MichaÅ, Wilk

List of Publications by Year
in descending order

82	1,491	331670 21	434195 31
papers	citations	h-index	g-index

86	86	86	828
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	The effect of targeted resistance training on bench press performance and the alternation of prime mover muscle activation patterns. Sports Biomechanics, 2022, 21, 1262-1276.	1.6	10
2	Speed and power-related gene polymorphisms associated with playing position in elite soccer players. Biology of Sport, 2022, 39, 355-366.	3.2	13
3	Short-Term Blood Flow Restriction Increases Power Output and Bar Velocity During the Bench Press. Journal of Strength and Conditioning Research, 2022, 36, 2082-2088.	2.1	31
4	Effects of Resistance Training to Muscle Failure on Acute Fatigue: A Systematic Review and Meta-Analysis. Sports Medicine, 2022, 52, 1103-1125.	6.5	18
5	Acute Effects of Different Intensities during Bench Press Exercise on the Mechanical Properties of Triceps Brachii Long Head. Applied Sciences (Switzerland), 2022, 12, 3197.	2.5	9
6	Preliminary Research towards Acute Effects of Different Doses of Caffeine on Strengthâ€“Power Performance in Highly Trained Judo Athletes. International Journal of Environmental Research and Public Health, 2022, 19, 2868.	2.6	7
7	Ischemia during rest intervals between sets prevents decreases in fatigue during the explosive squat exercise: a randomized, crossover study. Scientific Reports, 2022, 12, 5922.	3.3	5
8	Playersâ€™ physical performance in LaLiga when the competition resumes after COVID-19: insights from previous seasons. Biology of Sport, 2021, 38, 3-7.	3.2	21
9	Acute impact of blood flow restriction on strength-endurance performance during the bench press exercise. Biology of Sport, 2021, 38, 653-658.	3.2	4
10	Impact of Ischemic Intra-Conditioning on Power Output and Bar Velocity of the Upper Limbs. Frontiers in Physiology, 2021, 12, 626915.	2.8	8
11	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. Journal of Electromyography and Kinesiology, 2021, 56, 102513.	1.7	22
12	The effects of different doses of caffeine on maximal strength and strengthâ€endurance in women habituated to caffeine. Journal of the International Society of Sports Nutrition, 2021, 18, 25.	3.9	23
13	The Effects of High Mineral Alkaline Water Consumed over Three Consecutive Days on Reaction Time Following Anaerobic Exercise â€“ A Randomized Placeboâ€Controlled Crossover Pilot Study. Journal of Human Kinetics, 2021, 78, 111-119.	1.5	2
14	Effects of Acute Caffeine Intake on Power Output and Movement Velocity During a Multiple-Set Bench Press Exercise Among Mild Caffeine Users. Journal of Human Kinetics, 2021, 78, 219-228.	1.5	10
15	The Influence of Movement Tempo During Resistance Training on Muscular Strength and Hypertrophy Responses: A Review. Sports Medicine, 2021, 51, 1629-1650.	6.5	34
16	Acute Effects of Different Blood Flow Restriction Protocols on Bar Velocity During the Squat Exercise. Frontiers in Physiology, 2021, 12, 652896.	2.8	5
17	Effects of acute ingestion of caffeinated chewing gum on performance in elite judo athletes. Journal of the International Society of Sports Nutrition, 2021, 18, 49.	3.9	13
18	Fast Eccentric Movement Tempo Elicits Higher Physiological Responses than Medium Eccentric Tempo in Ice-Hockey Players. International Journal of Environmental Research and Public Health, 2021, 18, 7694.	2.6	6

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19	Range of motion of resistance exercise affects the number of performed repetitions but not a time under tension. Scientific Reports, 2021, 11, 14847.	3.3	5
20	The Effects of Ischemia During Rest Intervals on Bar Velocity in the Bench Press Exercise With Different External Loads. Frontiers in Physiology, 2021, 12, 715096.	2.8	5
21	Changes in EMG and movement velocity during a set to failure against different loads in the bench press exercise. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 2071-2082.	2.9	8
22	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. Journal of Clinical Medicine, 2021, 10, 4380.	2.4	12
23	The Effects of Plyometric Conditioning Exercises on Volleyball Performance with Self-Selected Rest Intervals. Applied Sciences (Switzerland), 2021, 11, 8329.	2.5	4
24	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. European Journal of Nutrition, 2021, , 1.	3.9	7
25	Effects of Resistance Training Performed with Different Loads in Untrained and Trained Male Adult Individuals on Maximal Strength and Muscle Hypertrophy: A Systematic Review. International Journal of Environmental Research and Public Health, 2021, 18, 11237.	2.6	16
26	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
27	Myoelectric Activity and Fatigue in Low-Load Resistance Exercise With Different Pressure of Blood Flow Restriction: A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2021, 12, 786752.	2.8	8
28	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
29	Changes of Power Output and Velocity During Successive Sets of the Bench Press With Different Duration of Eccentric Movement. International Journal of Sports Physiology and Performance, 2020, 15, 162-167.	2.3	19
30	Does Eccentric-only and Concentric-only Activation Increase Power Output?. Medicine and Science in Sports and Exercise, 2020, 52, 484-489.	0.4	38
31	Matrix Metalloproteinase Genes (MMP1, MMP10, MMP12) on Chromosome 11q22 and the Risk of Non-Contact Anterior Cruciate Ligament Ruptures. Genes, 2020, 11, 766.	2.4	8
32	Significant Predictors of Sports Performance in Elite Men Judo Athletes Based on Multidimensional Regression Models. International Journal of Environmental Research and Public Health, 2020, 17, 8192.	2.6	7
33	The influence of compressive gear on maximal load lifted in competitive powerlifting.. Biology of Sport, 2020, 37, 437-441.	3.2	10
34	Acute Effects of Continuous and Intermittent Blood Flow Restriction on Movement Velocity During Bench Press Exercise Against Different Loads. Frontiers in Physiology, 2020, 11, 569915.	2.8	14
35	The Influence of Movement Tempo on Acute Neuromuscular, Hormonal, and Mechanical Responses to Resistance Exerciseâ€"A Mini Review. Journal of Strength and Conditioning Research, 2020, 34, 2369-2383.	2.1	27
36	A Comparison of Muscle Activity Between the Cambered and Standard Bar During the Bench Press Exercise. Frontiers in Physiology, 2020, 11, 875.	2.8	14

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37	Impact of the â€œSling Shotâ€•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
38	Placebo Effect of Caffeine on Maximal Strength and Strength Endurance in Healthy Recreationally Trained Women Habituated to Caffeine. Nutrients, 2020, 12, 3813.	4.1	5
39	Can the Cambered Bar Enhance Acute Performance in the Bench Press Exercise?. Frontiers in Physiology, 2020, 11, 577400.	2.8	6
40	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
41	In Vitro Investigations of Acetohexamide Binding to Glycated Serum Albumin in the Presence of Fatty Acid. Molecules, 2020, 25, 2340.	3.8	14
42	Does Post-Activation Performance Enhancement Occur during the Bench Press Exercise under Blood Flow Restriction?. International Journal of Environmental Research and Public Health, 2020, 17, 3752.	2.6	15
43	The Acute Effects of External Compression With Blood Flow Restriction on Maximal Strength and Strength-Endurance Performance of the Upper Limbs. Frontiers in Physiology, 2020, 11, 567.	2.8	29
44	The effects of resistance training experience on movement characteristics in the bench press exercise. Biology of Sport, 2020, 37, 79-83.	3.2	21
45	The Acute Impact of External Compression on Back Squat Performance in Competitive Athletes. International Journal of Environmental Research and Public Health, 2020, 17, 4674.	2.6	19
46	Acute Caffeine Intake Enhances Mean Power Output and Bar Velocity during the Bench Press Throw in Athletes Habituated to Caffeine. Nutrients, 2020, 12, 406.	4.1	25
47	Can Post-Activation Performance Enhancement (PAPE) Improve Resistance Training Volume during the Bench Press Exercise?. International Journal of Environmental Research and Public Health, 2020, 17, 2554.	2.6	24
48	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?. Nutrients, 2020, 12, 1087.	4.1	54
49	Contrast Tempo of Movement and Its Effect on Power Output and Bar Velocity During Resistance Exercise. Frontiers in Physiology, 2020, 11, 629199.	2.8	8
50	Post-activation Performance Enhancement in the Bench Press Throw: A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2020, 11, 598628.	2.8	32
51	Postactivation Performance Enhancement of Concentric Bench Press Throw After Eccentric-Only Conditioning Exercise. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	2.1	17
52	The Effects of the Movement Tempo on the One-Repetition Maximum Bench Press Results. Journal of Human Kinetics, 2020, 72, 151-159.	1.5	51
53	The Effects of Plyometric Conditioning on Post-Activation Bench Press Performance. Journal of Human Kinetics, 2020, 74, 99-108.	1.5	33
54	Caffeine Increases Muscle Performance During a Bench Press Training Session. Journal of Human Kinetics, 2020, 74, 185-193.	1.5	11

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55	Genetics of Muscle Stiffness, Muscle Elasticity and Explosive Strength. Journal of Human Kinetics, 2020, 74, 143-159.	1.5	8
56	Impact of Duration of Eccentric Movement in the One-Repetition Maximum Test Result in the Bench Press among Women. Journal of Sports Science and Medicine, 2020, 19, 317-322.	1.6	31
57	The Effects of High Doses of Caffeine on Maximal Strength and Muscular Endurance in Athletes Habituated to Caffeine. Nutrients, 2019, 11, 1912.	4.1	40
58	The Acute Effect of Various Doses of Caffeine on Power Output and Velocity during the Bench Press Exercise among Athletes Habitually Using Caffeine. Nutrients, 2019, 11, 1465.	4.1	28
59	The acute effects of caffeine intake on time under tension and power generated during the bench press movement. Journal of the International Society of Sports Nutrition, 2019, 16, 8.	3.9	26
60	Associations Between the Dopamine D4 Receptor Gene Polymorphisms and Personality Traits in Elite Athletes. Biology of Sport, 2019, 36, 365-372.	3.2	10
61	Maximizing Muscle Hypertrophy: A Systematic Review of Advanced Resistance Training Techniques and Methods. International Journal of Environmental Research and Public Health, 2019, 16, 4897.	2.6	120
62	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
63	The Influence of Grip Width on Training Volume During the Bench Press with Different Movement Tempos. Journal of Human Kinetics, 2019, 68, 49-57.	1.5	30
64	Effect of grip width on exercise volume in bench press with a controlled movement tempo in women. Baltic Journal of Health and Physical Activity, 2019, 11, 11-18.	0.5	5
65	The Effects of Eccentric Cadence on Power and Velocity of the Bar during the Concentric Phase of the Bench Press Movement. Journal of Sports Science and Medicine, 2019, 18, 191-197.	1.6	20
66	Endocrine responses following exhaustive strength exercise with and without the use of protein and protein-carbohydrate supplements. Biology of Sport, 2018, 35, 399-405.	3.2	11
67	Technical and Training Related Aspects of Resistance Training Using Blood Flow Restriction in Competitive Sport - A Review. Journal of Human Kinetics, 2018, 65, 249-260.	1.5	32
68	Muscular activity patterns of female and male athletes during the flat bench press. Biology of Sport, 2018, 35, 175-179.	3.2	23
69	Does Tempo of Resistance Exercise Impact Training Volume?. Journal of Human Kinetics, 2018, 62, 241-250.	1.5	58
70	A New Approach to EMG Analysis of Closed-Circuit Movements Such as the Flat Bench Press. Sports, 2018, 6, 27.	1.7	22
71	Physiological responses to different neuromuscular movement task during eccentric bench press. Neuroendocrinology Letters, 2018, 39, 26-32.	0.2	22
72	Endocrine response to high intensity barbell squats performed with constant movement tempo and variable training volume. Neuroendocrinology Letters, 2018, 39, 342-348.	0.2	7

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73	Optimizing Half Squat Postactivation Potential Load in Squat Jump Training for Eliciting Relative Maximal Power in Ski Jumpers. Journal of Strength and Conditioning Research, 2017, 31, 3010-3017.	2.1	33
74	Neuromuscular Control During the Bench Press Movement in an Elite Disabled and Able-Bodied Athlete. Journal of Human Kinetics, 2017, 60, 209-215.	1.5	17
75	A systematic review of surface electromyography analyses of the bench press movement task. PLoS ONE, 2017, 12, e0171632.	2.5	80
76	Endocrine Responses to Physical Training and Tribulus Terrestris Supplememtation in Middle-Age Men. Central European Journal of Sport Sciences and Medicine, 2016, 13, 65-71.	0.1	1
77	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
78	Modelling analysis and prediction of women javelin throw results in the years 1946 â€“ 2013. Biology of Sport, 2015, 32, 345-350.	3.2	5
79	Effects of growth hormone and testosterone therapy on aerobic and anaerobic fitness, body composition and lipoprotein profile in middle-aged men. Annals of Agricultural and Environmental Medicine, 2014, 21, 156-60.	1.0	8
80	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
81	Does blood flow restriction influence the maximal number of repetitions performed during the bench press? A pilot study. Baltic Journal of Health and Physical Activity, 0, , 9-17.	0.5	10
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