Samuel L Buckner

List of Publications by Year in Descending Order

82 papers	1,594 citations	23 h-index	36 g-index
83 ext. papers	2,017 ext. citations	3.7 avg, IF	4.97 L-index

#	Paper	IF	Citations
82	Mechanisms mediating increased endurance following high- and low-load training with and without blood flow restriction. *Journal of Trainology*, **2022**, 11, 7-11	1.2	
81	Muscle growth adaptations to high-load training and low-load training with blood flow restriction in calf muscles.. *European Journal of Applied Physiology*, **2022**, 122, 623	3.4	2
80	Does performing resistance exercise to failure homogenize the training stimulus by accounting for differences in local muscular endurance?. *European Journal of Sport Science*, **2022**, 1-10	3.9	
79	Is periodization programming periodization or programming?. *Journal of Trainology*, **2021**, 10, 20-24	1.2	1
78	Examination of Changes in Echo Intensity Following Resistance Exercise among Various Regions of Interest. *Clinical Physiology and Functional Imaging*, **2021**,	2.4	1
77	Is there Evidence for the Suggestion that Fatigue Accumulates Following Resistance Exercise?. *Sports Medicine*, **2021**, 1	10.6	1
76	Do exercise-induced increases in muscle size contribute to strength in resistance-trained individuals?. *Clinical Physiology and Functional Imaging*, **2021**, 41, 326-333	2.4	7
75	An examination of changes in muscle thickness, isometric strength and body water throughout the menstrual cycle. *Clinical Physiology and Functional Imaging*, **2021**, 41, 165-172	2.4	1
74	Exercise science perspective: Comment on "Dynamic and thermodynamic models of adaptation" by Alexander N. Gorban et al. *Physics of Life Reviews*, **2021**, 38, 129-131	2.1	1
73	Periodization: Variation in the Definition and Discrepancies in Study Design. *Sports Medicine*, **2021**, 51, 625-651	10.6	8
72	The acute muscular response to passive movement and blood flow restriction. *Clinical Physiology and Functional Imaging*, **2020**, 40, 351-359	2.4	0
71	An examination of changes in skeletal muscle thickness, echo intensity, strength and soreness following resistance exercise. *Clinical Physiology and Functional Imaging*, **2020**, 40, 238-244	2.4	8
70	Cardiovascular and Muscular Response to NO LOAD Exercise with Blood Flow Restriction. *International Journal of Exercise Science*, **2020**, 13, 1807-1818	1.3	
69	Strength testing or strength training: considerations for future research. *Physiological Measurement*, **2020**, 41, 09TR01	2.9	7
68	Blood flow restriction does not augment low force contractions taken to or near task failure. *European Journal of Sport Science*, **2020**, 20, 650-659	3.9	7
67	The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory. *Medicine and Science in Sports and Exercise*, **2020**, 52, 645-653	1.2	10
66	The Impact of Ultrasound Probe Tilt on Muscle Thickness and Echo-Intensity: A Cross-Sectional Study. *Journal of Clinical Densitometry*, **2020**, 23, 630-638	3.5	16

65	Validity of the Handheld Doppler to Determine Lower-Limb Blood Flow Restriction Pressure for Exercise Protocols. *Journal of Strength and Conditioning Research*, **2020**, 34, 2693-2696	3.2	11
64	Assessing differential responders and mean changes in muscle size, strength, and the crossover effect to 2 distinct resistance training protocols. *Applied Physiology, Nutrition and Metabolism*, **2020**, 45, 463-470	3	15
63	The Generality of Strength Adaptation. *Journal of Trainology*, **2019**, 8, 5-8	1.2	8
62	Can changes in echo intensity be used to detect the presence of acute muscle swelling?. *Physiological Measurement*, **2019**, 40, 045002	2.9	7
61	High-pressure blood flow restriction with very low load resistance training results in peripheral vascular adaptations similar to heavy resistance training. *Physiological Measurement*, **2019**, 40, 035003	2.9	19
60	Perceptual changes to progressive resistance training with and without blood flow restriction. *Journal of Sports Sciences*, **2019**, 37, 1857-1864	3.6	18
59	Differences in 100-m sprint performance and skeletal muscle mass between elite male and female sprinters. *Journal of Sports Medicine and Physical Fitness*, **2019**, 59, 304-309	1.4	10
58	Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure. *Clinical Physiology and Functional Imaging*, **2019**, 39, 29-34	2.4	13
57	A comparison of acute changes in muscle thickness between A-mode and B-mode ultrasound. *Physiological Measurement*, **2019**, 40, 115004	2.9	3
56	Acute skeletal muscle responses to very low-load resistance exercise with and without the application of blood flow restriction in the upper body. *Clinical Physiology and Functional Imaging*, **2019**, 39, 201-208	2.4	11
55	Magnetic resonance imaging-measured skeletal muscle mass to fat-free mass ratio increases with increasing levels of fat-free mass. *Journal of Sports Medicine and Physical Fitness*, **2019**, 59, 619-623	1.4	3
54	A method to standardize the blood flow restriction pressure by an elastic cuff. *Scandinavian Journal of Medicine and Science in Sports*, **2019**, 29, 329-335	4.6	8
53	Comment on: "The General Adaptation Syndrome: A Foundation for the Concept of Periodization". *Sports Medicine*, **2018**, 48, 1751-1753	10.6	3
52	The Application of Blood Flow Restriction: Lessons From the Laboratory. *Current Sports Medicine Reports*, **2018**, 17, 129-134	1.9	40
51	Blood flow restriction: Methods matter. *Experimental Gerontology*, **2018**, 104, 7-8	4.5	3
50	Effects of load on the acute response of muscles proximal and distal to blood flow restriction. *Journal of Physiological Sciences*, **2018**, 68, 769-779	2.3	4
49	Resistance exercise and sports performance: The minority report. *Medical Hypotheses*, **2018**, 113, 1-5	3.8	8
48	Mechanisms of Blood Flow Restriction: The New Testament. *Techniques in Orthopaedics*, **2018**, 33, 72-79	0.4	38

47	Skeletal muscle mass in human athletes: What is the upper limit?. *American Journal of Human Biology*, **2018**, 30, e23102	2.7	15
46	Blood flow restriction and cuff width: effect on blood flow in the legs. *Clinical Physiology and Functional Imaging*, **2018**, 38, 944	2.4	9
45	Moderately heavy exercise produces lower cardiovascular, RPE, and discomfort compared to lower load exercise with and without blood flow restriction. *European Journal of Applied Physiology*, **2018**, 118, 1473-1480	3.4	15
44	Let's talk about sex: where are the young females in blood flow restriction research?. *Clinical Physiology and Functional Imaging*, **2018**, 38, 1-3	2.4	23
43	Protein timing during the day and its relevance for muscle strength and lean mass. *Clinical Physiology and Functional Imaging*, **2018**, 38, 332-337	2.4	6
42	Can blood flow restriction augment muscle activation during high-load training?. *Clinical Physiology and Functional Imaging*, **2018**, 38, 291-295	2.4	8
41	The acute muscular response to blood flow-restricted exercise with very low relative pressure. *Clinical Physiology and Functional Imaging*, **2018**, 38, 304-311	2.4	11
40	A critical review of the current evidence examining whether resistance training improves time trial performance. *Journal of Sports Sciences*, **2018**, 36, 1485-1491	3.6	6
39	Correlations Do Not Show Cause and Effect: Not Even for Changes in Muscle Size and Strength. *Sports Medicine*, **2018**, 48, 1-6	10.6	50
38	Muscle Adaptations to High-Load Training and Very Low-Load Training With and Without Blood Flow Restriction. *Frontiers in Physiology*, **2018**, 9, 1448	4.6	49
37	Influence of cuff material on blood flow restriction stimulus in the upper body. *Journal of Physiological Sciences*, **2017**, 67, 207-215	2.3	29
36	Determining Strength: A Case for Multiple Methods of Measurement. *Sports Medicine*, **2017**, 47, 193-195	10.6	96
35	Single and combined associations of accelerometer-assessed physical activity and muscle-strengthening activities on plasma homocysteine in a national sample. *Clinical Physiology and Functional Imaging*, **2017**, 37, 669-674	2.4	15
34	What does individual strength say about resistance training status?. *Muscle and Nerve*, **2017**, 55, 455-457	3.4	13
33	The effects of upper body exercise across different levels of blood flow restriction on arterial occlusion pressure and perceptual responses. *Physiology and Behavior*, **2017**, 171, 181-186	3.5	49
32	The influence of time on determining blood flow restriction pressure. *Journal of Science and Medicine in Sport*, **2017**, 20, 777-780	4.4	11
31	Muscle size and strength: another study not designed to answer the question. *European Journal of Applied Physiology*, **2017**, 117, 1273-1274	3.4	8
30	A tale of three cuffs: the hemodynamics of blood flow restriction. *European Journal of Applied Physiology*, **2017**, 117, 1493-1499	3.4	34

29	Practicing the Test Produces Strength Equivalent to Higher Volume Training. *Medicine and Science in Sports and Exercise*, **2017**, 49, 1945-1954	1.2	75
28	Association between sedentary behavior and normal-range lactate dehydrogenase activity. *Postgraduate Medicine*, **2017**, 129, 484-487	3.7	1
27	Muscle growth: To infinity and beyond?. *Muscle and Nerve*, **2017**, 56, 1022-1030	3.4	28
26	Post-exercise blood flow restriction attenuates hyperemia similarly in males and females. *European Journal of Applied Physiology*, **2017**, 117, 1707-1712	3.4	2
25	The General Adaptation Syndrome: Potential misapplications to resistance exercise. *Journal of Science and Medicine in Sport*, **2017**, 20, 1015-1017	4.4	17
24	Differentiating swelling and hypertrophy through indirect assessment of muscle damage in untrained men following repeated bouts of resistance exercise. *European Journal of Applied Physiology*, **2017**, 117, 213-224	3.4	18
23	Do metabolites that are produced during resistance exercise enhance muscle hypertrophy?. *European Journal of Applied Physiology*, **2017**, 117, 2125-2135	3.4	44
22	Chasing the top quartile of cross-sectional data: Is it possible with resistance training?. *Medical Hypotheses*, **2017**, 108, 63-68	3.8	10
21	The Cardiovascular and Perceptual Response to Very Low Load Blood Flow Restricted Exercise. *International Journal of Sports Medicine*, **2017**, 38, 597-603	3.6	37
20	Blood flow in humans following low-load exercise with and without blood flow restriction. *Applied Physiology, Nutrition and Metabolism*, **2017**, 42, 1165-1171	3	25
19	Frequency: The Overlooked Resistance Training Variable for Inducing Muscle Hypertrophy?. *Sports Medicine*, **2017**, 47, 799-805	10.6	55
18	The widespread misuse of effect sizes. *Journal of Science and Medicine in Sport*, **2017**, 20, 446-450	4.4	68
17	Training to Fatigue: The Answer for Standardization When Assessing Muscle Hypertrophy?. *Sports Medicine*, **2017**, 47, 1021-1027	10.6	57
16	Muscle adaptations following 21 consecutive days of strength test familiarization compared with traditional training. *Muscle and Nerve*, **2017**, 56, 307-314	3.4	57
15	The acute and chronic effects of "NO LOAD" resistance training. *Physiology and Behavior*, **2016**, 164, 345-52	3.5	47
14	Why don't more people eat breakfast? A biological perspective. *American Journal of Clinical Nutrition*, **2016**, 103, 1555-6	7	2
13	Does the time of your health screening alter your "health"?. *International Journal of Cardiology*, **2016**, 220, 524-6	3.2	
12	The Influence of Cuff Width, Sex, and Race on Arterial Occlusion: Implications for Blood Flow Restriction Research. *Sports Medicine*, **2016**, 46, 913-21	10.6	58

11	Muscle growth across a variety of exercise modalities and intensities: Contributions of mechanical and metabolic stimuli. *Medical Hypotheses*, **2016**, 88, 22-6	3.8	47
10	Letter to the editor: Applying the blood flow restriction pressure: the elephant in the room. *American Journal of Physiology - Heart and Circulatory Physiology*, **2016**, 310, H132-3	5.2	22
9	Cross-Sectional Association Between Normal-Range Lactate Dehydrogenase, Physical Activity and Cardiovascular Disease Risk Score. *Sports Medicine*, **2016**, 46, 467-72	10.6	5
8	Neuromuscular Adaptations After 2 and 4 Weeks of 80% Versus 30% 1 Repetition Maximum Resistance Training to Failure. *Journal of Strength and Conditioning Research*, **2016**, 30, 2174-85	3.2	54
7	Do rhythms exist in elbow flexor torque, oral temperature and muscle thickness during normal waking hours?. *Physiology and Behavior*, **2016**, 160, 12-7	3.5	2
6	The problem Of muscle hypertrophy: Revisited. *Muscle and Nerve*, **2016**, 54, 1012-1014	3.4	46
5	Post-exercise blood flow restriction attenuates muscle hypertrophy. *European Journal of Applied Physiology*, **2016**, 116, 1955-63	3.4	20
4	Lower extremity strength, systemic inflammation and all-cause mortality: Application to the "fat but fit" paradigm using cross-sectional and longitudinal designs. *Physiology and Behavior*, **2015**, 149, 199-202	3.5	17
3	Factors underlying the perception of effort during constant heart rate running above and below the critical heart rate. *European Journal of Applied Physiology*, **2015**, 115, 2231-41	3.4	8
2	Individual Responses for Muscle Activation, Repetitions, and Volume during Three Sets to Failure of High- (80% 1RM) versus Low-Load (30% 1RM) Forearm Flexion Resistance Exercise. *Sports*, **2015**, 3, 269-280	3	4
1	Muscle and fat mapping of the trunk: a case study. *Journal of Ultrasound*, **2015**, 18, 399-405	3.4	1