

Michał, Wilk

List of Publications by Year in descending order

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Version: 2024-02-01

82
papers

1,491
citations

331670

21
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434195

31
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86
all docs

86
docs citations

86
times ranked

828
citing authors

#	ARTICLE	IF	CITATIONS
1	Maximizing Muscle Hypertrophy: A Systematic Review of Advanced Resistance Training Techniques and Methods. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4897.	2.6	120
2	A systematic review of surface electromyography analyses of the bench press movement task. <i>PLoS ONE</i> , 2017, 12, e0171632.	2.5	80
3	Does Tempo of Resistance Exercise Impact Training Volume?. <i>Journal of Human Kinetics</i> , 2018, 62, 241-250.	1.5	58
4	Inconsistency in the Ergogenic Effect of Caffeine in Athletes Who Regularly Consume Caffeine: Is It Due to the Disparity in the Criteria That Defines Habitual Caffeine Intake?. <i>Nutrients</i> , 2020, 12, 1087.	4.1	54
5	The Effects of the Movement Tempo on the One-Repetition Maximum Bench Press Results. <i>Journal of Human Kinetics</i> , 2020, 72, 151-159.	1.5	51
6	The Effects of High Doses of Caffeine on Maximal Strength and Muscular Endurance in Athletes Habituated to Caffeine. <i>Nutrients</i> , 2019, 11, 1912.	4.1	40
7	Does Eccentric-only and Concentric-only Activation Increase Power Output?. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 484-489.	0.4	38
8	The Influence of Movement Tempo During Resistance Training on Muscular Strength and Hypertrophy Responses: A Review. <i>Sports Medicine</i> , 2021, 51, 1629-1650.	6.5	34
9	Optimizing Half Squat Postactivation Potential Load in Squat Jump Training for Eliciting Relative Maximal Power in Ski Jumpers. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 3010-3017.	2.1	33
10	The Effects of Plyometric Conditioning on Post-Activation Bench Press Performance. <i>Journal of Human Kinetics</i> , 2020, 74, 99-108.	1.5	33
11	Technical and Training Related Aspects of Resistance Training Using Blood Flow Restriction in Competitive Sport - A Review. <i>Journal of Human Kinetics</i> , 2018, 65, 249-260.	1.5	32
12	Post-activation Performance Enhancement in the Bench Press Throw: A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2020, 11, 598628.	2.8	32
13	Short-Term Blood Flow Restriction Increases Power Output and Bar Velocity During the Bench Press. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2082-2088.	2.1	31
14	Impact of Duration of Eccentric Movement in the One-Repetition Maximum Test Result in the Bench Press among Women. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 317-322.	1.6	31
15	The Influence of Grip Width on Training Volume During the Bench Press with Different Movement Tempos. <i>Journal of Human Kinetics</i> , 2019, 68, 49-57.	1.5	30
16	The Acute Effects of External Compression With Blood Flow Restriction on Maximal Strength and Strength-Endurance Performance of the Upper Limbs. <i>Frontiers in Physiology</i> , 2020, 11, 567.	2.8	29
17	The Acute Effect of Various Doses of Caffeine on Power Output and Velocity during the Bench Press Exercise among Athletes Habitually Using Caffeine. <i>Nutrients</i> , 2019, 11, 1465.	4.1	28
18	The Influence of Movement Tempo on Acute Neuromuscular, Hormonal, and Mechanical Responses to Resistance Exercise—A Mini Review. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2369-2383.	2.1	27

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19	The acute effects of caffeine intake on time under tension and power generated during the bench press movement. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 8.	3.9	26
20	Acute Caffeine Intake Enhances Mean Power Output and Bar Velocity during the Bench Press Throw in Athletes Habituated to Caffeine. <i>Nutrients</i> , 2020, 12, 406.	4.1	25
21	Can Post-Activation Performance Enhancement (PAPE) Improve Resistance Training Volume during the Bench Press Exercise?. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2554.	2.6	24
22	Muscular activity patterns of female and male athletes during the flat bench press. <i>Biology of Sport</i> , 2018, 35, 175-179.	3.2	23
23	The effects of different doses of caffeine on maximal strength and strengthâ€endurance in women habituated to caffeine. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 25.	3.9	23
24	A New Approach to EMG Analysis of Closed-Circuit Movements Such as the Flat Bench Press. <i>Sports</i> , 2018, 6, 27.	1.7	22
25	A comparison of muscle activity of the dominant and non-dominant side of the body during low versus high loaded bench press exercise performed to muscular failure. <i>Journal of Electromyography and Kinesiology</i> , 2021, 56, 102513.	1.7	22
26	Physiological responses to different neuromuscular movement task during eccentric bench press. <i>Neuroendocrinology Letters</i> , 2018, 39, 26-32.	0.2	22
27	The effects of resistance training experience on movement characteristics in the bench press exercise. <i>Biology of Sport</i> , 2020, 37, 79-83.	3.2	21
28	Playersâ€™ physical performance in LaLiga when the competition resumes after COVID-19: insights from previous seasons. <i>Biology of Sport</i> , 2021, 38, 3-7.	3.2	21
29	The Effects of Eccentric Cadence on Power and Velocity of the Bar during the Concentric Phase of the Bench Press Movement. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 191-197.	1.6	20
30	Changes of Power Output and Velocity During Successive Sets of the Bench Press With Different Duration of Eccentric Movement. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 162-167.	2.3	19
31	The Acute Impact of External Compression on Back Squat Performance in Competitive Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4674.	2.6	19
32	Effects of Resistance Training to Muscle Failure on Acute Fatigue: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2022, 52, 1103-1125.	6.5	18
33	Neuromuscular Control During the Bench Press Movement in an Elite Disabled and Able-Bodied Athlete. <i>Journal of Human Kinetics</i> , 2017, 60, 209-215.	1.5	17
34	Postactivation Performance Enhancement of Concentric Bench Press Throw After Eccentric-Only Conditioning Exercise. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	2.1	17
35	Effects of Resistance Training Performed with Different Loads in Untrained and Trained Male Adult Individuals on Maximal Strength and Muscle Hypertrophy: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11237.	2.6	16
36	Does Post-Activation Performance Enhancement Occur during the Bench Press Exercise under Blood Flow Restriction?. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3752.	2.6	15

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37	Acute Effects of Continuous and Intermittent Blood Flow Restriction on Movement Velocity During Bench Press Exercise Against Different Loads. <i>Frontiers in Physiology</i> , 2020, 11, 569915.	2.8	14
38	A Comparison of Muscle Activity Between the Cambered and Standard Bar During the Bench Press Exercise. <i>Frontiers in Physiology</i> , 2020, 11, 875.	2.8	14
39	In Vitro Investigations of Acetohexamide Binding to Glycated Serum Albumin in the Presence of Fatty Acid. <i>Molecules</i> , 2020, 25, 2340.	3.8	14
40	Effects of acute ingestion of caffeinated chewing gum on performance in elite judo athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 49.	3.9	13
41	Speed and power-related gene polymorphisms associated with playing position in elite soccer players. <i>Biology of Sport</i> , 2022, 39, 355-366.	3.2	13
42	Acute Effects of High Doses of Caffeine on Bar Velocity during the Bench Press Throw in Athletes Habituated to Caffeine: A Randomized, Double-Blind and Crossover Study. <i>Journal of Clinical Medicine</i> , 2021, 10, 4380.	2.4	12
43	Endocrine responses following exhaustive strength exercise with and without the use of protein and protein-carbohydrate supplements. <i>Biology of Sport</i> , 2018, 35, 399-405.	3.2	11
44	Caffeine Increases Muscle Performance During a Bench Press Training Session. <i>Journal of Human Kinetics</i> , 2020, 74, 185-193.	1.5	11
45	Associations Between the Dopamine D4 Receptor Gene Polymorphisms and Personality Traits in Elite Athletes. <i>Biology of Sport</i> , 2019, 36, 365-372.	3.2	10
46	The influence of compressive gear on maximal load lifted in competitive powerlifting.. <i>Biology of Sport</i> , 2020, 37, 437-441.	3.2	10
47	The effect of targeted resistance training on bench press performance and the alternation of prime mover muscle activation patterns. <i>Sports Biomechanics</i> , 2022, 21, 1262-1276.	1.6	10
48	Effects of Acute Caffeine Intake on Power Output and Movement Velocity During a Multiple-Set Bench Press Exercise Among Mild Caffeine Users. <i>Journal of Human Kinetics</i> , 2021, 78, 219-228.	1.5	10
49	Does blood flow restriction influence the maximal number of repetitions performed during the bench press? A pilot study. <i>Baltic Journal of Health and Physical Activity</i> , 0, , 9-17.	0.5	10
50	Acute Effects of Different Intensities during Bench Press Exercise on the Mechanical Properties of Triceps Brachii Long Head. <i>Applied Sciences (Switzerland)</i> , 2022, 12, 3197.	2.5	9
51	Matrix Metalloproteinase Genes (MMP1, MMP10, MMP12) on Chromosome 11q22 and the Risk of Non-Contact Anterior Cruciate Ligament Ruptures. <i>Genes</i> , 2020, 11, 766.	2.4	8
52	Contrast Tempo of Movement and Its Effect on Power Output and Bar Velocity During Resistance Exercise. <i>Frontiers in Physiology</i> , 2020, 11, 629199.	2.8	8
53	Impact of Ischemic Intra-Conditioning on Power Output and Bar Velocity of the Upper Limbs. <i>Frontiers in Physiology</i> , 2021, 12, 626915.	2.8	8
54	Changes in EMG and movement velocity during a set to failure against different loads in the bench press exercise. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 2071-2082.	2.9	8

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55	Genetics of Muscle Stiffness, Muscle Elasticity and Explosive Strength. <i>Journal of Human Kinetics</i> , 2020, 74, 143-159.	1.5	8
56	Myoelectric Activity and Fatigue in Low-Load Resistance Exercise With Different Pressure of Blood Flow Restriction: A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2021, 12, 786752.	2.8	8
57	Effects of growth hormone and testosterone therapy on aerobic and anaerobic fitness, body composition and lipoprotein profile in middle-aged men. <i>Annals of Agricultural and Environmental Medicine</i> , 2014, 21, 156-60.	1.0	8
58	Significant Predictors of Sports Performance in Elite Men Judo Athletes Based on Multidimensional Regression Models. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8192.	2.6	7
59	Acute effects of two caffeine doses on bar velocity during the bench press exercise among women habituated to caffeine: a randomized, crossover, double-blind study involving control and placebo conditions. <i>European Journal of Nutrition</i> , 2021, , 1.	3.9	7
60	Endocrine response to high intensity barbell squats performed with constant movement tempo and variable training volume. <i>Neuroendocrinology Letters</i> , 2018, 39, 342-348.	0.2	7
61	Preliminary Research towards Acute Effects of Different Doses of Caffeine on Strengthâ€“Power Performance in Highly Trained Judo Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 2868.	2.6	7
62	Can the Cambered Bar Enhance Acute Performance in the Bench Press Exercise?. <i>Frontiers in Physiology</i> , 2020, 11, 577400.	2.8	6
63	Fast Eccentric Movement Tempo Elicits Higher Physiological Responses than Medium Eccentric Tempo in Ice-Hockey Players. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 7694.	2.6	6
64	Placebo Effect of Caffeine on Maximal Strength and Strength Endurance in Healthy Recreationally Trained Women Habituated to Caffeine. <i>Nutrients</i> , 2020, 12, 3813.	4.1	5
65	Acute Effects of Different Blood Flow Restriction Protocols on Bar Velocity During the Squat Exercise. <i>Frontiers in Physiology</i> , 2021, 12, 652896.	2.8	5
66	Range of motion of resistance exercise affects the number of performed repetitions but not a time under tension. <i>Scientific Reports</i> , 2021, 11, 14847.	3.3	5
67	The Effects of Ischemia During Rest Intervals on Bar Velocity in the Bench Press Exercise With Different External Loads. <i>Frontiers in Physiology</i> , 2021, 12, 715096.	2.8	5
68	Effect of grip width on exercise volume in bench press with a controlled movement tempo in women. <i>Baltic Journal of Health and Physical Activity</i> , 2019, 11, 11-18.	0.5	5
69	Modelling analysis and prediction of women javelin throw results in the years 1946 â€“ 2013. <i>Biology of Sport</i> , 2015, 32, 345-350.	3.2	5
70	Ischemia during rest intervals between sets prevents decreases in fatigue during the explosive squat exercise: a randomized, crossover study. <i>Scientific Reports</i> , 2022, 12, 5922.	3.3	5
71	Acute impact of blood flow restriction on strength-endurance performance during the bench press exercise. <i>Biology of Sport</i> , 2021, 38, 653-658.	3.2	4
72	The Effects of Plyometric Conditioning Exercises on Volleyball Performance with Self-Selected Rest Intervals. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 8329.	2.5	4

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73	Changes in Bar Velocity and Muscular Activity During the Bench Press in Relation to the Load Lifted. Central European Journal of Sport Sciences and Medicine, 2015, 11, 95-101.	0.1	4
74	Relationships Between the Expression of the ACTN3 Gene and Explosive Power of Soccer Players. Journal of Human Kinetics, 2019, 69, 79-87.	1.5	4
75	Impact of the "Sling Shot" Supportive Device on Upper-Body Neuromuscular Activity during the Bench Press Exercise. International Journal of Environmental Research and Public Health, 2020, 17, 7695.	2.6	3
76	The slow exercise tempo during conventional squat elicits higher glycolytic and muscle damage but not the endocrine response. Neuroendocrinology Letters, 2021, 41, 301-307.	0.2	3
77	The Effects of High Mineral Alkaline Water Consumed over Three Consecutive Days on Reaction Time Following Anaerobic Exercise " A Randomized Placebo" Controlled Crossover Pilot Study. Journal of Human Kinetics, 2021, 78, 111-119.	1.5	2
78	Impact of movement tempo on bar velocity and time under tension in resistance exercises with different external loads. Biology of Sport, 0, , .	3.2	2
79	Impact of Movement Tempo Distribution on Bar Velocity During a Multi-Set Bench Press Exercise. Journal of Human Kinetics, 2021, 80, 277-285.	1.5	2
80	AMPD1 C34T Polymorphism (rs17602729) Is Not Associated with Post-Exercise Changes of Body Weight, Body Composition, and Biochemical Parameters in Caucasian Females. Genes, 2020, 11, 558.	2.4	1
81	Endocrine Responses to Physical Training and Tribulus Terrestris Supplementation in Middle-Age Men. Central European Journal of Sport Sciences and Medicine, 2016, 13, 65-71.	0.1	1
82	Effect of kinaesthetic differentiation of the in-run position on jump length in Polish national ski jumpers. Baltic Journal of Health and Physical Activity, 0, , 182-188.	0.5	0