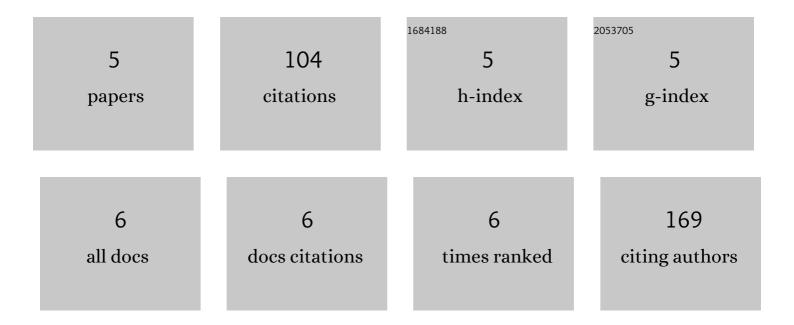
Sjur Johansen Ã~fsteng

List of Publications by Year in descending order

Source: https://exaly.com/author-pdf/3874735/publications.pdf

Version: 2024-02-01



#	Article	IF	CITATIONS
1	Benefits of higher resistanceâ€training volume are related to ribosome biogenesis. Journal of Physiology, 2020, 598, 543-565.	2.9	57
2	Ribosome accumulation during early phase resistance training in humans. Acta Physiologica, 2022, 235, e13806.	3.8	13
3	Adding vibration to highâ€intensity intervals increase time at high oxygen uptake in wellâ€trained cyclists. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2473-2480.	2.9	11
4	<p>Block periodization of endurance training – a systematic review and meta-analysis</p> . Open Access Journal of Sports Medicine, 2019, Volume 10, 145-160.	1.3	11
5	No effect of increasing protein intake during military exercise with severe energy deficit on body composition and performance. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 865-877.	2.9	11