology, 2019, 122, 10-14.	1.2	70

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91	Blood Ammonia and Lactate as Markers of Muscle Metabolites During Leg Press Exercise. Journal of Strength and Conditioning Research, 2014, 28, 2775-2785.	1.0	69
92	Effects of Plyometric Training on Endurance and Explosive Strength Performance in Competitive Middle- and Long-Distance Runners. Journal of Strength and Conditioning Research, 2014, 28, 97-104.	1.0	69
93	Effects and prevalence of nonresponders after 12 weeks of high-intensity interval or resistance training in women with insulin resistance: a randomized trial. Journal of Applied Physiology, 2017, 122, 985-996.	1.2	69
94	The effects of amino acid supplementation on hormonal responses to resistance training overreaching. Metabolism: Clinical and Experimental, 2006, 55, 282-291.	1.5	68
95	Exercise interventions in polypathological aging patients that coexist with diabetes mellitus: improving functional status and quality of life. Age, 2015, 37, 64.	3.0	68
96	How to simultaneously optimize muscle strength, power, functional capacity, and cardiovascular gains in the elderly: an update. Age, 2013, 35, 2329-2344.	3.0	66
97	An evaluation of the effectiveness of a multi-modal intervention in frail and pre-frail older people with type 2 diabetes - the MID-Frail study: study protocol for a randomised controlled trial. Trials, 2014, 15, 34.	0.7	65
98	Influence of Maturation Stage on Agility Performance Gains After Plyometric Training: A Systematic Review and Meta-analysis. Journal of Strength and Conditioning Research, 2017, 31, 2609-2617.	1.0	65
99	Assessing the impact of physical exercise on cognitive function in older medical patients during acute hospitalization: Secondary analysis of a randomized trial. PLoS Medicine, 2019, 16, e1002852.	3.9	64
100	Gait Variability Related to Muscle Quality and Muscle Power Output in Frail Nonagenarian Older Adults. Journal of the American Medical Directors Association, 2016, 17, 162-167.	1.2	63
101	Effects of plyometric training and creatine supplementation on maximal-intensity exercise and endurance in female soccer players. Journal of Science and Medicine in Sport, 2016, 19, 682-687.	0.6	63
102	Muscle Power Training: A Hallmark for Muscle Function Retaining in Frail Clinical Setting. Journal of the American Medical Directors Association, 2018, 19, 190-192.	1.2	63
103	Effect of a multicomponent exercise programme (VIVIFRAIL) on functional capacity in frail community elders with cognitive decline: study protocol for a randomized multicentre control trial. Trials, 2019, 20, 362.	0.7	63
104	Vertical Jump Performance and Blood Ammonia and Lactate Levels During Typical Training Sessions In Elite 400-m Runners. Journal of Strength and Conditioning Research, 2010, 24, 1138-1149.	1.0	62
105	Detraining and Tapering Effects on Hormonal Responses and Strength Performance. Journal of Strength and Conditioning Research, 2007, 21, 768.	1.0	62
106	Resistance Training Improves Cardiovascular Risk Factors in Obese Women Despite a Significative Decrease in Serum Adiponectin Levels. Obesity, 2010, 18, 535-541.	1.5	61
107	There are no no-responders to low or high resistance training volumes among older women. Experimental Gerontology, 2017, 99, 18-26.	1.2	60
108	Physical activity and early rehabilitation in hospitalized elderly medical patients: Systematic review of randomized clinical trials. Journal of Nutrition, Health and Aging, 2016, 20, 738-751.	1.5	59

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109	Neuromuscular Fatigue after Resistance Training. International Journal of Sports Medicine, 2009, 30, 614-623.	0.8	57
110	Cardiorespiratory, neuromuscular and kinematic responses to stationary running performed in water and on dry land. European Journal of Applied Physiology, 2011, 111, 1157-1166.	1.2	56
111	Effects of exercise interventions on the functional status of acutely hospitalised older adults: A systematic review and meta-analysis. Ageing Research Reviews, 2020, 61, 101076.	5.0	56
112	Frailty assessment based on wavelet analysis during quiet standing balance test. Journal of Biomechanics, 2011, 44, 2213-2220.	0.9	55
113	What is new in exercise regimes for frail older people â€" How does the Erasmus Vivifrail Project take us forward?. Journal of Nutrition, Health and Aging, 2016, 20, 736-737.	1.5	55
114	Physiological Effects of Tapering and Detraining in World-Class Kayakers. Medicine and Science in Sports and Exercise, 2010, 42, 1209-1214.	0.2	54
115	Neuromuscular and Cardiovascular Adaptations During Concurrent Strength and Endurance Training in Untrained Men. International Journal of Sports Medicine, 2012, 33, 702-710.	0.8	54
116	Enhancing sprint and strength performance: Combined versus maximal power, traditional heavy-resistance and plyometric training. Journal of Science and Medicine in Sport, 2013, 16, 146-150.	0.6	54
117	Effect of Progressive Volume-Based Overload During Plyometric Training on Explosive and Endurance Performance in Young Soccer Players. Journal of Strength and Conditioning Research, 2015, 29, 1884-1893.	1.0	54
118	Enhancing Jump Performance After Combined vs. Maximal Power, Heavy-Resistance, and Plyometric Training Alone. Journal of Strength and Conditioning Research, 2011, 25, 3274-3281.	1.0	53
119	Effects of Vivifrail multicomponent intervention on functional capacity: a multicentre, randomized controlled trial. Journal of Cachexia, Sarcopenia and Muscle, 2022, 13, 884-893.	2.9	53
120	Iliopsoas and Gluteal Muscles Are Asymmetric in Tennis Players but Not in Soccer Players. PLoS ONE, 2011, 6, e22858.	1.1	52
121	Physical Fitness Differences Between Prepubescent Boys and Girls. Journal of Strength and Conditioning Research, 2012, 26, 1756-1766.	1.0	52
122	Methodological characteristics and future directions for plyometric jump training research: A scoping review update. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 983-997.	1.3	52
123	Interâ€individual variability in response to exercise intervention or usual care in hospitalized older adults. Journal of Cachexia, Sarcopenia and Muscle, 2019, 10, 1266-1275.	2.9	51
124	Physical strategies to prevent disuse-induced functional decline in the elderly. Ageing Research Reviews, 2018, 47, 80-88.	5.0	50
125	Genetic Inheritance Effects on Endurance and Muscle Strength. Sports Medicine, 2012, 42, 449-458.	3.1	49
126	Moderate Resistance Training Volume Produces More Favorable Strength Gains Than High or Low Volumes During a Short-Term Training Cycle. Journal of Strength and Conditioning Research, 2005, 19, 689.	1.0	49

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127	Obesity- and Lipid-Related Parameters in the Identification of Older Adults with a High Risk of Prediabetes According to the American Diabetes Association: An Analysis of the 2015 Health, Well-Being, and Aging Study. Nutrients, 2019, 11, 2654.	1.7	48
128	Effects of physical education interventions on cognition and academic performance outcomes in children and adolescents: a systematic review and meta-analysis. British Journal of Sports Medicine, 2021, 55, 1224-1232.	3.1	48
129	Effects of Strength Training on Submaximal and Maximal Endurance Performance Capacity in Middle-Aged and Older Men. Journal of Strength and Conditioning Research, 2003, 17, 129.	1.0	48
130	Moderate Volume of High Relative Training Intensity Produces Greater Strength Gains Compared With Low and High Volumes in Competitive Weightlifters. Journal of Strength and Conditioning Research, 2006, 20, 73.	1.0	48
131	Physiological factors to predict on traditional rowing performance. European Journal of Applied Physiology, 2010, 108, 83-92.	1.2	47
132	The Effects of Interday Rest on Adaptation to 6 Weeks of Plyometric Training in Young Soccer Players. Journal of Strength and Conditioning Research, 2015, 29, 972-979.	1.0	47
133	Is It Ethical Not to Prescribe Physical Activity for the Elderly Frail?. Journal of the American Medical Directors Association, 2016, 17, 779-781.	1.2	47
134	ACE I/D and ACTN3 R/X polymorphisms as potential factors in modulating exercise-related phenotypes in older women in response to a muscle power training stimuli. Age, 2013, 35, 1949-1959.	3.0	46
135	Relative Contribution of Arms and Legs in 30â€‰s Fully Tethered Front Crawl Swimming. BioMed Research International, 2015, 2015, 1-6.	0.9	46
136	Strength training with repetitions to failure does not provide additional strength and muscle hypertrophy gains in young women. European Journal of Translational Myology, 2017, 27, 6339.	0.8	46
137	Exercise, Aging and Frailty: Guidelines for Increasing Function. Journal of Nutrition, Health and Aging, 2021, 25, 405-409.	1.5	46
138	Effects of personal and social responsibility on fair play in sports and selfâ€control in schoolâ€aged youths. European Journal of Sport Science, 2007, 7, 203-211.	1.4	45
139	High-Speed Resistance Training in Older Women: The Role of Supervision. Journal of Aging and Physical Activity, 2017, 25, 1-9.	0.5	45
140	Hormonal Responses to Concurrent Strength and Endurance Training with Different Exercise Orders. Journal of Strength and Conditioning Research, 2012, 26, 3281-3288.	1.0	44
141	Muscle performance and functional capacity retention in older women after high-speed power training cessation. Experimental Gerontology, 2012, 47, 620-624.	1.2	44
142	High-speed resistance training in elderly women: Effects of cluster training sets on functional performance and quality of life. Experimental Gerontology, 2018, 110, 216-222.	1.2	44
143	Impact of hospitalization in an acute geriatric unit on polypharmacy and potentially inappropriate prescriptions: A retrospective study. Geriatrics and Gerontology International, 2017, 17, 2354-2360.	0.7	43
144	Effectiveness of HIIT compared to moderate continuous training in improving vascular parameters in inactive adults. Lipids in Health and Disease, 2019, 18, 42.	1.2	43

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145	Normal-Weight Obesity Is Associated with Increased Cardiometabolic Risk in Young Adults. Nutrients, 2020, 12, 1106.	1.7	43
146	Exercise in people over 85. BMJ, The, 2020, 368, m402.	3.0	43
147	Lower muscle strength gains in older men with type 2 diabetes after resistance training. Journal of Diabetes and Its Complications, 2008, 22, 112-118.	1.2	42
148	Effects of Strength Training on Muscle Fatigue Mapping from Surface EMG and Blood Metabolites. Medicine and Science in Sports and Exercise, 2011, 43, 303-311.	0.2	42
149	Physical Fitness Factors to Predict Female Olympic Wrestling Performance and Sex Differences. Journal of Strength and Conditioning Research, 2012, 26, 794-803.	1.0	42
150	Frailty assessment based on trunk kinematic parameters during walking. Journal of NeuroEngineering and Rehabilitation, 2015, 12, 48.	2.4	42
151	Is adherence to the Mediterranean diet associated with healthy habits and physical fitness? A systematic review and meta-analysis including 565Â421 youths. British Journal of Nutrition, 2022, 128, 1433-1444.	1.2	42
152	Muscle conduction velocity, surface electromyography variables, and echo intensity during concentric and eccentric fatigue. Muscle and Nerve, 2014, 49, 389-397.	1.0	40
153	Effects of different doses of high-speed resistance training on physical performance and quality of life in older women: a randomized controlled trial. Clinical Interventions in Aging, 2016, Volume 11, 1797-1804.	1.3	40
154	Concurrent Training and Detraining: brief Review on the Effect of Exercise Intensities. International Journal of Sports Medicine, 2019, 40, 747-755.	0.8	40
155	Physical Function and All-Cause Mortality in Older Adults Diagnosed With Cancer: A Systematic Review and Meta-Analysis. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2021, 76, 1447-1453.	1.7	40
156	Efficiency of twice weekly concurrent training in trained elderly men. Experimental Gerontology, 2013, 48, 1236-1242.	1.2	39
157	Exercise Deficiency Diseases of Ageing: The Primacy of Exercise and Muscle Strengthening as First-Line Therapeutic Agents to Combat Frailty. Journal of the American Medical Directors Association, 2018, 19, 741-743.	1.2	39
158	Normative Values for the Short Physical Performance Battery (SPPB) and Their Association With Anthropometric Variables in Older Colombian Adults. The SABE Study, 2015. Frontiers in Medicine, 2020, 7, 52.	1.2	39
159	Is device-measured vigorous physical activity associated with health-related outcomes in children and adolescents? A systematic review and meta-analysis. Journal of Sport and Health Science, 2021, 10, 296-307.	3.3	39
160	sEMG wavelet-based indices predicts muscle power loss during dynamic contractions. Journal of Electromyography and Kinesiology, 2010, 20, 1097-1106.	0.7	38
161	One session of partialâ€body cryotherapy (â^'110â€‰Â°C) improves muscle damage recovery. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, e524-30.	1.3	38
162	Gait Velocity and Chair Sit-Stand-Sit Performance Improves Current Frailty-Status Identification. IEEE Transactions on Neural Systems and Rehabilitation Engineering, 2017, 25, 2018-2025.	2.7	38

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163	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. Frontiers in Physiology, 2018, 9, 741.	1.3	38
164	New Strategies for the Concurrent Strength-, Power-, and Endurance-Training Prescription in Elderly Individuals. Journal of the American Medical Directors Association, 2013, 14, 623-624.	1.2	37
165	Effects of Concurrent Training on Explosive Strength and VO2max in Prepubescent Children. International Journal of Sports Medicine, 2013, 34, 888-896.	0.8	37
166	Are There Any Differences in Physical Fitness and Throwing Velocity Between National and International Elite Female Handball Players?. Journal of Strength and Conditioning Research, 2013, 27, 723-732.	1.0	37
167	Prevention of Functional Decline by Reframing the Role of Nursing Homes?. Journal of the American Medical Directors Association, 2017, 18, 105-110.	1.2	37
168	Prevalence of Non-responders for Glucose Control Markers after 10 Weeks of High-Intensity Interval Training in Adult Women with Higher and Lower Insulin Resistance. Frontiers in Physiology, 2017, 8, 479.	1.3	37
169	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. Sports Medicine, 2020, 50, 187-203.	3.1	37
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