

Alejandro Lucia

List of Publications by Year in descending order

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Version: 2024-02-01

628
papers

28,194
citations

9234

74
h-index

11288

136
g-index

639
all docs

639
docs citations

639
times ranked

28218
citing authors

#	ARTICLE	IF	CITATIONS
1	American College of Sports Medicine Roundtable on Exercise Guidelines for Cancer Survivors. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1409-1426.	0.2	2,203
2	Chronic inflammation in the etiology of disease across the life span. <i>Nature Medicine</i> , 2019, 25, 1822-1832.	15.2	2,195
3	Epidemiology of coronary heart disease and acute coronary syndrome. <i>Annals of Translational Medicine</i> , 2016, 4, 256-256.	0.7	789
4	Exercise is the Real Polypill. <i>Physiology</i> , 2013, 28, 330-358.	1.6	486
5	Exercise benefits in cardiovascular disease: beyond attenuation of traditional risk factors. <i>Nature Reviews Cardiology</i> , 2018, 15, 731-743.	6.1	449
6	Effects and moderators of exercise on quality of life and physical function in patients with cancer: An individual patient data meta-analysis of 34 RCTs. <i>Cancer Treatment Reviews</i> , 2017, 52, 91-104.	3.4	398
7	Healthspan and lifespan extension by fecal microbiota transplantation into progeroid mice. <i>Nature Medicine</i> , 2019, 25, 1234-1242.	15.2	352
8	Effect of Exercise Intervention on Functional Decline in Very Elderly Patients During Acute Hospitalization. <i>JAMA Internal Medicine</i> , 2019, 179, 28.	2.6	288
9	A Conceptual Framework for Performance Diagnosis and Training Prescription from Submaximal Gas Exchange Parameters - Theory and Application. <i>International Journal of Sports Medicine</i> , 2005, 26, S38-S48.	2.7	282
10	Exercise Attenuates the Major Hallmarks of Aging. <i>Rejuvenation Research</i> , 2015, 18, 57-89.	0.9	275
11	Actigraph GT3X: Validation and Determination of Physical Activity Intensity Cut Points. <i>International Journal of Sports Medicine</i> , 2013, 34, 975-982.	0.8	269
12	Saliva Composition and Exercise. <i>Sports Medicine</i> , 1998, 26, 17-27.	3.1	259
13	Heart rate and performance parameters in elite cyclists: a longitudinal study.. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1777-1782.	0.2	222
14	Cancer-related fatigue: can exercise physiology assist oncologists?. <i>Lancet Oncology</i> , The, 2003, 4, 616-625.	5.1	210
15	A Path Toward Precision Medicine for Neuroinflammatory Mechanisms in Alzheimer's Disease. <i>Frontiers in Immunology</i> , 2020, 11, 456.	2.2	201
16	McArdle disease: what do neurologists need to know?. <i>Nature Clinical Practice Neurology</i> , 2008, 4, 568-577.	2.7	195
17	How Do Endurance Runners Actually Train? Relationship with Competition Performance. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 496-504.	0.2	186
18	Physiology of Professional Road Cycling. <i>Sports Medicine</i> , 2001, 31, 325-337.	3.1	180

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19	Tour de France versus Vuelta a España: Which Is Harder?. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 872-878.	0.2	179
20	Physiological characteristics of the best Eritrean runners—exceptional running economy. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006, 31, 530-540.	0.9	166
21	Running Economy. <i>Sports Medicine</i> , 2007, 37, 316-319.	3.1	162
22	Genes for Elite Power and Sprint Performance: ACTN3 Leads the Way. <i>Sports Medicine</i> , 2013, 43, 803-817.	3.1	158
23	Effects of an Intra-hospital Exercise Program Intervention for Children with Leukemia. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 13-21.	0.2	153
24	Exercise benefits on Alzheimer's disease: State-of-the-science. <i>Ageing Research Reviews</i> , 2020, 62, 101108.	5.0	153
25	Combined Aerobic and Resistance Training in Breast Cancer Survivors: A Randomized, Controlled Pilot Trial. <i>International Journal of Sports Medicine</i> , 2006, 27, 573-580.	0.8	152
26	Exercise Training is Beneficial for Alzheimer's Patients. <i>International Journal of Sports Medicine</i> , 2008, 29, 845-850.	0.8	151
27	Large-scale GWAS identifies multiple loci for hand grip strength providing biological insights into muscular fitness. <i>Nature Communications</i> , 2017, 8, 16015.	5.8	149
28	Physiological Differences Between Professional and Elite Road Cyclists. <i>International Journal of Sports Medicine</i> , 1998, 19, 342-348.	0.8	145
29	Preferred pedalling cadence in professional cycling. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 1361-1366.	0.2	145
30	Technical variability of the GT3X accelerometer. <i>Medical Engineering and Physics</i> , 2012, 34, 787-790.	0.8	145
31	Short-Term, Light-to Moderate-Intensity Exercise Training Improves Leg Muscle Strength in the Oldest Old: A Randomized Controlled Trial. <i>Journal of the American Geriatrics Society</i> , 2011, 59, 594-602.	1.3	140
32	Non-Steroidal Anti-Inflammatory Drugs as a Treatment for Alzheimer's Disease: A Systematic Review and Meta-Analysis of Treatment Effect. <i>Drugs and Aging</i> , 2015, 32, 139-147.	1.3	140
33	Adipaging: ageing and obesity share biological hallmarks related to a dysfunctional adipose tissue. <i>Journal of Physiology</i> , 2016, 594, 3187-3207.	1.3	136
34	Impact of Training Intensity Distribution on Performance in Endurance Athletes. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 943.	1.0	135
35	Elite Athletes Live Longer Than the General Population: A Meta-Analysis. <i>Mayo Clinic Proceedings</i> , 2014, 89, 1195-1200.	1.4	133
36	Supervised Exercise-Based Intervention to Prevent Excessive Gestational Weight Gain: A Randomized Controlled Trial. <i>Mayo Clinic Proceedings</i> , 2013, 88, 1388-1397.	1.4	132

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37	Exercise during pregnancy and gestational diabetes-related adverse effects: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2013, 47, 630-636.	3.1	131
38	Is physical fitness decreased in survivors of childhood leukemia? A systematic review. <i>Leukemia</i> , 2005, 19, 13-17.	3.3	128
39	Lifestyle interventions for the prevention and treatment of hypertension. <i>Nature Reviews Cardiology</i> , 2021, 18, 251-275.	6.1	128
40	Exercise and the Hallmarks of Cancer. <i>Trends in Cancer</i> , 2017, 3, 423-441.	3.8	124
41	LARVICIDAL EFFECT OF EUCALYPTUS GRANDIS ESSENTIAL OIL AND TURPENTINE AND THEIR MAJOR COMPONENTS ON Aedes Aegypti LARVAE. <i>Journal of the American Mosquito Control Association</i> , 2007, 23, 299-303.	0.2	122
42	Analysis of the aerobic-anaerobic transition in elite cyclists during incremental exercise with the use of electromyography. <i>British Journal of Sports Medicine</i> , 1999, 33, 178-185.	3.1	118
43	PPARGC1A genotype (Gly482Ser) predicts exceptional endurance capacity in European men. <i>Journal of Applied Physiology</i> , 2005, 99, 344-348.	1.2	114
44	Genotypic and phenotypic features of McArdle disease: insights from the Spanish national registry. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2012, 83, 322-328.	0.9	114
45	Is there an optimum endurance polygenic profile?. <i>Journal of Physiology</i> , 2009, 587, 1527-1534.	1.3	113
46	Resistance exercise training during pregnancy and newborn's birth size: a randomised controlled trial. <i>International Journal of Obesity</i> , 2009, 33, 1048-1057.	1.6	113
47	Direct-to-consumer genetic testing for predicting sports performance and talent identification: Consensus statement. <i>British Journal of Sports Medicine</i> , 2015, 49, 1486-1491.	3.1	113
48	Reproductive function in male endurance athletes: sperm analysis and hormonal profile. <i>Journal of Applied Physiology</i> , 1996, 81, 2627-2636.	1.2	108
49	Exercise in adult and pediatric hematological cancer survivors: an intervention review. <i>Leukemia</i> , 2010, 24, 1113-1120.	3.3	108
50	Physical Activity and Alzheimer Disease: A Protective Association. <i>Mayo Clinic Proceedings</i> , 2016, 91, 999-1020.	1.4	108
51	ACTN3 R577X and ACE I/D gene variants influence performance in elite sprinters: a multi-cohort study. <i>BMC Genomics</i> , 2016, 17, 285.	1.2	106
52	The Importance of Physical Fitness In the Performance of Adequate Cardiopulmonary Resuscitation. <i>Chest</i> , 1999, 115, 158-164.	0.4	102
53	ACTN3 genotype in professional soccer players. <i>British Journal of Sports Medicine</i> , 2007, 42, 71-73.	3.1	101
54	Benefits of Intrahospital Exercise Training after Pediatric Bone Marrow Transplantation. <i>International Journal of Sports Medicine</i> , 2008, 29, 439-446.	0.8	99

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55	Genes and elite athletes: a roadmap for future research. <i>Journal of Physiology</i> , 2011, 589, 3063-3070.	1.3	96
56	No Evidence of a Common DNA Variant Profile Specific to World Class Endurance Athletes. <i>PLoS ONE</i> , 2016, 11, e0147330.	1.1	96
57	Athlome Project Consortium: a concerted effort to discover genomic and other "omic" markers of athletic performance. <i>Physiological Genomics</i> , 2016, 48, 183-190.	1.0	96
58	Pattern of developing the performance template. <i>British Journal of Sports Medicine</i> , 2009, 43, 765-769.	3.1	94
59	Independent and Combined Influence of the Components of Physical Fitness on Academic Performance in Youth. <i>Journal of Pediatrics</i> , 2014, 165, 306-312.e2.	0.9	94
60	Exercise during Hematopoietic Stem Cell Transplant Hospitalization in Children. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1045-1053.	0.2	93
61	ACTN3 Genotype in Professional Endurance Cyclists. <i>International Journal of Sports Medicine</i> , 2006, 27, 880-884.	0.8	92
62	Can we identify a power-oriented polygenic profile?. <i>Journal of Applied Physiology</i> , 2010, 108, 561-566.	1.2	92
63	Safety and Effectiveness of Long-Term Exercise Interventions in Older Adults: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , 2020, 50, 1095-1106.	3.1	91
64	Heart Rate Response to Professional Road Cycling: The Tour de France. <i>International Journal of Sports Medicine</i> , 2007, 20, 167-172.	0.8	90
65	Hormone levels of world class cyclists during the Tour of Spain stage race. <i>British Journal of Sports Medicine</i> , 2001, 35, 424-430.	3.1	89
66	Favorable Responses to Acute and Chronic Exercise in McArdle Patients. <i>Clinical Journal of Sport Medicine</i> , 2007, 17, 297-303.	0.9	85
67	Validity and Reliability of the Cosmed K2 Instrument. <i>International Journal of Sports Medicine</i> , 1993, 14, 380-386.	0.8	84
68	The two-hour marathon: who and when?. <i>Journal of Applied Physiology</i> , 2011, 110, 275-277.	1.2	84
69	Inverse relationship between VO2max and economy/efficiency in world-class cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 2079-84.	0.2	84
70	Benefits of aerobic or resistance training during pregnancy on maternal health and perinatal outcomes: A systematic review. <i>Early Human Development</i> , 2016, 94, 43-48.	0.8	83
71	Does exercise training during pregnancy affect gestational age? A randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2008, 42, 674-678.	3.1	82
72	Genomics of elite sporting performance: what little we know and necessary advances. <i>British Journal of Sports Medicine</i> , 2013, 47, 550-555.	3.1	81

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73	The mitochondrial-derived peptide <sc>MOTS</sc>: a player in exceptional longevity?. Aging Cell, 2015, 14, 921-923.	3.0	80
74	Physical Exercise in the Oldest Old. , 2019, 9, 1281-1304.		79
75	In Professional Road Cyclists, Low Pedaling Cadences Are Less Efficient. Medicine and Science in Sports and Exercise, 2004, 36, 1048-1054.	0.2	78
76	Metabolic and Neuromuscular Adaptations to Endurance Training in Professional Cyclists. A Longitudinal Study.. The Japanese Journal of Physiology, 2000, 50, 381-388.	0.9	77
77	Influence of Sex and Level on Marathon Pacing Strategy. Insights from the New York City Race. International Journal of Sports Medicine, 2014, 35, 933-938.	0.8	77
78	Frequency of the C34T mutation of the AMPD1 gene in world-class endurance athletes: does this mutation impair performance?. Journal of Applied Physiology, 2005, 98, 2108-2112.	1.2	76
79	Functional Capacity of Children with Leukemia. International Journal of Sports Medicine, 2008, 29, 163-167.	0.8	76
80	Genes and the ageing muscle: a review on genetic association studies. Age, 2013, 35, 207-233.	3.0	76
81	Exercise during pregnancy. A narrative review asking: what do we know?. British Journal of Sports Medicine, 2015, 49, 1377-1381.	3.1	76
82	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
83	The ACTN3 R577X Polymorphism across Three Groups of Elite Male European Athletes. PLoS ONE, 2012, 7, e43132.	1.1	75
84	Omics sciences for systems biology in Alzheimer's disease: State-of-the-art of the evidence. Ageing Research Reviews, 2021, 69, 101346.	5.0	74
85	Frequency of the V̇O ₂ max Plateau Phenomenon in World-Class Cyclists. International Journal of Sports Medicine, 2006, 27, 984-992.	0.8	73
86	The slow component of VO ₂ in professional cyclists. British Journal of Sports Medicine, 2000, 34, 367-374.	3.1	72
87	Heart Rate Response to Professional Road Cycling: The Tour de France. International Journal of Sports Medicine, 2007, 20, 167-172.	0.8	72
88	Serum Irisin Levels, Precocious Myocardial Infarction, and Healthy Exceptional Longevity. American Journal of Medicine, 2014, 127, 888-890.	0.6	72
89	Targeting Exercise Interventions to Patients With Cancer in Need: An Individual Patient Data Meta-Analysis. Journal of the National Cancer Institute, 2018, 110, 1190-1200.	3.0	72
90	Physiological Response to Professional Road Cycling: Climbers vs. Time Trialists. International Journal of Sports Medicine, 2000, 21, 505-512.	0.8	71

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91	World-class performance in lightweight rowing: is it genetically influenced? A comparison with cyclists, runners and non-athletes. <i>British Journal of Sports Medicine</i> , 2010, 44, 898-901.	3.1	71
92	Exercise as a Polypill for Chronic Diseases. <i>Progress in Molecular Biology and Translational Science</i> , 2015, 135, 497-526.	0.9	71
93	Exercise training in childhood cancer: A systematic review and meta-analysis of randomized controlled trials. <i>Cancer Treatment Reviews</i> , 2018, 70, 154-167.	3.4	71
94	Regulation of Energy Expenditure during Prolonged Athletic Competition. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 670-675.	0.2	69
95	Atrial fibrillation in highly trained endurance athletes "Description of a syndrome. <i>International Journal of Cardiology</i> , 2017, 226, 11-20.	0.8	69
96	Physical activity during treatment in children with leukemia: a pilot study. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006, 31, 407-413.	0.9	67
97	The K153R Polymorphism in the Myostatin Gene and Muscle Power Phenotypes in Young, Non-Athletic Men. <i>PLoS ONE</i> , 2011, 6, e16323.	1.1	67
98	Aerobic fitness is associated with lower risk of hospitalization in children with cystic fibrosis. <i>Pediatric Pulmonology</i> , 2014, 49, 641-649.	1.0	67
99	Physical Inactivity and Low Fitness Deserve More Attention to Alter Cancer Risk and Prognosis. <i>Cancer Prevention Research</i> , 2015, 8, 105-110.	0.7	67
100	Effects and moderators of exercise on muscle strength, muscle function and aerobic fitness in patients with cancer: a meta-analysis of individual patient data. <i>British Journal of Sports Medicine</i> , 2019, 53, 812-812.	3.1	67
101	ApoE gene and exceptional longevity: Insights from three independent cohorts. <i>Experimental Gerontology</i> , 2014, 53, 16-23.	1.2	66
102	McArdle Disease: Update of Reported Mutations and Polymorphisms in the <i>PYGM</i> Gene. <i>Human Mutation</i> , 2015, 36, 669-678.	1.1	66
103	Emulsions containing essential oils, their components or volatile semiochemicals as promising tools for insect pest and pathogen management. <i>Advances in Colloid and Interface Science</i> , 2021, 287, 102330.	7.0	65
104	EARLY-PHASE ADAPTATIONS TO INTRAHOSPITAL TRAINING IN STRENGTH AND FUNCTIONAL MOBILITY OF CHILDREN WITH LEUKEMIA. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 173-177.	1.0	64
105	Type of delivery is not affected by light resistance and toning exercise training during pregnancy: a randomized controlled trial. <i>American Journal of Obstetrics and Gynecology</i> , 2009, 201, 590.e1-590.e6.	0.7	64
106	Which laboratory variable is related with time trial performance time in the Tour de France?. <i>British Journal of Sports Medicine</i> , 2004, 38, 636-640.	3.1	63
107	Exercise Training and Cytokines in Breast Cancer Survivors. <i>International Journal of Sports Medicine</i> , 2011, 32, 461-467.	0.8	63
108	Exercise Intervention in Pediatric Patients with Solid Tumors. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 223-230.	0.2	63

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109	Essential Oils and Their Individual Components in Cosmetic Products. <i>Cosmetics</i> , 2021, 8, 114.	1.5	63
110	Effect of Warm-Up on Cycle Time Trial Performance. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 1608-1614.	0.2	62
111	Intrahospital Weight and Aerobic Training in Children with Cystic Fibrosis. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 2-11.	0.2	62
112	Short-term effects of marathon running: no evidence of cardiac dysfunction. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 1414.	0.2	61
113	Physical function and quality of life in patients with chronic GvHD: a summary of preclinical and clinical studies and a call for exercise intervention trials in patients. <i>Bone Marrow Transplantation</i> , 2016, 51, 13-26.	1.3	60
114	Exercise Reduces Ambulatory Blood Pressure in Patients With Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of the American Heart Association</i> , 2020, 9, e018487.	1.6	60
115	Effects of transcutaneous short-term electrical stimulation on M. vastus lateralis characteristics of healthy young men. <i>Pflugers Archiv European Journal of Physiology</i> , 2002, 443, 866-874.	1.3	58
116	Breathing pattern in highly competitive cyclists during incremental exercise. <i>European Journal of Applied Physiology</i> , 1999, 79, 512-521.	1.2	57
117	Yield, chemical composition, and bioactivity of essential oils from 12 species of <i>Eucalyptus</i> on <i>Aedes Aegypti</i> larvae. <i>Entomologia Experimentalis Et Applicata</i> , 2008, 129, 107-114.	0.7	57
118	Physical Activity and Pediatric Cancer Survivorship. <i>Recent Results in Cancer Research</i> , 2010, 186, 319-347.	1.8	57
119	Convergent validation of a questionnaire to assess the mode and frequency of commuting to and from school. <i>Scandinavian Journal of Public Health</i> , 2017, 45, 612-620.	1.2	57
120	Trace elements and electrolytes in human resting mixed saliva after exercise. <i>British Journal of Sports Medicine</i> , 1999, 33, 204-207.	3.1	56
121	Effects of exercise interventions on the functional status of acutely hospitalised older adults: A systematic review and meta-analysis. <i>Ageing Research Reviews</i> , 2020, 61, 101076.	5.0	56
122	Relation between physical exertion and heart rate variability characteristics in professional cyclists during the Tour of Spain. <i>British Journal of Sports Medicine</i> , 2004, 38, 568-575.	3.1	55
123	Does the polygenic profile determine the potential for becoming a world-class athlete? Insights from the sport of rowing. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, e188-94.	1.3	55
124	More than a "speed gene": ACTN3 R577X genotype, trainability, muscle damage, and the risk for injuries. <i>European Journal of Applied Physiology</i> , 2019, 119, 49-60.	1.2	55
125	A proposed molecular diagnostic flowchart for myophosphorylase deficiency (McArdle disease) in blood samples from Spanish patients. <i>Human Mutation</i> , 2007, 28, 203-204.	1.1	54
126	Objective assessment of sedentary time and physical activity throughout the week in adolescents with Down syndrome. The UP&DOWN study. <i>Research in Developmental Disabilities</i> , 2014, 35, 482-489.	1.2	54

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127	The Tour de France: a physiological review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2003, 13, 275-283.	1.3	53
128	Is there an Association between ACE and CKMM Polymorphisms and Cycling Performance Status during 3-Week Races?. <i>International Journal of Sports Medicine</i> , 2005, 26, 442-447.	0.8	53
129	Mobilisation of mesenchymal cells into blood in response to skeletal muscle injury. <i>British Journal of Sports Medicine</i> , 2006, 40, 719-722.	3.1	53
130	Interspecific hybridization of Eucalyptus as a potential tool to improve the bioactivity of essential oils against permethrin-resistant head lice from Argentina. <i>Bioresource Technology</i> , 2008, 99, 7341-7347.	4.8	53
131	The γ 786 T/C polymorphism of the NOS3 gene is associated with elite performance in power sports. <i>European Journal of Applied Physiology</i> , 2009, 107, 565-569.	1.2	53
132	Eucalyptus essential oil toxicity against permethrin-resistant <i>Pediculus humanus capitis</i> (Phthiraptera: Pediculidae). <i>Parasitology Research</i> , 2010, 106, 409-414.	0.6	53
133	Intermonitor Variability of GT3X Accelerometer. <i>International Journal of Sports Medicine</i> , 2012, 33, 994-999.	0.8	53
134	Benefits of combining inspiratory muscle with "whole muscle" training in children with cystic fibrosis: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2014, 48, 1513-1517.	3.1	53
135	Genotypic and phenotypic features of all Spanish patients with McArdle disease: a 2016 update. <i>BMC Genomics</i> , 2017, 18, 819.	1.2	53
136	Endurance Performance: Genes or Gene Combinations?. <i>International Journal of Sports Medicine</i> , 2009, 30, 66-72.	0.8	52
137	Sensitivity of <i>Aedes aegypti</i> adults (Diptera: Culicidae) to the vapors of Eucalyptus essential oils. <i>Bioresource Technology</i> , 2009, 100, 6083-6087.	4.8	52
138	Advances in Exercise, Fitness, and Performance Genomics in 2015. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1906-1916.	0.2	52
139	VO ₂ max during successive maximal efforts. <i>European Journal of Applied Physiology</i> , 2007, 102, 67-72.	1.2	51
140	<i>ACTN3</i> R577X polymorphism does not influence explosive leg muscle power in elite volleyball players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011, 21, e34-41.	1.3	51
141	Novel polymeric micelles for insect pest control: encapsulation of essential oil monoterpenes inside a triblock copolymer shell for head lice control. <i>PeerJ</i> , 2017, 5, e3171.	0.9	51
142	Immunolabelling, histochemistry and in situ hybridisation in human skeletal muscle fibres to detect myosin heavy chain expression at the protein and mRNA level. <i>Journal of Anatomy</i> , 2001, 199, 329-337.	0.9	50
143	Kinetics of $\dot{V}O_2$ in professional cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 320-325.	0.2	50
144	Is evolutionary loss our gain? The role of <i>ACTN3</i> p.Arg577Ter (R577X) genotype in athletic performance, ageing, and disease. <i>Human Mutation</i> , 2018, 39, 1774-1787.	1.1	50

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145	Physical strategies to prevent disuse-induced functional decline in the elderly. <i>Ageing Research Reviews</i> , 2018, 47, 80-88.	5.0	50
146	Supplements with purported effects on muscle mass and strength. <i>European Journal of Nutrition</i> , 2019, 58, 2983-3008.	1.8	50
147	Benefits of Exercise Training in Spanish Prison Inmates. <i>International Journal of Sports Medicine</i> , 2007, 28, 1046-1052.	0.8	49
148	Does Resistance Training Improve the Functional Capacity and Well Being of Very Young Anorexic Patients? A Randomized Controlled Trial. <i>Journal of Adolescent Health</i> , 2010, 46, 352-358.	1.2	49
149	Insecticidal Activity of Essential Oils From Eleven <i>Eucalyptus</i> spp. and Two Hybrids: Lethal and Sublethal Effects of Their Major Components on <i>Blattella germanica</i> . <i>Journal of Economic Entomology</i> , 2011, 104, 595-600.	0.8	49
150	Aerobic and Strength Training in Concomitant Metabolic Syndrome and Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 1293-1301.	0.2	49
151	Effects of a Commercial Herbal-Based Formula on Exercise Performance in Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 504-509.	0.2	48
152	Citius and longius (faster and longer) with no α -actinin-3 in skeletal muscles?. <i>British Journal of Sports Medicine</i> , 2007, 41, 616-617.	3.1	48
153	Effectiveness of Pyriproxyfen and Diflubenzuron Formulations as Larvicides Against <i>Aedes aegypti</i> . <i>Journal of the American Mosquito Control Association</i> , 2008, 24, 398-403.	0.2	48
154	Smoking Genes: A Genetic Association Study. <i>PLoS ONE</i> , 2011, 6, e26668.	1.1	48
155	Knock-in mice for the R50X mutation in the PYGM gene present with McArdle disease. <i>Brain</i> , 2012, 135, 2048-2057.	3.7	48
156	Exercise interventions in Alzheimer's disease: A systematic review and meta-analysis of randomized controlled trials. <i>Ageing Research Reviews</i> , 2021, 72, 101479.	5.0	48
157	Genomics of Elite Sporting Performance. <i>Advances in Genetics</i> , 2013, 84, 123-149.	0.8	47
158	Effects of Inspiratory Muscle Training on Exercise Capacity and Spontaneous Physical Activity in Elderly Subjects: a Randomized Controlled Pilot Trial. <i>International Journal of Sports Medicine</i> , 2007, 28, 1025-1029.	0.8	46
159	The C allele of the <i>AGT</i> Met235Thr polymorphism is associated with power sports performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 1108-1111.	0.9	46
160	Using Modeling to Understand How Athletes in Different Disciplines Solve the Same Problem: Swimming Versus Running Versus Speed Skating. <i>International Journal of Sports Physiology and Performance</i> , 2011, 6, 276-280.	1.1	46
161	The <i>ApoE</i> Gene Is Related with Exceptional Longevity: A Systematic Review and Meta-Analysis. <i>Rejuvenation Research</i> , 2015, 18, 3-13.	0.9	46
162	Mitochondrial biogenesis related endurance genotype score and sports performance in athletes. <i>Mitochondrion</i> , 2011, 11, 64-69.	1.6	45

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