

Sjur Johansen Åfsteng

List of Publications by Year in descending order

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

Version: 2024-02-01

5
papers

104
citations

1684188

5
h-index

2053705

5
g-index

6
all docs

6
docs citations

6
times ranked

169
citing authors

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