

Mikel Izquierdo

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

469
papers

15,328
citations

64
h-index

104
g-index

526
ext. papers

19,025
ext. citations

3.8
avg, IF

6.91
L-index

#	Paper	IF	Citations
469	Changes in agonist-antagonist EMG, muscle CSA, and force during strength training in middle-aged and older people. <i>Journal of Applied Physiology</i> , 1998 , 84, 1341-9	3.7	535
468	Effects of different exercise interventions on risk of falls, gait ability, and balance in physically frail older adults: a systematic review. <i>Rejuvenation Research</i> , 2013 , 16, 105-14	2.6	462
467	Resistance Training for Older Adults: Position Statement From the National Strength and Conditioning Association. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 2019-2052	3.2	279
466	International Clinical Practice Guidelines for Sarcopenia (ICFSR): Screening, Diagnosis and Management. <i>Journal of Nutrition, Health and Aging</i> , 2018 , 22, 1148-1161	5.2	276
465	Twice-weekly progressive resistance training decreases abdominal fat and improves insulin sensitivity in older men with type 2 diabetes. <i>Diabetes Care</i> , 2005 , 28, 662-7	14.6	273
464	Neuromuscular adaptations during concurrent strength and endurance training versus strength training. <i>European Journal of Applied Physiology</i> , 2003 , 89, 42-52	3.4	263
463	Maximal and explosive force production capacity and balance performance in men of different ages. <i>European Journal of Applied Physiology</i> , 1999 , 79, 260-7	3.4	247
462	Multicomponent exercises including muscle power training enhance muscle mass, power output, and functional outcomes in institutionalized frail nonagenarians. <i>Age</i> , 2014 , 36, 773-85		241
461	Exercise benefits in cardiovascular disease: beyond attenuation of traditional risk factors. <i>Nature Reviews Cardiology</i> , 2018 , 15, 731-743	14.8	232
460	The relationship of serum osteocalcin concentration to insulin secretion, sensitivity, and disposal with hypocaloric diet and resistance training. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2009 , 94, 237-45	5.6	223
459	Maximal strength and power characteristics in isometric and dynamic actions of the upper and lower extremities in middle-aged and older men. <i>Acta Physiologica Scandinavica</i> , 1999 , 167, 57-68		220
458	Effects of long-term training specificity on maximal strength and power of the upper and lower extremities in athletes from different sports. <i>European Journal of Applied Physiology</i> , 2002 , 87, 264-71	3.4	198
457	Differential effects of strength training leading to failure versus not to failure on hormonal responses, strength, and muscle power gains. <i>Journal of Applied Physiology</i> , 2006 , 100, 1647-56	3.7	197
456	Differences in physical fitness and throwing velocity among elite and amateur male handball players. <i>International Journal of Sports Medicine</i> , 2005 , 26, 225-32	3.6	178
455	Determining variables of plyometric training for improving vertical jump height performance: a meta-analysis. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 495-506	3.2	160
454	Effect of Exercise Intervention on Functional Decline in Very Elderly Patients During Acute Hospitalization: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2019 , 179, 28-36	11.5	156
453	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> , 2019 , 49, 1079-1094	10.6	154

452	Echo intensity is associated with skeletal muscle power and cardiovascular performance in elderly men. <i>Experimental Gerontology</i> , 2012 , 47, 473-8	4.5	154
451	Electromyographic models to assess muscle fatigue. <i>Journal of Electromyography and Kinesiology</i> , 2012 , 22, 501-12	2.5	148
450	Strength and endurance training prescription in healthy and frail elderly 2014 , 5, 183-95		142
449	Effects of an entire season on physical fitness changes in elite male handball players. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, 357-66	1.2	139
448	The relationship between frailty and polypharmacy in older people: A systematic review. <i>British Journal of Clinical Pharmacology</i> , 2018 , 84, 1432-1444	3.8	136
447	Effects of strength training on muscle power and serum hormones in middle-aged and older men. <i>Journal of Applied Physiology</i> , 2001 , 90, 1497-507	3.7	128
446	EMG spectral indices and muscle power fatigue during dynamic contractions. <i>Journal of Electromyography and Kinesiology</i> , 2010 , 20, 233-40	2.5	122
445	Recommendations on Physical Activity and Exercise for Older Adults Living in Long-Term Care Facilities: A Taskforce Report. <i>Journal of the American Medical Directors Association</i> , 2016 , 17, 381-92	5.9	121
444	Effect of loading on unintentional lifting velocity declines during single sets of repetitions to failure during upper and lower extremity muscle actions. <i>International Journal of Sports Medicine</i> , 2006 , 27, 718-24	3.6	118
443	Strength training effects on physical performance and serum hormones in young soccer players. <i>European Journal of Applied Physiology</i> , 2004 , 91, 698-707	3.4	115
442	An evaluation of the 30-s chair stand test in older adults: frailty detection based on kinematic parameters from a single inertial unit. <i>Journal of NeuroEngineering and Rehabilitation</i> , 2013 , 10, 86	5.3	113
441	Exercise for depression in older adults: a meta-analysis of randomized controlled trials adjusting for publication bias. <i>Revista Brasileira De Psiquiatria</i> , 2016 , 38, 247-54	2.6	111
440	Benefits of resistance training in physically frail elderly: a systematic review. <i>Aging Clinical and Experimental Research</i> , 2018 , 30, 889-899	4.8	111
439	High-speed resistance training is more effective than low-speed resistance training to increase functional capacity and muscle performance in older women. <i>Experimental Gerontology</i> , 2014 , 58, 51-7	4.5	110
438	Once weekly combined resistance and cardiovascular training in healthy older men. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 435-43	1.2	108
437	Effects of heavy resistance training on maximal and explosive force production, endurance and serum hormones in adolescent handball players. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1999 , 80, 485-93		104
436	Role of physical exercise on cognitive function in healthy older adults: A systematic review of randomized clinical trials. <i>Ageing Research Reviews</i> , 2017 , 37, 117-134	12	103
435	Endurance and neuromuscular changes in world-class level kayakers during a periodized training cycle. <i>European Journal of Applied Physiology</i> , 2009 , 106, 629-38	3.4	98

434	Low and moderate plyometric training frequency produces greater jumping and sprinting gains compared with high frequency. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 715-25	3.2	96
433	Optimal warm-up stimuli of muscle activation to enhance short and long-term acute jumping performance. <i>European Journal of Applied Physiology</i> , 2007 , 100, 393-401	3.4	95
432	Effect of Vertical, Horizontal, and Combined Plyometric Training on Explosive, Balance, and Endurance Performance of Young Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 1784-95	3.2	92
431	Electromyostimulation and plyometric training effects on jumping and sprint time. <i>International Journal of Sports Medicine</i> , 2006 , 27, 533-9	3.6	90
430	Effects of combined resistance and cardiovascular training on strength, power, muscle cross-sectional area, and endurance markers in middle-aged men. <i>European Journal of Applied Physiology</i> , 2005 , 94, 70-5	3.4	90
429	Concurrent endurance and strength training not to failure optimizes performance gains. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 1191-9	1.2	88
428	Cytokine and hormone responses to resistance training. <i>European Journal of Applied Physiology</i> , 2009 , 107, 397-409	3.4	88
427	Energy metabolism during repeated sets of leg press exercise leading to failure or not. <i>PLoS ONE</i> , 2012 , 7, e40621	3.7	88
426	Differences in physical fitness and throwing velocity among elite and amateur female handball players. <i>International Journal of Sports Medicine</i> , 2007 , 28, 860-7	3.6	87
425	Maximal strength and power, endurance performance, and serum hormones in middle-aged and elderly men. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 1577-87	1.2	86
424	Effects of high-speed power training on functional capacity and muscle performance in older women. <i>Experimental Gerontology</i> , 2012 , 47, 250-5	4.5	84
423	Neuromuscular adaptations to concurrent training in the elderly: effects of intrasession exercise sequence. <i>Age</i> , 2013 , 35, 891-903		81
422	Physical fitness factors to predict male Olympic wrestling performance. <i>European Journal of Applied Physiology</i> , 2011 , 111, 1747-58	3.4	81
421	Effects of in-season low-volume high-intensity plyometric training on explosive actions and endurance of young soccer players. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 1335-42	3.2	77
420	Strength prior to endurance intra-session exercise sequence optimizes neuromuscular and cardiovascular gains in elderly men. <i>Experimental Gerontology</i> , 2012 , 47, 164-9	4.5	75
419	Performance changes in world-class kayakers following two different training periodization models. <i>European Journal of Applied Physiology</i> , 2010 , 110, 99-107	3.4	75
418	Effects of creatine supplementation on muscle power, endurance, and sprint performance. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 332-43	1.2	75
417	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , 2018 , 48, 1059-1081	10.6	74

4 ¹⁶	Effect of unilateral, bilateral, and combined plyometric training on explosive and endurance performance of young soccer players. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 1317-28	3.2	74
4 ¹⁵	Creatine supplementation and sprint performance in soccer players. <i>Medicine and Science in Sports and Exercise</i> , 2000 , 32, 518-25	1.2	74
4 ¹⁴	Use of NSAIDs in triathletes: prevalence, level of awareness and reasons for use. <i>British Journal of Sports Medicine</i> , 2011 , 45, 85-90	10.3	73
4 ¹³	Metabolic endotoxemia and saturated fat contribute to circulating NGAL concentrations in subjects with insulin resistance. <i>International Journal of Obesity</i> , 2010 , 34, 240-9	5.5	72
4 ¹²	Effects of plyometric training volume and training surface on explosive strength. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 2714-22	3.2	71
4 ¹¹	Functional capacity, muscle fat infiltration, power output, and cognitive impairment in institutionalized frail oldest old. <i>Rejuvenation Research</i> , 2013 , 16, 396-403	2.6	71
4 ¹⁰	Positive effects of resistance training in frail elderly patients with dementia after long-term physical restraint. <i>Age</i> , 2014 , 36, 801-11		69
4 ⁰⁹	Reliability of Health-Related Physical Fitness Tests among Colombian Children and Adolescents: The FUPRECOL Study. <i>PLoS ONE</i> , 2015 , 10, e0140875	3.7	69
4 ⁰⁸	Muscle CSA, Force Production, and Activation of Leg Extensors during Isometric and Dynamic Actions in Middle-Aged and Elderly Men and Women. <i>Journal of Aging and Physical Activity</i> , 1998 , 6, 232-247	1.6	67
4 ⁰⁷	Strategies to optimize concurrent training of strength and aerobic fitness for rowing and canoeing. <i>Sports Medicine</i> , 2011 , 41, 329-43	10.6	65
4 ⁰⁶	Effects of amino acids supplement on physiological adaptations to resistance training. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 1111-21	1.2	64
4 ⁰⁵	Muscle conduction velocity, strength, neural activity, and morphological changes after eccentric and concentric training. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24, e343-52	4.6	61
4 ⁰⁴	Differences in physical fitness among indoor and outdoor elite male soccer players. <i>European Journal of Applied Physiology</i> , 2009 , 106, 483-91	3.4	60
4 ⁰³	Correlations between serum and salivary hormonal concentrations in response to resistance exercise. <i>Journal of Sports Sciences</i> , 2008 , 26, 1067-72	3.6	60
4 ⁰²	Muscle power training in the institutionalized frail: a new approach to counteracting functional declines and very late-life disability. <i>Current Medical Research and Opinion</i> , 2014 , 30, 1385-90	2.5	59
4 ⁰¹	International Exercise Recommendations in Older Adults (ICFSR): Expert Consensus Guidelines. <i>Journal of Nutrition, Health and Aging</i> , 2021 , 25, 824-853	5.2	58
4 ⁰⁰	Reference values for handgrip strength and their association with intrinsic capacity domains among older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019 , 10, 278-286	10.3	57
399	Effectiveness of a multimodal intervention in functionally impaired older people with type 2 diabetes mellitus. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019 , 10, 721-733	10.3	56

398	Effects of combined endurance and strength training on muscle strength, power and hypertrophy in 40-67-year-old men. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011 , 21, 402-11	4.6	56
397	Effects of an entire season on physical fitness in elite female handball players. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 351-61	1.2	55
396	Intersession and Intrasession Reliability and Validity of the My Jump App for Measuring Different Jump Actions in Trained Male and Female Athletes. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2049-56	3.2	54
395	Maximal strength and power, muscle mass, endurance and serum hormones in weightlifters and road cyclists. <i>Journal of Sports Sciences</i> , 2004 , 22, 465-78	3.6	54
394	Warm-up and performance in competitive swimming. <i>Sports Medicine</i> , 2014 , 44, 319-30	10.6	53
393	Blood ammonia and lactate as markers of muscle metabolites during leg press exercise. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2775-85	3.2	51
392	Effects of Warm-Up, Post-Warm-Up, and Re-Warm-Up Strategies on Explosive Efforts in Team Sports: A Systematic Review. <i>Sports Medicine</i> , 2018 , 48, 2285-2299	10.6	51
391	An International Position Statement on the Management of Frailty in Diabetes Mellitus: Summary of Recommendations 2017. <i>Journal of Frailty & Aging, the</i> , 2018 , 7, 10-20	2.6	50
390	Vertical jump performance and blood ammonia and lactate levels during typical training sessions in elite 400-m runners. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 1138-49	3.2	50
389	The effects of amino acid supplementation on hormonal responses to resistance training overreaching. <i>Metabolism: Clinical and Experimental</i> , 2006 , 55, 282-91	12.7	50
388	Effects of plyometric training on maximal-intensity exercise and endurance in male and female soccer players. <i>Journal of Sports Sciences</i> , 2016 , 34, 687-93	3.6	49
387	Resistance training improves cardiovascular risk factors in obese women despite a significant decrease in serum adiponectin levels. <i>Obesity</i> , 2010 , 18, 535-41	8	49
386	Effects and prevalence of nonresponders after 12 weeks of high-intensity interval or resistance training in women with insulin resistance: a randomized trial. <i>Journal of Applied Physiology</i> , 2017 , 122, 985-996	3.7	48
385	There are no no-responders to low or high resistance training volumes among older women. <i>Experimental Gerontology</i> , 2017 , 99, 18-26	4.5	48
384	Kinematic parameters to evaluate functional performance of sit-to-stand and stand-to-sit transitions using motion sensor devices: a systematic review. <i>IEEE Transactions on Neural Systems and Rehabilitation Engineering</i> , 2014 , 22, 926-36	4.8	48
383	Effects of plyometric training on endurance and explosive strength performance in competitive middle- and long-distance runners. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 97-104	3.2	48
382	Neuromuscular fatigue after resistance training. <i>International Journal of Sports Medicine</i> , 2009 , 30, 614-23	3.6	48
381	Gait Variability Related to Muscle Quality and Muscle Power Output in Frail Nonagenarian Older Adults. <i>Journal of the American Medical Directors Association</i> , 2016 , 17, 162-7	5.9	47

380	Exercise interventions in polypathological aging patients that coexist with diabetes mellitus: improving functional status and quality of life. <i>Age</i> , 2015 , 37, 64		46
379	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> , 2020 , 50, 1095-1106	10.6	46
378	Physical Exercise in the Oldest Old. <i>Comprehensive Physiology</i> , 2019 , 9, 1281-1304	7.7	45
377	Optimal Reactive Strength Index: Is It an Accurate Variable to Optimize Plyometric Training Effects on Measures of Physical Fitness in Young Soccer Players?. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 885-893	3.2	45
376	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. <i>Trials</i> , 2014 , 15, 34	2.8	45
375	Cardiorespiratory, neuromuscular and kinematic responses to stationary running performed in water and on dry land. <i>European Journal of Applied Physiology</i> , 2011 , 111, 1157-66	3.4	45
374	Systematic Review and Meta-Analysis of Randomized, Controlled Trials on Preoperative Physical Exercise Interventions in Patients with Non-Small-Cell Lung Cancer. <i>Cancers</i> , 2019 , 11,	6.6	44
373	Enhancing sprint and strength performance: combined versus maximal power, traditional heavy-resistance and plyometric training. <i>Journal of Science and Medicine in Sport</i> , 2013 , 16, 146-50	4.4	44
372	Detraining and tapering effects on hormonal responses and strength performance. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 768-75	3.2	44
371	Influence of Maturation Stage on Agility Performance Gains After Plyometric Training: A Systematic Review and Meta-analysis. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2609-2617	3.2	43
370	How to simultaneously optimize muscle strength, power, functional capacity, and cardiovascular gains in the elderly: an update. <i>Age</i> , 2013 , 35, 2329-44		43
369	Frailty assessment based on wavelet analysis during quiet standing balance test. <i>Journal of Biomechanics</i> , 2011 , 44, 2213-20	2.9	43
368	Physiological effects of tapering and detraining in world-class kayakers. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 1209-14	1.2	42
367	Neuromuscular and cardiovascular adaptations during concurrent strength and endurance training in untrained men. <i>International Journal of Sports Medicine</i> , 2012 , 33, 702-10	3.6	42
366	Genetic inheritance effects on endurance and muscle strength: an update. <i>Sports Medicine</i> , 2012 , 42, 449-58	10.6	41
365	Iliopsoas and gluteal muscles are asymmetric in tennis players but not in soccer players. <i>PLoS ONE</i> , 2011 , 6, e22858	3.7	41
364	Physical Activity and Early Rehabilitation in Hospitalized Elderly Medical Patients: Systematic Review of Randomized Clinical Trials. <i>Journal of Nutrition, Health and Aging</i> , 2016 , 20, 738-51	5.2	40
363	High-Speed Resistance Training in Older Women: The Role of Supervision. <i>Journal of Aging and Physical Activity</i> , 2017 , 25, 1-9	1.6	39

362	Hormonal responses to concurrent strength and endurance training with different exercise orders. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 3281-8	3.2	39
361	Effects of plyometric training and creatine supplementation on maximal-intensity exercise and endurance in female soccer players. <i>Journal of Science and Medicine in Sport</i> , 2016 , 19, 682-7	4.4	38
360	Effect of Progressive Volume-Based Overload During Plyometric Training on Explosive and Endurance Performance in Young Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 1884-93	3.2	38
359	Effects of strength training on muscle fatigue mapping from surface EMG and blood metabolites. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 303-11	1.2	38
358	Effects of strength training on submaximal and maximal endurance performance capacity in middle-aged and older men. <i>Journal of Strength and Conditioning Research</i> , 2003 , 17, 129-39	3.2	38
357	Enhancing jump performance after combined vs. maximal power, heavy-resistance, and plyometric training alone. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 3274-81	3.2	37
356	The effects of interday rest on adaptation to 6 weeks of plyometric training in young soccer players. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 972-9	3.2	36
355	Assessing the impact of physical exercise on cognitive function in older medical patients during acute hospitalization: Secondary analysis of a randomized trial. <i>PLoS Medicine</i> , 2019 , 16, e1002852	11.6	35
354	Moderate volume of high relative training intensity produces greater strength gains compared with low and high volumes in competitive weightlifters. <i>Journal of Strength and Conditioning Research</i> , 2006 , 20, 73-81	3.2	35
353	Impact of hospitalization in an acute geriatric unit on polypharmacy and potentially inappropriate prescriptions: A retrospective study. <i>Geriatrics and Gerontology International</i> , 2017 , 17, 2354-2360	2.9	34
352	Strength Training with Repetitions to Failure does not Provide Additional Strength and Muscle Hypertrophy Gains in Young Women. <i>European Journal of Translational Myology</i> , 2017 , 27, 6339	2.1	34
351	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. <i>Age</i> , 2013 , 35, 1949-59		34
350	sEMG wavelet-based indices predicts muscle power loss during dynamic contractions. <i>Journal of Electromyography and Kinesiology</i> , 2010 , 20, 1097-106	2.5	34
349	Physical fitness differences between prepubescent boys and girls. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 1756-66	3.2	34
348	Physiological factors to predict on traditional rowing performance. <i>European Journal of Applied Physiology</i> , 2010 , 108, 83-92	3.4	34
347	Lower muscle strength gains in older men with type 2 diabetes after resistance training. <i>Journal of Diabetes and Its Complications</i> , 2008 , 22, 112-8	3.2	34
346	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> , 2016 , 11, 1797-1804	4	34
345	Gait speed as a mediator of the effect of sarcopenia on dependency in activities of daily living. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019 , 10, 1009-1015	10.3	33

344	Muscle performance and functional capacity retention in older women after high-speed power training cessation. <i>Experimental Gerontology</i> , 2012 , 47, 620-4	4.5	33
343	Effects of personal and social responsibility on fair play in sports and self-control in school-aged youths. <i>European Journal of Sport Science</i> , 2007 , 7, 203-211	3.9	33
342	Association of Cardiorespiratory Fitness Levels During Youth With Health Risk Later in Life: A Systematic Review and Meta-analysis. <i>JAMA Pediatrics</i> , 2020 , 174, 952-960	8.3	33
341	Physical fitness factors to predict female Olympic wrestling performance and sex differences. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 794-803	3.2	32
340	Multicomponent exercise and the hallmarks of frailty: Considerations on cognitive impairment and acute hospitalization. <i>Experimental Gerontology</i> , 2019 , 122, 10-14	4.5	31
339	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> , 2020 , 174, e200223	8.3	31
338	Frailty assessment based on trunk kinematic parameters during walking. <i>Journal of NeuroEngineering and Rehabilitation</i> , 2015 , 12, 48	5.3	31
337	One session of partial-body cryotherapy (-110 °C) improves muscle damage recovery. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25, e524-30	4.6	31
336	Anaerobic energy expenditure and mechanical efficiency during exhaustive leg press exercise. <i>PLoS ONE</i> , 2010 , 5, e13486	3.7	31
335	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. <i>Frontiers in Physiology</i> , 2017 , 8, 479	4.6	30
334	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> , 2021 , 18,	4.6	30
333	Adipose tissue compartments, muscle mass, muscle fat infiltration, and coronary calcium in institutionalized frail nonagenarians. <i>European Radiology</i> , 2015 , 25, 2163-75	8	29
332	Physical strategies to prevent disuse-induced functional decline in the elderly. <i>Ageing Research Reviews</i> , 2018 , 47, 80-88	12	29
331	Efficiency of twice weekly concurrent training in trained elderly men. <i>Experimental Gerontology</i> , 2013 , 48, 1236-42	4.5	29
330	Effects of concurrent training on explosive strength and VO ₂ max in prepubescent children. <i>International Journal of Sports Medicine</i> , 2013 , 34, 888-96	3.6	29
329	Wavelet analysis based on time-frequency information discriminate chronic ankle instability. <i>Clinical Biomechanics</i> , 2010 , 25, 256-64	2.2	29
328	The effects of concurrent resistance and endurance training follow a detraining period in elementary school students. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 1708-16	3.2	29
327	Repetitions to failure versus not to failure during concurrent training in healthy elderly men: A randomized clinical trial. <i>Experimental Gerontology</i> , 2018 , 108, 18-27	4.5	28

326	Muscle conduction velocity, surface electromyography variables, and echo intensity during concentric and eccentric fatigue. <i>Muscle and Nerve</i> , 2014 , 49, 389-97	3.4	28
325	Moderate resistance training volume produces more favorable strength gains than high or low volumes during a short-term training cycle. <i>Journal of Strength and Conditioning Research</i> , 2005 , 19, 689-97	3.7	28
324	The effects of interset rest on adaptation to 7 weeks of explosive training in young soccer players. <i>Journal of Sports Science and Medicine</i> , 2014 , 13, 287-96	2.7	28
323	Prevention of Functional Decline by Reframing the Role of Nursing Homes?. <i>Journal of the American Medical Directors Association</i> , 2017 , 18, 105-110	5.9	27
322	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. <i>Trials</i> , 2019 , 20, 362	2.8	27
321	High-speed resistance training in elderly women: Effects of cluster training sets on functional performance and quality of life. <i>Experimental Gerontology</i> , 2018 , 110, 216-222	4.5	27
320	New strategies for the concurrent strength-, power-, and endurance-training prescription in elderly individuals. <i>Journal of the American Medical Directors Association</i> , 2013 , 14, 623-4	5.9	27
319	The Effects of Different Warm-up Volumes on the 100-m Swimming Performance: A Randomized Crossover Study. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 3026-36	3.2	27
318	Relative Contribution of Arms and Legs in 30 s Fully Tethered Front Crawl Swimming. <i>BioMed Research International</i> , 2015 , 2015, 563206	3	27
317	Are there any differences in physical fitness and throwing velocity between national and international elite female handball players?. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 723-32	3.2	27
316	Explosive type of contractions should not be avoided during resistance training in elderly. <i>Experimental Gerontology</i> , 2018 , 102, 81-83	4.5	26
315	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> , 2018 , 9, 741	4.6	26
314	Effects of 6-Weeks High-Intensity Interval Training in Schoolchildren with Insulin Resistance: Influence of Biological Maturation on Metabolic, Body Composition, Cardiovascular and Performance Non-responses. <i>Frontiers in Physiology</i> , 2017 , 8, 444	4.6	26
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150	Effects of Combined Resistance and Power Training on Cognitive Function in Older Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	6
149	Relevance of sex, age and gait kinematics when predicting fall-risk and mortality in older adults. <i>Journal of Biomechanics</i> , 2020 , 105, 109723	2.9	6
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18	Effect Af A Multicomponent Exercise Program On Functional Capacity And Cognitive Function In Frail Community Elders With Cognitive Decline. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 606-606	1.2
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