Ignacio Ara Royo

List of Publications by Year
in descending order

167 papers	5,257 citations	81434 41 h-index	129628 63 g-index
179 all docs	179 docs citations	179 times ranked	6833 citing authors

#	Article	IF	Citations
1	Does nutritional status influence the effects of a multicomponent exercise programme on body composition and physical fitness in older adults with limited physical function?. European Journal of Sport Science, 2023, 23, 1375-1384.	1.4	1
2	Association of accelerometer-derived step volume and intensity with hospitalizations and mortality in older adults: A prospective cohort study. Journal of Sport and Health Science, 2022, 11, 578-585.	3.3	22
3	Resting Oxygen Uptake Value of 1 Metabolic Equivalent of Task in Older Adults: A Systematic Review and Descriptive Analysis. Sports Medicine, 2022, 52, 331-348.	3.1	14
4	Impact of Relative Muscle Power on Hospitalization and All-Cause Mortality in Older Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2022, 77, 781-789.	1.7	23
5	Mechanical Characteristics of Heavy vs. Light Load Ballistic Resistance Training in Older Adults. Journal of Strength and Conditioning Research, 2022, 36, 2094-2101.	1.0	5
6	Neuromuscular adaptations after 12 weeks of lightâ€•vs. heavyâ€load powerâ€•oriented resistance training in older adults. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 324-337.	1.3	12
7	Number of Chair Stands Should Not Be Considered a Muscle Function Measure, But a Physical Performance Measure. What Can We Do Then?. Journal of Frailty & Aging,the, 2022, 11, 1-2.	0.8	1
8	Osteoporosis and Its Association With Cardiovascular Disease, Respiratory Disease, and Cancer: Findings From the UK Biobank Prospective Cohort Study. Mayo Clinic Proceedings, 2022, 97, 110-121.	1.4	14
9	Response to Comment on â€œResting Oxygen Uptake Value of 1 Metabolic Equivalent of Task in Older Adults: A Systematic Review and Descriptive Analysisâ€• Sports Medicine, 2022, , 1.	3.1	0
10	Long-Term Exercise Intervention in Patients with McArdle Disease: Clinical and Aerobic Fitness Benefits. Medicine and Science in Sports and Exercise, 2022, 54, 1231-1241.	0.2	7
11	Differences among Sociodemographic Variables, Physical Fitness Levels, and Body Composition with Adherence to Regular Physical Activity in Older Adults from the EXERNET Multicenter Study. International Journal of Environmental Research and Public Health, 2022, 19, 3853.	1.2	2
12	Response to commentary on â€œThe sit-to-stand muscle power test: An easy, inexpensive and portable procedure to assess muscle power in older peopleâ€• Experimental Gerontology, 2022, 162, 111754.	1.2	0
13	New Evidence on Regucalcin, Body Composition, and Walking Ability Adaptations to Multicomponent Exercise Training in Functionally Limited and Frail Older Adults. International Journal of Environmental Research and Public Health, 2022, 19, 363.	1.2	0
14	The Medium-Term Changes in Health-Related Behaviours among Spanish Older People Lifestyles during Covid-19 Lockdown. Journal of Nutrition, Health and Aging, 2022, 26, 485-494.	1.5	0
15	Physical Activity Adherence Related to Body Composition and Physical Fitness in Spanish Older Adults: 8 Years-Longitudinal EXERNET-Study. Frontiers in Psychology, 2022, 13, 858312.	1.1	0
16	Psychosocial factors related to physical activity in frail and prefrail elderly people. BMC Geriatrics, 2022, 22, 407.	1.1	0
17	Prevalence of Metabolic Syndrome and Association with Physical Activity and Frailty Status in Spanish Older Adults with Decreased Functional Capacity: A Cross-Sectional Study. Nutrients, 2022, 14, 2302.	1.7	10
18	Association between Physical Activity Guidelines and Sedentary Time with Workersâ€™ Health-Related Quality of Life in a Spanish Multinational Company. International Journal of Environmental Research and Public Health, 2022, 19, 6592.	1.2	0

#	Article	IF	Citations
19	Comparison of linear, hyperbolic and doubleâ€hyperbolic models to assess the forceâ€“velocity relationship in multiâ€joint exercises. European Journal of Sport Science, 2021, 21, 359-369.	1.4	17
20	Breaking Sedentary Time Predicts Future Frailty in Inactive Older Adults: A Cross-Lagged Panel Model. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2021, 76, 893-900.	1.7	10
21	ACTN3 R577X polymorphism related to sarcopenia and physical fitness in active older women. Climacteric, 2021, 24, 89-94.	1.1	11
22	Sit-to-stand muscle power test: Comparison between estimated and force plate-derived mechanical power and their association with physical function in older adults. Experimental Gerontology, 2021, 145, 111213.	1.2	29
23	Effects of Power-Oriented Resistance Training With Heavy vs. Light Loads on Muscle-Tendon Function in Older Adults: A Study Protocol for a Randomized Controlled Trial. Frontiers in Physiology, 2021, 12, 635094.	1.3	7
24	â€˜Fat but powerfulâ€™ paradox: association of muscle power and adiposity markers with all-cause mortality in older adults from the EXERNET multicentre study. British Journal of Sports Medicine, 2021, 55, 1204-1211.	3.1	17
25	Physical activity moderates the effect of sedentary time on an older adult's physical independence. Journal of the American Geriatrics Society, 2021, 69, 1964-1970.	1.3	4
26	Benefits of Regular Table Tennis Practice in Body Composition and Physical Fitness Compared to Physically Active Children Aged 10â€“11 Years. International Journal of Environmental Research and Public Health, 2021, 18, 2854.	1.2	14
27	Associations between Daily Movement Distribution, Bone Structure, Falls, and Fractures in Older Adults: A Compositional Data Analysis Study. International Journal of Environmental Research and Public Health, 2021, 18, 3757.	1.2	4
28	Acute Physiological Response to Light- and Heavy-load Power-oriented Exercise in Older Adults. International Journal of Sports Medicine, 2021, , .	0.8	3
29	Functional Frailty, Dietary Intake, and Risk of Malnutrition. Are Nutrients Involved in Muscle Synthesis the Key for Frailty Prevention?. Nutrients, 2021, 13, 1231.	1.7	17
30	Impact of the Home Confinement Related to COVID-19 on the Device-Assessed Physical Activity and Sedentary Patterns of Spanish Older Adults. BioMed Research International, 2021, 2021, 1-8.	0.9	11
31	Calibration and Cross-Validation of Accelerometer Cut-Points to Classify Sedentary Time and Physical Activity from Hip and Non-Dominant and Dominant Wrists in Older Adults. Sensors, 2021, 21, 3326.	2.1	23
32	Threshold of Relative Muscle Power Required to Rise from a Chair and Mobility Limitations and Disability in Older Adults. Medicine and Science in Sports and Exercise, 2021, 53, 2217-2224.	0.2	17
33	Fitness vs Fatness as Determinants of Survival in Noninstitutionalized Older Adults: The EXERNET Multicenter Study. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2021, , .	1.7	2
34	How important is current physical fitness for future quality of life? Results from an 8-year longitudinal study on older adults. Experimental Gerontology, 2021, 149, 111301.	1.2	5
35	Changes in Health Behaviors, Mental and Physical Health among Older Adults under Severe Lockdown Restrictions during the COVID-19 Pandemic in Spain. International Journal of Environmental Research and Public Health, 2021, 18, 7067.	1.2	53
36	Relative sitâ€toâ€stand power: aging trajectories, functionally relevant cutâ€off points, and normative data in a large European cohort. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 921-932.	2.9	34

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37	Unsupervised home-based resistance training for community-dwelling older adults: A systematic review and meta-analysis of randomized controlled trials. Ageing Research Reviews, 2021, 69, 101368.	5.0	39
38	Fatâ€“Fit Patterns, Drug Consumption, and Polypharmacy in Older Adults: The EXERNET Multi-Center Study. Nutrients, 2021, 13, 2872.	1.7	1
39	Relative sit-to-stand power cut-off points and their association with negatives outcomes in older adults. Scientific Reports, 2021, 11, 19460.	1.6	17
40	Assessment of functional sit-to-stand muscle power: Cross-sectional trajectories across the lifespan. Experimental Gerontology, 2021, 152, 111448.	1.2	12
41	Impact of COVID-19 Confinement on Physical Activity and Sedentary Behaviour in Spanish University Students: Role of Gender. International Journal of Environmental Research and Public Health, 2021, 18, 369.	1.2	108
42	Theoretical Aspects for Calculating the Mobilized Load during Suspension Training through a Mobile Application. Applied Sciences (Switzerland), 2021, 11, 242.	1.3	2
43	Relationship between Physical Performance and Frailty Syndrome in Older Adults: The Mediating Role of Physical Activity, Sedentary Time and Body Composition. International Journal of Environmental Research and Public Health, 2021, 18, 203.	1.2	8
44	Comparison of available equations to estimate sit-to-stand muscle power and their association with gait speed and frailty in older people: Practical applications for the 5-rep sit-to-stand test. Experimental Gerontology, 2021, 156, 111619.	1.2	9
45	Which one came first: movement behavior or frailty? A crossâ€lagged panel model in the Toledo Study for Healthy Aging. Journal of Cachexia, Sarcopenia and Muscle, 2020, 11, 415-423.	2.9	14
46	Body Composition as a Mediator between Cardiorespiratory Fitness and Bone Mass during Growth. Medicine and Science in Sports and Exercise, 2020, 52, 498-506.	0.2	1
47	Role of Dietary Intake and Serum 25(OH)D on the Effects of a Multicomponent Exercise Program on Bone Mass and Structure of Frail and Pre-Frail Older Adults. Nutrients, 2020, 12, 3016.	1.7	3
48	Relation between leg extension power and 30-s sit-to-stand muscle power in older adults: validation and translation to functional performance. Scientific Reports, 2020, 10, 16337.	1.6	52
49	Associations between Physical Fitness, Bone Mass, and Structure in Older People. BioMed Research International, 2020, 2020, 1-8.	0.9	12
50	Low relative mechanical power in older adults: An operational definition and algorithm for its application in the clinical setting. Experimental Gerontology, 2020, 142, 111141.	1.2	26
51	How to Improve the Functional Capacity of Frail and Pre-Frail Elderly People? Health, Nutritional Status and Exercise Intervention. The EXERNET-Elder 3.0 Project. Sustainability, 2020, 12, 6246.	1.6	18
52	Long-Term Benefits of Tailored Exercise in Severe Sarcoidosis: A Case Report. International Journal of Environmental Research and Public Health, 2020, 17, 9512.	1.2	1
53	Effects of a Multicomponent Exercise Program, a Detraining Period and Dietary Intake Prediction of Body Composition of Frail and Pre-Frail Older Adults from the EXERNET Elder 3.0 Study. Sustainability, 2020, 12, 9894.	1.6	5
54	Low-Grade Inflammation Is Not Present in Former Obese Males but Adipose Tissue Macrophage Infiltration Persists. Biomedicines, 2020, 8, 123.	1.4	13

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55	Sex Differences and the Influence of an Active Lifestyle on Adiposity in Patients with McArdle Disease. International Journal of Environmental Research and Public Health, 2020, 17, 4334.	1.2	2
56	The Effects of Age, Organized Physical Activity and Sedentarism on Fitness in Older Adults: An 8-Year Longitudinal Study. International Journal of Environmental Research and Public Health, 2020, 17, 4312.	1.2	18
57	Strength and Endurance Training in Older Women in Relation to ACTN3 R577X and ACE I/D Polymorphisms. International Journal of Environmental Research and Public Health, 2020, 17, 1236.	1.2	11
58	Prospective Changes in the Distribution of Movement Behaviors Are Associated With Bone Health in the Elderly According to Variations in their Frailty Levels. Journal of Bone and Mineral Research, 2020, 35, 1236-1245.	3.1	7
59	Does Physical Fitness Predict Future Karate Success? A Study in Young Female Karatekas. International Journal of Sports Physiology and Performance, 2020, 15, 868-873.	1.1	9
60	The doubleâ€hyperbolic forceâ€velocity relationship in humans. Acta Physiologica, 2019, 226, e13165.	1.8	7
61	Does fitness attenuate the relationship between changes in sitting time and health-related quality of life over time in community-dwelling older adults? Evidence from the EXERNET multicenter longitudinal study. Quality of Life Research, 2019, 28, 3259-3266.	1.5	4
62	Cardiorespiratory Fitness May Influence Metabolic Inflexibility During Exercise in Obese Persons. Journal of Clinical Endocrinology and Metabolism, 2019, 104, 5780-5790.	1.8	19
63	Dose-response association between physical activity and sedentary time categories on ageing biomarkers. BMC Geriatrics, 2019, 19, 270.	1.1	25
64	Physical Exercise. , 2019, , 24-24.		0
65	Effects of concurrent exercise training on muscle dysfunction and systemic oxidative stress in older people with COPD. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1591-1603.	1.3	32
66	On the Shape of the Force-Velocity Relationship in Skeletal Muscles: The Linear, the Hyperbolic, and the Double-Hyperbolic. Frontiers in Physiology, 2019, 10, 769.	1.3	78
67	Is Sitting Time Related with Physical Fitness in Spanish Elderly Population? The Exernet Multicenter Study. Journal of Nutrition, Health and Aging, 2019, 23, 401-407.	1.5	9
68	Sedentary behaviour, physical activity, and sarcopenia among older adults in the TSHA: isotemporal substitution model. Journal of Cachexia, Sarcopenia and Muscle, 2019, 10, 188-198.	2.9	77
69	The Impact of Movement Behaviors on Bone Health in Elderly with Adequate Nutritional Status: Compositional Data Analysis Depending on the Frailty Status. Nutrients, 2019, 11, 582.	1.7	15
70	The Effect of the Stretch-Shortening Cycle in the Forceâ€"Velocity Relationship and Its Association With Physical Function in Older Adults With COPD. Frontiers in Physiology, 2019, 10, 316.	1.3	15
71	Can Physical Activity Offset the Detrimental Consequences of Sedentary Time on Frailty? A Moderation Analysis in 749 Older Adults Measured With Accelerometers. Journal of the American Medical Directors Association, 2019, 20, 634-638.e1.	1.2	28
72	Commentaries on Viewpoint: Rejuvenation of the term sarcopenia. Journal of Applied Physiology, 2019, 126, 257-262.	1.2	12

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73	Compositional Influence of Movement Behaviors on Bone Health during Aging. Medicine and Science in Sports and Exercise, 2019, 51, 1736-1744.	0.2	15
74	Cardiorespiratory fitness and arm bone mineral health in young males with spinal cord injury: the mediator role of lean mass. Journal of Sports Sciences, 2019, 37, 717-725.	1.0	7
75	Estimating fat-free mass in elite youth male soccer players: cross-validation of different field methods and development of prediction equation. Journal of Sports Sciences, 2019, 37, 1197-1204.	1.0	14
76	Effects of a 3-month vigorous physical activity intervention on eating behaviors and body composition in overweight and obese boys and girls. Journal of Sport and Health Science, 2019, 8, 170-176.	3.3	18
77	Reallocating Accelerometer-Assessed Sedentary Time to Light or Moderate- to Vigorous-Intensity Physical Activity Reduces Frailty Levels in Older Adults: An Isotemporal Substitution Approach in the TSHA Study. Journal of the American Medical Directors Association, 2018, 19, 185.e1-185.e6.	1.2	63
78	Health Benefits of an Innovative Exercise Program for Mitochondrial Disorders. Medicine and Science in Sports and Exercise, 2018, 50, 1142-1151.	0.2	16
79	Skeletal Muscle Power Measurement in Older People: A Systematic Review of Testing Protocols and Adverse Events. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2018, 73, 914-924.	1.7	45
80	Force-velocity profiling in older adults: An adequate tool for the management of functional trajectories with aging. Experimental Gerontology, 2018, 108, 1-6.	1.2	54
81	Nonâ€osteogenic muscle hypertrophy in children with McArdle disease. Journal of Inherited Metabolic Disease, 2018, 41, 1037-1042.	1.7	2
82	Validation of Field Methods to Assess Body Fat Percentage in Elite Youth Soccer Players. International Journal of Sports Medicine, 2018, 39, 349-354.	0.8	14
83	Relationship Between Sarcopenia and Frailty in the Toledo Study of Healthy Aging: A Population Based Cross-Sectional Study. Journal of the American Medical Directors Association, 2018, 19, 282-286.	1.2	64
84	A New Condition in McArdle Disease. Medicine and Science in Sports and Exercise, 2018, 50, 3-10.	0.2	9
85	Inflammation in metabolically healthy and metabolically abnormal adolescents: The HELENA study. Nutrition, Metabolism and Cardiovascular Diseases, 2018, 28, 77-83.	1.1	25
86	Correlates of ideal cardiovascular health in European adolescents: The HELENA study. Nutrition, Metabolism and Cardiovascular Diseases, 2018, 28, 187-194.	1.1	20
87	Do dietary patterns determine levels of vitamin B 6 , folate, and vitamin B 12 intake and corresponding biomarkers in European adolescents? The Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. Nutrition, 2018, 50, 8-17.	1.1	4
88	Associations between sedentary time, physical activity and bone health among older people using compositional data analysis. PLoS ONE, 2018, 13, e0206013.	1.1	43
89	The sit-to-stand muscle power test: An easy, inexpensive and portable procedure to assess muscle power in older people. Experimental Gerontology, 2018, 112, 38-43.	1.2	161
90	The Mediterranean Lifestyle. , 2018, , 159-167.		0

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91	Manifesting heterozygotes in McArdle disease: a myth or a realityâ€"role of statins. Journal of Inherited Metabolic Disease, 2018, 41, 1027-1035.	1.7	4
92	Benefits of skeletal-muscle exercise training in pulmonary arterial hypertension: The WHOLEi+12 trial. International Journal of Cardiology, 2017, 231, 277-283.	0.8	76
93	Role of objectively measured sedentary behaviour in physical performance, frailty and mortality among older adults: A short systematic review. European Journal of Sport Science, 2017, 17, 940-953.	1.4	63
94	Ideal cardiovascular health and inflammation in European adolescents: The HELENA study. Nutrition, Metabolism and Cardiovascular Diseases, 2017, 27, 447-455.	1.1	20
95	Sleep disturbance, obesity, physical fitness and quality of life in older women: EXERNET study group. Climacteric, 2017, 20, 72-79.	1.1	38
96	Effects of highâ€intensity physical training on muscle fiber characteristics in poststroke patients. Muscle and Nerve, 2017, 56, 954-962.	1.0	6
97	The Force-Velocity Relationship in Older People: Reliability and Validity of a Systematic Procedure. International Journal of Sports Medicine, 2017, 38, 1097-1104.	0.8	56
98	Validation of the self-report EXERNET questionnaire for measuring physical activity and sedentary behavior in elderly. Archives of Gerontology and Geriatrics, 2017, 69, 156-161.	1.4	28
99	Short- and Long-Term Effects of Concurrent Strength and HIIT Training in Octogenarians with COPD. Journal of Aging and Physical Activity, 2017, 25, 105-115.	0.5	21
100	Physical Exercise as an Effective Antiaging Intervention. BioMed Research International, 2017, 2017, 1-2.	0.9	4
101	Frailty is associated with objectively assessed sedentary behaviour patterns in older adults: Evidence from the Toledo Study for Healthy Aging (TSHA). PLoS ONE, 2017, 12, e0183911.	1.1	77
102	Does The Aging Process Influence The Agility Performance In Old People?. Medicine and Science in Sports and Exercise, 2017, 49, 1089.	0.2	0
103	The Spanish version of the Three Factor Eating Questionnaire-R21 for children and adolescents (TFEQ-R21C): Psychometric analysis and relationships with body composition and fitness variables. Physiology and Behavior, 2016, 165, 350-357.	1.0	27
104	Fragility fracture risk and skeletal muscle function. Climacteric, 2016, 19, 37-41.	1.1	13
105	Higher bone mass in prepubertal and peripubertal female footballers. European Journal of Sport Science, 2016, 16, 877-883.	1.4	12
106	Effect of regional muscle location but not adiposity on mitochondrial biogenesis-regulating proteins. European Journal of Applied Physiology, 2016, 116, 11-18.	1.2	4
107	Maintained peak leg and pulmonary VO₂ despite substantial reduction in muscle mitochondrial capacity. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 135-143.	1.3	23
108	Mitochondrial coupling and capacity of oxidative phosphorylation in skeletal muscle of Inuit and Caucasians in the arctic winter. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 126-134.	1.3	33

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109	Application of a model based on dual-energy X-ray absorptiometry and finite element simulation for predicting the probability of osteoporotic hip fractures to a sample of people over 60 years. Proceedings of the Institution of Mechanical Engineers, Part H: Journal of Engineering in Medicine, 2015, 229, 369-385.	1.0	2
110	Associations between obesity, physical fitness, and urinary incontinence in non-institutionalized postmenopausal women: The elderly EXERNET multi-center study. Maturitas, 2015, 82, 208-214.	1.0	17
111	Relationship between body composition, physical fitness and urinary incontinence in non-institutionalized postmenopausal women: the elderly EXERNET multicentre study. Maturitas, 2015, 81, 127.	1.0	0
112	Higher levels of physical fitness are associated with a reduced risk of suffering sarcopenic obesity and better perceived health among the elderly. The EXERNET multi-center study. Journal of Nutrition, Health and Aging, 2015, 19, 211-217.	1.5	50
113	Rationale and Design of a Randomized Controlled Trial Evaluating Whole Muscle Exercise Training Effects in Outpatients with Pulmonary Arterial Hypertension (WHOLEi+12). Cardiovascular Drugs and Therapy, 2015, 29, 543-550.	1.3	6
114	Loadâ€controlled moderate and highâ€intensity resistance training programs provoke similar strength gains in young women. Muscle and Nerve, 2015, 51, 92-101.	1.0	27
115	Physical activity assessment in the general population; validated self-report methods. Nutricion Hospitalaria, 2015, 31 Suppl 3, 211-8.	0.2	20
116	Physical activity assessment in the general population; instrumental methods and new technologies. Nutricion Hospitalaria, 2015, 31 Suppl 3, 219-26.	0.2	20
117	Consensus document and conclusions. Methodology of dietary surveys, studies on nutrition, physical activity and other lifestyles. Nutricion Hospitalaria, 2015, 31 Suppl 3, 9-11.	0.2	7
118	Dual-energy X-ray absorptiometry and forced expiratory volumes in sedentary and trained children. [Absorciometria dual de rayos x y volÃºmenes espiromÃ©tricos forzados en niÃ±os sedentarios y entrenados].. RICYDE Revista Internacional De Ciencias Del Deporte, 2015, 11, 339-347.	0.1	0
119	Influence of Hard vs. Soft Ground Surfaces on Bone Accretion in Prepubertal Footballers. International Journal of Sports Medicine, 2014, 35, 55-61.	0.8	6
120	Increased intrinsic mitochondrial function in humans with mitochondrial haplogroup H. Biochimica Et Biophysica Acta - Bioenergetics, 2014, 1837, 226-231.	0.5	26
121	Time-course effects of aerobic interval training and detraining in patients with metabolic syndrome. Nutrition, Metabolism and Cardiovascular Diseases, 2014, 24, 792-798.	1.1	62
122	Lowâ€intensity training increases peak arm <scp>VO</scp>₂ by enhancing both convective and diffusive O₂ delivery. Acta Physiologica, 2014, 211, 122-134.	1.8	52
123	Effects of a short-term whole body vibration intervention on bone mass and structure in elderly people. Journal of Science and Medicine in Sport, 2014, 17, 160-164.	0.6	42
124	Age and gender, two key factors in the associations between physical activity and strength during the ageing process. Maturitas, 2014, 78, 106-112.	1.0	38
125	Feasibility of resistance training in adult McArdle patients: clinical outcomes and muscle strength and mass benefits. Frontiers in Aging Neuroscience, 2014, 6, 334.	1.7	32
126	Ceramide content is higher in type I compared to type II fibers in obesity and type 2 diabetes mellitus. Acta Diabetologica, 2013, 50, 705-712.	1.2	10

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127	Effects of a short-term whole body vibration intervention on physical fitness in elderly people. Maturitas, 2013, 74, 276-278.	1.0	26
128	Fat mass influence on bone mass is mediated by the independent association between lean mass and bone mass among elderly women: A cross-sectional study. Maturitas, 2013, 74, 44-53.	1.0	13
129	Entrenamientos funcionales frente a especÃficos en la prevenciÃ³n de caÃdas en las personas mayores. Apunts Medicine De L'Esport, 2013, 48, 153-164.	0.5	4
130	Respiratory Function and Changes in Lung Epithelium Biomarkers after a Short-Training Intervention in Chlorinated vs. Ozone Indoor Pools. PLoS ONE, 2013, 8, e68447.	1.1	14
131	Effect of endurance and resistance training on regional fat mass and lipid profile. Nutricion Hospitalaria, 2013, 28, 340-6.	0.2	17
132	Effects of a short-term whole body vibration intervention on lean mass in elderly people. Nutricion Hospitalaria, 2013, 28, 1255-8.	0.2	8
133	Physical activity during leisure time and quality of life in a Spanish cohort: SUN (Seguimiento) Tj ETQq1 1 0.784314 rgBT /Overlock 10	3.1	26
134	Capacidad de salto y equilibrio en jÃ³venes y ancianos fÃsicamente activos. Apunts Medicine De L'Esport, 2012, 47, 83-89.	0.5	1
135	A 21â€week bone deposition promoting exercise programme increases bone mass in young people with Down syndrome. Developmental Medicine and Child Neurology, 2012, 54, 552-556.	1.1	51
136	Physical fitness levels among independent non-institutionalized Spanish elderly: The elderly EXERNET multi-center study. Archives of Gerontology and Geriatrics, 2012, 55, 406-416.	1.4	64
137	Effects of Training on Bone Mass in Older Adults. Sports Medicine, 2012, 42, 301-325.	3.1	264
138	Sitting time increases the overweight and obesity risk independently of walking time in elderly people from Spain. Maturitas, 2012, 73, 337-343.	1.0	58
139	Harmonization Process and Reliability Assessment of Anthropometric Measurements in the Elderly EXERNET Multi-Centre Study. PLoS ONE, 2012, 7, e41752.	1.1	19
140	Fat and lean masses in youths with Down syndrome: Gender differences. Research in Developmental Disabilities, 2011, 32, 1685-1693.	1.2	80
141	Accuracy of prediction equations to assess percentage of body fat in children and adolescents with Down syndrome compared to air displacement plethysmography. Research in Developmental Disabilities, 2011, 32, 1764-1769.	1.2	29
142	A combined training intervention programme increases lean mass in youths with Down syndrome. Research in Developmental Disabilities, 2011, 32, 2383-2388.	1.2	50
143	Prevalence of overweight and obesity in non-institutionalized people aged 65 or over from Spain: the elderly EXERNET multi-centre study. Obesity Reviews, 2011, 12, 583-592.	3.1	86
144	Normal mitochondrial function and increased fat oxidation capacity in leg and arm muscles in obese humans. International Journal of Obesity, 2011, 35, 99-108.	1.6	81

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145	Muscle mitochondrial capacity exceeds maximal oxygen delivery in humans. Mitochondrion, 2011, 11, 303-307.	1.6	126
146	Androgen receptor gene polymorphisms lean mass and performance in young men. British Journal of Sports Medicine, 2011, 45, 95-100.	3.1	16
147	Osteocalcin as a negative regulator of serum leptin concentration in humans: insight from triathlon competitions. European Journal of Applied Physiology, 2010, 110, 635-643.	1.2	13
148	Health-related physical fitness in children and adolescents with Down syndrome and response to training. Scandinavian Journal of Medicine and Science in Sports, 2010, 20, 716-724.	1.3	93
149	Leptin receptor 170 kDa (OBâ€R170) protein expression is reduced in obese human skeletal muscle: a potential mechanism of leptin resistance. Experimental Physiology, 2010, 95, 160-171.	0.9	47
150	Physical Fitness and Obesity Are Associated in a Dose-Dependent Manner in Children. Annals of Nutrition and Metabolism, 2010, 57, 251-259.	1.0	25
151	Human mitochondrial haplogroup H: The highest VO2max consumer â€“ Is it a paradox?. Mitochondrion, 2010, 10, 102-107.	1.6	114
152	Are substrate use during exercise and mitochondrial respiratory capacity decreased in arm and leg muscle in type 2 diabetes?. Diabetologia, 2009, 52, 1400-1408.	2.9	78
153	La obesidad infantil se puede reducir mejor mediante actividad fÃsica vigorosa que mediante restricciÃ³n calÃ³rica. Apunts Medicine De L'Esport, 2009, 44, 111-118.	0.5	7
154	Role of muscle mass on sprint performance: gender differences?. European Journal of Applied Physiology, 2008, 102, 685-694.	1.2	171
155	Look before you leap: on the issue of muscle mass assessment by dual-energy X-ray absorptiometry (reply to Jordan Robert Moon comments). European Journal of Applied Physiology, 2008, 104, 587-588.	1.2	6
156	Effects of weight lifting training combined with plyometric exercises on physical fitness, body composition, and knee extension velocity during kicking in football. Applied Physiology, Nutrition and Metabolism, 2008, 33, 501-510.	0.9	73
157	Physical Activity, Sedentary Index, and Mental Disorders in the SUN Cohort Study. Medicine and Science in Sports and Exercise, 2008, 40, 827-834.	0.2	156
158	Artistic Versus Rhythmic Gymnastics: Effects on Bone and Muscle Mass in Young Girls. International Journal of Sports Medicine, 2007, 28, 386-393.	0.8	42
159	Adiposity, Physical Activity, and Physical Fitness Among Children From AragÃ³n, Spain. Obesity, 2007, 15, 1918-1924.	1.5	102
160	RelaciÃ³n entre la condiciÃ³n fÃsica cardiovascular y la distribuciÃ³n de grasa en niÃ±os y adolescentes. Apunts Medicine De L'Esport, 2006, 41, 7-14.	0.5	6
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