

Mikel Izquierdo

List of Publications by Year in Descending Order

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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	Short Post-warm-up Transition Times Are Required for Optimized Explosive Performance in Team Sports.. <i>Journal of Strength and Conditioning Research</i> , 2022 , 36, 1134-1140	3.2	0
468	Lipidomic signatures from physically frail and robust older adults at hospital admission.. <i>GeroScience</i> , 2022 , 1	8.9	1
467	Effects of Vivifrail multicomponent intervention on functional capacity: a multicentre, randomized controlled trial.. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2022 ,	10.3	4
466	Tracking of physical fitness levels from childhood and adolescence to adulthood: a systematic review and meta-analysis.. <i>Translational Pediatrics</i> , 2022 , 11, 474-486	4.2	2
465	Physical fitness and exercise 2022 , 77-107		
464	Dance as an Intervention to Reduce Fall Risk in Older Adults: A Systematic Review With a Meta-Analysis.. <i>Journal of Aging and Physical Activity</i> , 2022 , 1-15	1.6	0
463	Relationship between parents and children objectively assessed movement behaviours prior to and during the COVID-19 pandemic.. <i>Pediatric Obesity</i> , 2022 , e12923	4.6	
462	Exercise dose on hepatic fat and cardiovascular health in adolescents with excess of adiposity. <i>Pediatric Obesity</i> , 2021 , e12869	4.6	0
461	Accuracy of different cutoffs of the waist-to-height ratio as a screening tool for cardiometabolic risk in children and adolescents: A systematic review and meta-analysis of diagnostic test accuracy studies. <i>Obesity Reviews</i> , 2021 , e13375	10.6	2
460	Safety of in-hospital early rehabilitation in chronic obstructive pulmonary disease exacerbations: A systematic review and meta-analysis. <i>Annals of Physical and Rehabilitation Medicine</i> , 2021 , 65, 101528	3.8	1
459	A descriptive ranking of blood pressure and physical fitness of Latin-American ethnic schoolchildren. <i>Ethnicity and Health</i> , 2021 , 1-23	2.2	0
458	Residual Impact of Concurrent, Resistance, and High-Intensity Interval Training on Fasting Measures of Glucose Metabolism in Women With Insulin Resistance. <i>Frontiers in Physiology</i> , 2021 , 12, 760206	4.6	
457	Oscillatory pattern of glycemic control in patients with diabetes mellitus. <i>Scientific Reports</i> , 2021 , 11, 5789	4.9	2
456	Serum leptin as a mediator of the influence of insulin resistance on hepatic steatosis in youths with excess adiposity. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1308-1316	4.5	1
455	Cognitive Function Improvements Mediate Exercise Intervention Effects on Physical Performance in Acutely Hospitalized Older Adults. <i>Journal of the American Medical Directors Association</i> , 2021 , 22, 787-791	5.9	7
454	Exercise Effects on Brain and Muscle Function in Acutely Hospitalized Older Patients Assessed by Functional Near-Infrared Spectroscopy. <i>Journal of the American Medical Directors Association</i> , 2021 , 22, 875-876	5.9	2
453	Defining values for controlled attenuation parameter and liver stiffness in youth without liver disease. <i>Pediatric Research</i> , 2021 ,	3.2	1

452	Muscle-strengthening activities and cancer incidence and mortality: a systematic review and meta-analysis of observational studies. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021 , 18, 69	8.4	9
451	Cardiorespiratory fitness and all-cause mortality in adults diagnosed with cancer systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 1745-1752	4.6	1
450	Physical activity guidelines for older people: knowledge gaps and future directions. <i>The Lancet Healthy Longevity</i> , 2021 , 2, e380-e383	9.5	14
449	Heart failure-related skeletal myopathy. Potential involvement of myokines. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021 , 74, 1008-1012	0.7	1
448	Impact of Tailored Multicomponent Exercise for Prevent Weakness and Falls on Nursing Home Residents Functional Capacity. <i>Journal of the American Medical Directors Association</i> , 2021 ,	5.9	6
447	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> , 2021 , 55, 1224-1232	10.3	11
446	Cardiorespiratory fitness measured with cardiopulmonary exercise testing and mortality in patients with cardiovascular disease: A systematic review and meta-analysis. <i>Journal of Sport and Health Science</i> , 2021 ,	8.2	4
445	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
444	Effects of high-intensity interval training combined with traditional strength or power training on functionality and physical fitness in healthy older men: A randomized controlled trial. <i>Experimental Gerontology</i> , 2021 , 149, 111321	4.5	2
443	Handgrip strength as a moderator of the influence of age on olfactory impairment in US adult population ≥ 40 years of age. <i>Scientific Reports</i> , 2021 , 11, 14085	4.9	1
442	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> , 2021 , 35, 260-266	3.2	11
441	Performance of the Short Physical Performance Battery in Identifying the Frailty Phenotype and Predicting Geriatric Syndromes in Community-Dwelling Elderly. <i>Journal of Nutrition, Health and Aging</i> , 2021 , 25, 209-217	5.2	8
440	Effects of a Tailored Exercise Intervention in Acutely Hospitalized Oldest Old Diabetic Adults: An Ancillary Analysis. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2021 , 106, e899-e906	5.6	5
439	Physical Function and All-Cause Mortality in Older Adults Diagnosed With Cancer: A Systematic Review and Meta-Analysis. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2021 , 76, 1447-1453	6.4	9
438	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> , 2021 , 10, 296-307	8.2	12
437	High Prevalence of Probable Sarcopenia in a Representative Sample From Colombia: Implications for Geriatrics in Latin America. <i>Journal of the American Medical Directors Association</i> , 2021 , 22, 859-864.e1	5.9	9
436	Abdominal aortic calcification is associated with decline in handgrip strength in the U.S. adult population ≥ 40 years of age. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1035-1043	4.5	2
435	Effect of exercise on myosteatosis in adults: a systematic review and meta-analysis. <i>Journal of Applied Physiology</i> , 2021 , 130, 245-255	3.7	9

434	Supervised Exercise (Vivifrail) Protects Institutionalized Older Adults Against Severe Functional Decline After 14 Weeks of COVID Confinement. <i>Journal of the American Medical Directors Association</i> , 2021 , 22, 217-219.e2	5.9	15
433	Handgrip Strength as a Complementary Test for Mobility Limitations Assessment in Acutely Hospitalized Oldest Old. <i>Rejuvenation Research</i> , 2021 , 24, 213-219	2.6	6
432	Effects of Bilateral and Unilateral Resistance Training on Horizontally Orientated Movement Performance: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2021 , 51, 225-242	10.6	6
431	Impact of Game-Based Interventions on Health-Related Outcomes in Hospitalized Older Patients: A Systematic Review. <i>Journal of the American Medical Directors Association</i> , 2021 , 22, 364-371.e1	5.9	5
430	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. <i>Sports Medicine</i> , 2021 , 51, 65-79	10.6	8
429	The effect of a multicomponent exercise protocol (VIVIFRAIL [®]) on inflammatory profile and physical performance of older adults with different frailty status: study protocol for a randomized controlled trial. <i>BMC Geriatrics</i> , 2021 , 21, 83	4.1	3
428	Effects of Exercise Interventions on Inflammatory Parameters in Acutely Hospitalized Older Patients: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of Clinical Medicine</i> , 2021 , 10,	5.1	2
427	Predicting Cardiorespiratory Fitness in Female Soccer Players: The Basque Female Football Cohort Study. <i>International Journal of Sports Physiology and Performance</i> , 2021 , 1-8	3.5	0
426	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
425	Role for Physical Fitness in the Association between Age and Cognitive Function in Older Adults: A Mediation Analysis of the SABE Colombia Study. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	3
424	Cardiac dimensions for young adolescent athletes. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021 , 74, 196-198	0.7	
423	Hypoxic Respiratory Chemoreflex Control in Young Trained Swimmers. <i>Frontiers in Physiology</i> , 2021 , 12, 632603	4.6	2
422	Medidas de las cavidades cardiacas de jóvenes adolescentes deportistas. <i>Revista Espanola De Cardiologia</i> , 2021 , 74, 196-198	1.5	
421	Recovery of the Decline in Activities of Daily Living After Hospitalization Through an Individualized Exercise Program: Secondary Analysis of a Randomized Clinical Trial. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2021 , 76, 1519-1523	6.4	2
420	Effects of Resistance Training Performed to Failure or Not to Failure on Muscle Strength, Hypertrophy, and Power Output: A Systematic Review With Meta-Analysis. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 1165-1175	3.2	12
419	Miopatía esclerótica en la insuficiencia cardiaca. Implicación potencial de las miocinas. <i>Revista Espanola De Cardiologia</i> , 2021 , 74, 1009-1009	1.5	
418	Discriminatory capacity of obesity indicators as predictors of high liver fat in US adolescents. <i>European Journal of Clinical Investigation</i> , 2021 , e13654	4.6	1
417	Racial differences in all-cause mortality and future complications among people with diabetes: a systematic review and meta-analysis of data from more than 2.4 million individuals. <i>Diabetologia</i> , 2021 , 64, 2389-2401	10.3	3

416	The Acute Effects Of Pre-exercise Glucose Ingestion On Respiratory Quotient, Carbohydrate, And Lipid Oxidation Rates In Overweight/obese Adults. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 237-237	1.2	
415	Meeting physical activity and screen time among Colombian adolescents with or without sensory-related problems. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 2064-2070	4.6	1
414	Red Blood Cell Distribution Width Trajectory During a Multicomponent Exercise in Hospitalized Older Adults: A Secondary Analysis of a Randomized Clinical Trial. <i>Rejuvenation Research</i> , 2021 , 24, 294-298	2.6	2
413	Resistance exercise intervention on muscular strength and power, and functional capacity in acute hospitalized older adults: a systematic review and meta-analysis of 2498 patients in 7 randomized clinical trials. <i>GeroScience</i> , 2021 , 43, 2693-2705	8.9	4
412	Handgrip strength: Normative reference values in males and females aged 6-64 Years old in a Colombian population. <i>Clinical Nutrition ESPEN</i> , 2021 , 44, 379-386	1.3	1
411	Two-Year Follow-up of a Multimodal Intervention on Functional Capacity and Muscle Power in Frail Patients With Type 2 Diabetes. <i>Journal of the American Medical Directors Association</i> , 2021 , 22, 1906-1911	5.9	3
410	Cognition Influences the Effects of Physical Exercise on Pain in Acute Hospitalized Older Adults. <i>Journal of the American Medical Directors Association</i> , 2021 ,	5.9	
409	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> , 2020 , 1-12	3.6	7
408	A Feasibility Study for Implementation "Health Arcade": A Study Protocol for Prototype of Multidomain Intervention Based on Gamification Technologies in Acutely Hospitalized Older Patients. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	2
407	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
406	Higher Cardiorespiratory Fitness Levels May Attenuate the Detrimental Association between Weight Status, Metabolic Phenotype and C-Reactive Protein in Adolescents-A Multi-Cohort Study. <i>Nutrients</i> , 2020 , 12,	6.7	2
405	Influence of short-term training on functional capacity and (anti-)inflammatory immune signalling in acute hospitalization. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2020 , 11, 1154-1157	10.3	4
404	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> , 2020 , 11, 997-1006	10.3	21
403	Physical activity trajectories, mortality, hospitalization, and disability in the Toledo Study of Healthy Aging. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2020 , 11, 1007-1017	10.3	11
402	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> , 2020 , 30, 1188-1193	4.6	7
401	Adaptations in mechanical muscle function, muscle morphology, and aerobic power to high-intensity endurance training combined with either traditional or power strength training in older adults: a randomized clinical trial. <i>European Journal of Applied Physiology</i> , 2020 , 120, 1165-1177	3.4	7
400	Tailored exercise is safe and beneficial for acutely hospitalised older adults with COPD. <i>European Respiratory Journal</i> , 2020 , 56,	13.6	7
399	Metabolic Syndrome and Its Associated Factors in Older Adults: A Secondary Analysis of SABE Colombia in 2015. <i>Metabolic Syndrome and Related Disorders</i> , 2020 , 18, 389-398	2.6	5

398	Methodological characteristics and future directions for plyometric jump training research: A scoping review update. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 983-997	4.6	25
397	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> , 2020 , 7, 52	4.9	14
396	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
395	Exercise program and blood pressure in children: The moderating role of sedentary time. <i>Journal of Science and Medicine in Sport</i> , 2020 , 23, 854-859	4.4	2
394	Association Between Ideal Cardiovascular Health Score and Relative Handgrip Strength of Community-Dwelling Older Adults in Colombia. <i>Journal of the American Medical Directors Association</i> , 2020 , 21, 434-436.e2	5.9	4
393	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
392	High density muscle size and muscle power are associated with both gait and sit-to-stand kinematic parameters in frail nonagenarians. <i>Journal of Biomechanics</i> , 2020 , 105, 109766	2.9	5
391	Relative Handgrip Strength Diminishes the Negative Effects of Excess Adiposity on Dependence in Older Adults: A Moderation Analysis. <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	3
390	Normal-Weight Obesity Is Associated with Increased Cardiometabolic Risk in Young Adults. <i>Nutrients</i> , 2020 , 12,	6.7	17
389	Effects of exercise interventions on the functional status of acutely hospitalised older adults: A systematic review and meta-analysis. <i>Ageing Research Reviews</i> , 2020 , 61, 101076	12	21
388	Does Physical Fitness Predict Future Karate Success? A Study in Young Female Karatekas. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 15, 868-873	3.5	8
387	Effects of 4 Weeks of Active Exergames Training on Muscular Fitness in Elderly Women. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	1
386	Effects of Moderate-to-Heavy Sled Training Using Different Magnitudes of Velocity Loss in Professional Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	3
385	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	
384	Differences in the predictive capability for functional impairment, cognitive decline and mortality of different frailty tools: A longitudinal cohort study. <i>Medicina Clínica</i> , 2020 , 155, 18-22	1	1
383	Consequences of Low Sleep Duration in Anthropometric and Body Composition Parameters of Chilean Preschoolers. <i>Children</i> , 2020 , 8,	2.8	1
382	High-intensity Interval Training And Resistance Training Favor Higher Improves On Cardio-metabolic Health Outcomes Compared With Combined Training Or Nutritional Guidance In Overweight Adults: Cardiometabolic Hiit-rt Study, A Randomized Controlled Trial. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 801-801	1.2	
381	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

380	Concurrent Training and Detraining: The Influence of Different Aerobic Intensities. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2565-2574	3.2	4
379	Circulating Cytokines and Lower Body Muscle Performance in Older Adults at Hospital Admission. <i>Journal of Nutrition, Health and Aging</i> , 2020 , 24, 1131-1139	5.2	1
378	Differences in the predictive capability of functional impairment, cognitive decline and mortality of different frailty tools: A longitudinal cohort study. <i>Medicina Clínica (English Edition)</i> , 2020 , 155, 18-22	0.3	1
377	Physical Fitness In Relation With Attention Capacity In Latin-american Youth With Overweight And Obesity. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 61-62	1.2	
376	Effects Of Different Types Of Exercise Programs And/or Nutritional Guidance On Body Fat And Muscle Mass Distribution In Overweight Adults: A Secondary Analysis Of A Randomized Controlled Trial. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 454-454	1.2	0
375	Effects of long-term concurrent training to failure or not in muscle power output, muscle quality and cardiometabolic risk factors in older men: A secondary analysis of a randomized clinical trial. <i>Experimental Gerontology</i> , 2020 , 139, 111023	4.5	3
374	Weight Loss after 12 Weeks of Exercise and/or Nutritional Guidance Is Not Obligatory for Induced Changes in Local Fat/Lean Mass Indexes in Adults with Excess of Adiposity. <i>Nutrients</i> , 2020 , 12,	6.7	3
373	Glucose Levels as a Mediator of the Detrimental Effect of Abdominal Obesity on Relative Handgrip Strength in Older Adults. <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	2
372	The Effect of 12 Weeks of Different Exercise Training Modalities or Nutritional Guidance on Cardiometabolic Risk Factors, Vascular Parameters, and Physical Fitness in Overweight Adults: Cardiometabolic High-Intensity Interval Training-Resistance Training Randomized Controlled Study. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2178-2188	3.2	3
371	Healthy Lifestyle Behaviors and Their Association with Self-Regulation in Chilean Children. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	6
370	Effect of High-Intensity Interval Training on Body Composition, Cardiorespiratory Fitness, Blood Pressure, and Substrate Utilization During Exercise Among Prehypertensive and Hypertensive Patients With Excessive Adiposity. <i>Frontiers in Physiology</i> , 2020 , 11, 558910	4.6	3
369	Association between Exercise-Induced Changes in Cardiorespiratory Fitness and Adiposity among Overweight and Obese Youth: A Meta-Analysis and Meta-Regression Analysis. <i>Children</i> , 2020 , 7,	2.8	2
368	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
367	Validation and Application of Two New Core Stability Tests in Professional Football. <i>Applied Sciences (Switzerland)</i> , 2020 , 10, 5495	2.6	3
366	Changes In Muscle Power After Usual Care Or Early Structured Exercise Intervention In Acutely Hospitalized Older Adults: A Secondary Analysis Of A Randomized Controlled Trial.. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 143-143	1.2	
365	Acute effects of high-intensity interval training session and endurance exercise on pulmonary function and cardiorespiratory coupling. <i>Physiological Reports</i> , 2020 , 8, e14455	2.6	1
364	Sequencing Effects of Plyometric Training Applied Before or After Regular Soccer Training on Measures of Physical Fitness in Young Players. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 1959-1966	3.2	20
363	Modeling Fitness Variable Responses to Training in Prepubescent Children. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2352-2359	3.2	2

362	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> , 2020 , 34, 3403-3415	3.2	13
361	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> , 2020 , 9, 283-290	8.2	9
360	Moderate volume of sprint bouts does not induce muscle damage in well-trained athletes. <i>Journal of Bodywork and Movement Therapies</i> , 2020 , 24, 206-211	1.6	5
359	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> , 2020 , 50, 187-203	10.6	16
358	Normal-Weight Obesity Is Associated with Poorer Cardiometabolic Profile and Lower Physical Fitness Levels in Children and Adolescents. <i>Nutrients</i> , 2020 , 12,	6.7	11
357	Concurrent Training Intensities: A Practical Approach for Program Design. <i>Strength and Conditioning Journal</i> , 2020 , 42, 38-44	2	2
356	Physical Exercise in the Oldest Old. <i>Comprehensive Physiology</i> , 2019 , 9, 1281-1304	7.7	45
355	Cardiorespiratory Fitness Cut-Points are Related to Body Adiposity Parameters in Latin American Adolescents. <i>Medicina (Lithuania)</i> , 2019 , 55,	3.1	10
354	Feasibility and Reliability of Physical Fitness Tests among Colombian Preschool Children. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	3
353	Concurrent Training and Detraining: brief Review on the Effect of Exercise Intensities. <i>International Journal of Sports Medicine</i> , 2019 , 40, 747-755	3.6	25
352	Gait speed moderates the adverse effect of obesity on dependency in older Colombian adult. <i>Experimental Gerontology</i> , 2019 , 127, 110732	4.5	2
351	Effects of different strength training volumes and subsequent detraining on strength performance in aging adults. <i>Journal of Bodywork and Movement Therapies</i> , 2019 , 23, 466-472	1.6	6
350	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> , 2019 , 18, 23	4.4	10
349	Physical Exercise Improves Function in Acutely Hospitalized Older Patients: Secondary Analysis of a Randomized Clinical Trial. <i>Journal of the American Medical Directors Association</i> , 2019 , 20, 866-873	5.9	16
348	Reply to the commentary on: High-speed resistance training in elderly women: Effects of cluster training sets on functional performance and quality of life. <i>Experimental Gerontology</i> , 2019 , 123, 34-35	4.5	
347	Effectiveness of occupational therapy interventions in acute geriatric wards: A systematic review. <i>Maturitas</i> , 2019 , 127, 43-50	5	6
346	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
345	Horizontal jumping biomechanics among elite male handball players with and without anterior cruciate ligament reconstruction. An inertial sensor unit-based study. <i>Physical Therapy in Sport</i> , 2019 , 39, 52-63	3	3

344	Quantifying physical functional trajectory in hospitalized older adults using body worn inertial sensors. <i>Journal of Biomechanics</i> , 2019 , 92, 105-111	2.9	1
343	Association of physical inactivity with blood pressure and cardiovascular risk factors in Amerindian schoolchildren. <i>American Journal of Human Biology</i> , 2019 , 31, e23273	2.7	6
342	Role of muscle power output as a mediator between gait variability and gait velocity in hospitalized older adults. <i>Experimental Gerontology</i> , 2019 , 124, 110631	4.5	5
341	Schoolbag weight carriage in Portuguese children and adolescents: a cross-sectional study comparing possible influencing factors. <i>BMC Pediatrics</i> , 2019 , 19, 157	2.6	4
340	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
339	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> , 2019 , 9, 6986	4.9	9
338	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> , 2019 , 105, 412-420	3	21
337	Hamstring rate of torque development is more affected than maximal voluntary contraction after a professional soccer match. <i>European Journal of Sport Science</i> , 2019 , 19, 1336-1341	3.9	12
336	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
335	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
334	Concurrent training performed with and without repetitions to failure in older men: A randomized clinical trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 1141-1152	4.6	5
333	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
332	Ideal Cardiovascular Health, Handgrip Strength, and Muscle Mass Among College Students: The FUPRECOL Adults Study. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 747-754	3.2	8
331	Concurrent exercise training on hyperglycemia and comorbidities associated: Non-responders using clinical cutoff points. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 952-967	4.6	7
330	Periodized and non-periodized resistance training programs on body composition and physical function of older women. <i>Experimental Gerontology</i> , 2019 , 121, 10-18	4.5	15
329	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
328	Medicine optimization strategy in an acute geriatric unit: The pharmacist in the geriatric team. <i>Geriatrics and Gerontology International</i> , 2019 , 19, 530-536	2.9	4
327	Effectiveness of HIIT compared to moderate continuous training in improving vascular parameters in inactive adults. <i>Lipids in Health and Disease</i> , 2019 , 18, 42	4.4	24

326	The relation between force production at different hip angles and functional capacity in older women. <i>Journal of Bodywork and Movement Therapies</i> , 2019 , 23, 489-493	1.6	4
325	Effects of resistance training, detraining, and retraining on strength and functional capacity in elderly. <i>Aging Clinical and Experimental Research</i> , 2019 , 31, 31-39	4.8	24
324	Low sleep time is associated with higher levels of blood pressure and fat mass in Amerindian schoolchildren. <i>American Journal of Human Biology</i> , 2019 , 31, e23303	2.7	6
323	Inter-individual variability in response to exercise intervention or usual care in hospitalized older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019 , 10, 1266-1275	10.3	20
322	Preventing metabolic syndrome in morbid obesity with resistance training: Reporting interindividual variability. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019 , 29, 1368-1381	4.5	7
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320	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
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317	Cardiorespiratory Fitness Normative Values in Latin-American Adolescents: Role of Fatness Parameters. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	2
316	Effects of Suspension Versus Traditional Resistance Training on Explosive Strength in Elementary School-Aged Boys. <i>Pediatric Exercise Science</i> , 2019 , 31, 473-478	2	3
315	Improvements cardiometabolic risk factors in Latin American Amerindians (the Mapuche) with concurrent training. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 886-896	4.6	6
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309	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

308	Strength training enhances endothelial and muscular function in postmenopausal women. <i>Science and Sports</i> , 2019 , 34, e147-e154	0.8	0
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303	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
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