

Timothy J Suchomel

List of Publications by Year in descending order

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Version: 2024-02-01

76
papers

2,928
citations

257450

24
h-index

189892

50
g-index

76
all docs

76
docs citations

76
times ranked

1594
citing authors

#	ARTICLE	IF	CITATIONS
1	Comparing the Effects of Long-Term vs. Periodic Inclusion of Isometric Strength Training on Strength and Dynamic Performances. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, 305-314.	2.1	3
2	Comparison of Countermovement Jump and Squat Jump Performance Between 627 State and Non-State Representative Junior Australian Football Players. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, 641-645.	2.1	1
3	Changes in Early and Maximal Isometric Force Production in Response to Moderate- and High-Load Strength and Power Training. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 593-599.	2.1	9
4	Comparing Biomechanical Time Series Data During the Hang-Power Clean and Jump Shrug. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2389-2396.	2.1	11
5	Relationship Between Reactive Strength Index Variants in Rugby League Players. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 280-285.	2.1	22
6	Effect of Barbell Load on Vertical Jump Landing Force-Time Characteristics. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 25-32.	2.1	27
7	Comparison of Joint Work During Load Absorption Between Weightlifting Derivatives. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, S127-S135.	2.1	5
8	Electromyographical Differences Between the Hyperextension and Reverse-Hyperextension. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1477-1483.	2.1	2
9	Training for Muscular Strength: Methods for Monitoring and Adjusting Training Intensity. <i>Sports Medicine</i> , 2021, 51, 2051-2066.	6.5	33
10	No differences in weightlifting overhead pressing exercises kinetics. <i>Sports Biomechanics</i> , 2021, , 1-13.	1.6	2
11	Do the peak and mean force methods of assessing vertical jump force asymmetry agree?. <i>Sports Biomechanics</i> , 2020, 19, 227-234.	1.6	13
12	Scaling isometric mid-thigh pull maximum strength in division I Athletes: are we meeting the assumptions?. <i>Sports Biomechanics</i> , 2020, 19, 532-546.	1.6	4
13	On "The Basics of Training for Muscle Size and Strength". <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 2047-2050.	0.4	4
14	Mixed versus Focused Resistance Training during an Australian Football Pre-Season. <i>Journal of Functional Morphology and Kinesiology</i> , 2020, 5, 99.	2.4	2
15	The Effect of Training with Weightlifting Catching or Pulling Derivatives on Squat Jump and Countermovement Jump Force-Time Adaptations. <i>Journal of Functional Morphology and Kinesiology</i> , 2020, 5, 28.	2.4	16
16	The Benefits of Strength Training on Musculoskeletal System Health: Practical Applications for Interdisciplinary Care. <i>Sports Medicine</i> , 2020, 50, 1431-1450.	6.5	78
17	A Comparison of Kinetic and Kinematic Variables During the Midthigh Pull and Countermovement Shrug, Across Loads. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1830-1841.	2.1	12
18	Training With Weightlifting Derivatives: The Effects of Force and Velocity Overload Stimuli. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1808-1818.	2.1	18

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19	A Comparison of Kinetic and Kinematic Variables During the Pull From the Knee and Hang Pull, Across Loads. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1819-1829.	2.1	10
20	Effect of Onset Threshold on Kinetic and Kinematic Variables of a Weightlifting Derivative Containing a First and Second Pull. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 298-307.	2.1	2
21	Mechanical power production assessment during weightlifting exercises. A systematic review. <i>Sports Biomechanics</i> , 2020, , 1-27.	1.6	5
22	Dynamic Strength Index: Relationships with Common Performance Variables and Contextualization of Training Recommendations. <i>Journal of Human Kinetics</i> , 2020, 74, 59-70.	1.5	7
23	One-Repetition-Maximum Measures or Maximum Bar-Power Output: Which Is More Related to Sport Performance?. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 33-37.	2.3	25
24	Implementing Eccentric Resistance Trainingâ€”Part 2: Practical Recommendations. <i>Journal of Functional Morphology and Kinesiology</i> , 2019, 4, 55.	2.4	41
25	Implementing Eccentric Resistance Trainingâ€”Part 1: A Brief Review of Existing Methods. <i>Journal of Functional Morphology and Kinesiology</i> , 2019, 4, 38.	2.4	76
26	Weightlifting Overhead Pressing Derivatives: A Review of the Literature. <i>Sports Medicine</i> , 2019, 49, 867-885.	6.5	19
27	Acute Effects of Ballistic and Non-ballistic Bench Press on Plyometric Push-up Performance. <i>Sports</i> , 2019, 7, 47.	1.7	6
28	Influence of Power Clean Ability and Training Age on Adaptations to Weightlifting-Style Training. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2936-2944.	2.1	19
29	The Effect of Load Placement on the Power Production Characteristics of Three Lower Extremity Jumping Exercises. <i>Journal of Human Kinetics</i> , 2019, 68, 109-122.	1.5	12
30	Influence of Sex and Maximum Strength on Reactive Strength Index-Modified. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 65-72.	1.6	9
31	Correlational Analysis between Joint-level Kinetics of Countermovement Jumps and Weightlifting Derivatives. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 663-668.	1.6	3
32	Understanding the Key Phases of the Countermovement Jump Force-Time Curve. <i>Strength and Conditioning Journal</i> , 2018, 40, 96-106.	1.4	172
33	The Importance of Muscular Strength: Training Considerations. <i>Sports Medicine</i> , 2018, 48, 765-785.	6.5	405
34	Influence of the Reactive Strength Index Modified on Forceâ€” and Powerâ€”Time Curves. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 220-227.	2.3	45
35	Comparison of Methods of Calculating Dynamic Strength Index. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 320-325.	2.3	19
36	Jumping Performance is Preserved but Not Muscle Thickness in Collegiate Volleyball Players After a Taper. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1020-1028.	2.1	22

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37	Mechanical Demands of the Hang Power Clean and Jump Shrug: A Joint-Level Perspective. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 466-474.	2.1	27
38	Resistance Training Volume Load with and without Exercise Displacement. <i>Sports</i> , 2018, 6, 137.	1.7	5
39	Selective Influences of Maximum Dynamic Strength and Bar-Power Output on Team Sports Performance: A Comprehensive Study of Four Different Disciplines. <i>Frontiers in Physiology</i> , 2018, 9, 1820.	2.8	21
40	Changes in Dynamic Strength Index in Response to Strength Training. <i>Sports</i> , 2018, 6, 176.	1.7	17
41	Preliminary Scale of Reference Values for Evaluating Reactive Strength Index-Modified in Male and Female NCAA Division I Athletes. <i>Sports</i> , 2018, 6, 133.	1.7	14
42	Optimizing Squat Technique—Revisited. <i>Strength and Conditioning Journal</i> , 2018, 40, 68-74.	1.4	14
43	Concurrent Validity of a Portable Force Plate Using Vertical Jump Force—Time Characteristics. <i>Journal of Applied Biomechanics</i> , 2018, 34, 410-413.	0.8	59
44	Vertically and horizontally directed muscle power exercises: Relationships with top-level sprint performance. <i>PLoS ONE</i> , 2018, 13, e0201475.	2.5	72
45	Portable Force Plates: A Viable and Practical Alternative to Rapidly and Accurately Monitor Elite Sprint Performance. <i>Sports</i> , 2018, 6, 61.	1.7	10
46	Force-Time Differences between Ballistic and Non-Ballistic Half-Squats. <i>Sports</i> , 2018, 6, 79.	1.7	13
47	An Investigation Into the Effects of Excluding the Catch Phase of the Power Clean on Force-Time Characteristics During Isometric and Dynamic Tasks: An Intervention Study. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2116-2129.	2.1	23
48	Enhancing the Force-Velocity Profile of Athletes Using Weightlifting Derivatives. <i>Strength and Conditioning Journal</i> , 2017, 39, 10-20.	1.4	85
49	Load Absorption Force-Time Characteristics Following the Second Pull of Weightlifting Derivatives. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1644-1652.	2.1	26
50	A Comparison of Catch Phase Force-Time Characteristics During Clean Derivatives From the Knee. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1911-1918.	2.1	16
51	The Optimal Load for Maximal Power Production During Upper-Body Resistance Exercises: A Meta-Analysis. <i>Sports Medicine</i> , 2017, 47, 757-768.	6.5	32
52	Force-Time—Curve Comparison Between Weight-Lifting Derivatives. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 431-439.	2.3	31
53	The Relationships between Hip and Knee Extensor Cross-Sectional Area, Strength, Power, and Potentiation Characteristics. <i>Sports</i> , 2017, 5, 66.	1.7	14
54	Power-Time Curve Comparison between Weightlifting Derivatives. <i>Journal of Sports Science and Medicine</i> , 2017, 16, 407-413.	1.6	10

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55	Potential Effects of Half-Squats Performed in a Ballistic or Nonballistic Manner. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1652-1660.	2.1	29
56	Comparison of Methods That Assess Lower-body Stretch-Shortening Cycle Utilization. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 547-554.	2.1	33
57	Pull From the Knee. <i>Strength and Conditioning Journal</i> , 2016, 38, 79-85.	1.4	6
58	Jump Shrug Height and Landing Forces Across Various Loads. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 61-65.	2.3	19
59	Relationships Between Potentiation Effects After Ballistic Half-Squats and Bilateral Symmetry. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 448-454.	2.3	9
60	The Power Clean and Power Snatch From the Knee. <i>Strength and Conditioning Journal</i> , 2016, 38, 98-105.	1.4	11
61	Potentiation Following Ballistic and Nonballistic Complexes: The Effect of Strength Level. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1825-1833.	2.1	31
62	Variability of a "force signature" during windmill softball pitching and relationship between discrete force variables and pitch velocity. <i>Human Movement Science</i> , 2016, 47, 151-158.	1.4	19
63	The Importance of Muscular Strength in Athletic Performance. <i>Sports Medicine</i> , 2016, 46, 1419-1449.	6.5	658
64	Understanding Vertical Jump Potentiation: A Deterministic Model. <i>Sports Medicine</i> , 2016, 46, 809-828.	6.5	40
65	A Comparison of Reactive Strength Index-Modified Between Six U.S. Collegiate Athletic Teams. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1310-1316.	2.1	43
66	Effect of Various Loads on the Force-Time Characteristics of the Hang High Pull. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1295-1301.	2.1	32
67	Relationships between lower body muscle structure and isometric mid-thigh pull peak force. <i>Journal of Trainology</i> , 2015, 4, 43-48.	0.5	5
68	Using Reactive Strength Index-Modified as an Explosive Performance Measurement Tool in Division I Athletes. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 899-904.	2.1	50
69	Weightlifting Pulling Derivatives: Rationale for Implementation and Application. <i>Sports Medicine</i> , 2015, 45, 823-839.	6.5	93
70	Monitoring and Managing Fatigue in Baseball Players. <i>Strength and Conditioning Journal</i> , 2014, 36, 39-45.	1.4	11
71	The Hang High Pull. <i>Strength and Conditioning Journal</i> , 2014, 36, 79-83.	1.4	23
72	Kinetic Comparison of the Power Development Between Power Clean Variations. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 350-360.	2.1	64

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73	The Jump Shrug. Strength and Conditioning Journal, 2014, 36, 43-47.	1.4	25
74	The impact of load on lower body performance variables during the hang power clean. Sports Biomechanics, 2014, 13, 87-95.	1.6	47
75	Lower body kinetics during the jump shrug: impact of load. Journal of Trainology, 2013, 2, 19-22.	0.5	28
76	The Optimal Back Squat Load for Potential Osteogenesis. Journal of Strength and Conditioning Research, 2012, 26, 1232-1237.	2.1	4