# Hans-Christer Holmberg

List of Publications by Year
in descending order



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|---|---|---|---|
| 224 papers | 7,508 citations | 41258 49 h-index | 88477 70 g-index |
| 228 all docs | 228 docs citations | 228 times ranked | 5357 citing authors |

| # | Article | IF | Citations |
|---|---|---|---|
| 1 | Biomechanical Analysis of Double Poling in Elite Cross-Country Skiers. Medicine and Science in Sports and Exercise, 2005, 37, 807-818. | 0.2 | 231 |
| 2 | Maximal muscular vascular conductances during whole body upright exercise in humans. Journal of Physiology, 2004, 558, 319-331. | 1.3 | 162 |
| 3 | Role of glycogen availability in sarcoplasmic reticulum Ca<sup>2+</sup> kinetics in human skeletal muscle. Journal of Physiology, 2011, 589, 711-725. | 1.3 | 159 |
| 4 | Plasticity in mitochondrial cristae density allows metabolic capacity modulation in human skeletal muscle. Journal of Physiology, 2017, 595, 2839-2847. | 1.3 | 153 |
| 5 | Physiological Capacity and Training Routines of Elite Cross-Country Skiers: Approaching the Upper Limits of Human Endurance. International Journal of Sports Physiology and Performance, 2017, 12, 1003-1011. | 1.1 | 142 |
| 6 | Analysis of sprint cross-country skiing using a differential global navigation satellite system. European Journal of Applied Physiology, 2010, 110, 585-595. | 1.2 | 136 |
| 7 | Bringing Light into the Dark: Effects of Compression Clothing on Performance and Recovery. International Journal of Sports Physiology and Performance, 2013, 8, 4-18. | 1.1 | 116 |
| 8 | Metabolic rate and gross efficiency at high work rates in world class and national level sprint skiers. European Journal of Applied Physiology, 2010, 109, 473-481. | 1.2 | 114 |
| 9 | Comparison of Non-Invasive Individual Monitoring of the Training and Health of Athletes with Commercially Available Wearable Technologies. Frontiers in Physiology, 2016, 7, 71. | 1.3 | 110 |
| 10 | The physiology of worldâ€class sprint skiers. Scandinavian Journal of Medicine and Science in Sports, 2011, 21, e9-16. | 1.3 | 106 |
| 11 | A Reappraisal of Success Factors for Olympic Cross-Country Skiing. International Journal of Sports Physiology and Performance, 2014, 9, 117-121. | 1.1 | 106 |
| 12 | Analysis of a sprint ski race and associated laboratory determinants of world-class performance. European Journal of Applied Physiology, 2011, 111, 947-957. | 1.2 | 101 |
| 13 | Contribution of the Legs to Double-Poling Performance in Elite Cross-Country Skiers. Medicine and Science in Sports and Exercise, 2006, 38, 1853-1860. | 0.2 | 93 |
| 14 | Recommendations for Assessment of the Reliability, Sensitivity, and Validity of Data Provided by Wearable Sensors Designed for Monitoring Physical Activity. JMIR MHealth and UHealth, 2018, 6, e102. | 1.8 | 92 |
| 15 | Human skeletal muscle glycogen utilization in exhaustive exercise: role of subcellular localization and fibre type. Journal of Physiology, 2011, 589, 2871-2885. | 1.3 | 91 |
| 16 | Sex Differences in World-Record Performance: The Influence of Sport Discipline and Competition Duration. International Journal of Sports Physiology and Performance, 2018, 13, 2-8. | 1.1 | 87 |
| 17 | High-intensity interval training improves VO2peak, maximal lactate accumulation, time trial and competition performance in 9â€“11-year-old swimmers. European Journal of Applied Physiology, 2010, 110, 1029-1036. | 1.2 | 84 |
| 18 | General strength and kinetics: fundamental to sprinting faster in cross country skiing?. Scandinavian Journal of Medicine and Science in Sports, 2011, 21, 791-803. | 1.3 | 84 |

| # | Article | IF | Citations |
|---|---|---|---|
| 19 | Superior Intrinsic Mitochondrial Respiration in Women Than in Men. Frontiers in Physiology, 2018, 9, 1133. | 1.3 | 84 |
| 20 | Biomechanical Factors Influencing the Performance of Elite Alpine Ski Racers. Sports Medicine, 2014, 44, 519-533. | 3.1 | 83 |
| 21 | Activation of mTORC1 by leucine is potentiated by branched-chain amino acids and even more so by essential amino acids following resistance exercise. American Journal of Physiology - Cell Physiology, 2016, 310, C874-C884. | 2.1 | 83 |
| 22 | A 3-week multimodal intervention involving high-intensity interval training in female cancer survivors: a randomized controlled trial. Physiological Reports, 2016, 4, e12693. | 0.7 | 81 |
| 23 | Control of Speed during the Double Poling Technique Performed by Elite Cross-Country Skiers. Medicine and Science in Sports and Exercise, 2009, 41, 210-220. | 0.2 | 79 |
| 24 | Effects of 5 Weeks of High-Intensity Interval Training vs. Volume Training in 14-Year-Old Soccer Players. Journal of Strength and Conditioning Research, 2011, 25, 1271-1278. | 1.0 | 79 |
| 25 | The Physiological Capacity of the Worldâ€™s Highest Ranked Female Cross-country Skiers. Medicine and Science in Sports and Exercise, 2016, 48, 1091-1100. | 0.2 | 79 |
| 26 | Is There Evidence that Runners can Benefit from Wearing Compression Clothing?. Sports Medicine, 2016, 46, 1939-1952. | 3.1 | 76 |
| 27 | Biomechanical, cardiorespiratory, metabolic and perceived responses to electrically assisted cycling. European Journal of Applied Physiology, 2012, 112, 4015-4025. | 1.2 | 73 |
| 28 | The Muscle Fiber Profiles, Mitochondrial Content, and Enzyme Activities of the Exceptionally Well-Trained Arm and Leg Muscles of Elite Cross-Country Skiers. Frontiers in Physiology, 2018, 9, 1031. | 1.3 | 72 |
| 29 | Gender differences in power production, energetic capacity and efficiency of elite cross-country skiers during whole-body, upper-body, and arm poling. European Journal of Applied Physiology, 2016, 116, 291-300. | 1.2 | 67 |
| 30 | Gender differences in endurance performance by elite crossâ€country skiers are influenced by the contribution from poling. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 28-33. | 1.3 | 66 |
| 31 | Repeated Double-Poling Sprint Training in Hypoxia by Competitive Cross-country Skiers. Medicine and Science in Sports and Exercise, 2015, 47, 809-817. | 0.2 | 66 |
| 32 | Different types of compression clothing do not increase sub-maximal and maximal endurance performance in well-trained athletes. Journal of Sports Sciences, 2010, 28, 609-614. | 1.0 | 65 |
| 33 | Force interaction and 3D pole movement in double poling. Scandinavian Journal of Medicine and Science in Sports, 2011, 21, e393-404. | 1.3 | 64 |
| 34 | Biomechanical and energetic determinants of technique selection in classical cross-country skiing. Human Movement Science, 2013, 32, 1415-1429. | 0.6 | 64 |
| 35 | Highâ€intensity sprint training inhibits mitochondrial respiration through aconitase inactivation. FASEB Journal, 2016, 30, 417-427. | 0.2 | 64 |
| 36 | The Potential Usefulness of Virtual Reality Systems for Athletes: A Short SWOT Analysis. Frontiers in Physiology, 2018, 9, 128. | 1.3 | 62 |

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|---|---|---|---|
| 37 | Mechanical parameters as predictors of performance in alpine World Cup slalom racing. Scandinavian Journal of Medicine and Science in Sports, 2011, 21, e72-81. | 1.3 | 61 |
| 38 | Resistance exercise-induced S6K1 kinase activity is not inhibited in human skeletal muscle despite prior activation of AMPK by high-intensity interval cycling. American Journal of Physiology - Endocrinology and Metabolism, 2015, 308, E470-E481. | 1.8 | 60 |
| 39 | The Physiological Mechanisms of Performance Enhancement with Sprint Interval Training Differ between the Upper and Lower Extremities in Humans. Frontiers in Physiology, 2016, 7, 426. | 1.3 | 60 |
| 40 | Relationships between body composition, body dimensions, and peak speed in cross-country sprint skiing. Journal of Sports Sciences, 2010, 28, 161-169. | 1.0 | 58 |
| 41 | Wearable, yes, but ableâ€¦?: it is time for evidence-based marketing claims!. British Journal of Sports Medicine, 2017, 51, 1240-1240. | 3.1 | 58 |
| 42 | Endurance Exercise Enhances the Effect of Strength Training on Muscle Fiber Size and Protein Expression of Akt and mTOR. PLoS ONE, 2016, 11, e0149082. | 1.1 | 58 |
| 43 | Wrist-Worn Wearables for Monitoring Heart Rate and Energy Expenditure While Sitting or Performing Light-to-Vigorous Physical Activity: Validation Study. JMIR MHealth and UHealth, 2020, 8, e16716. | 1.8 | 58 |
| 44 | The Training of Olympic Alpine Ski Racers. Frontiers in Physiology, 2018, 9, 1772. | 1.3 | 55 |
| 45 | Integrated Framework of Load Monitoring by a Combination of Smartphone Applications, Wearables and Point-of-Care Testing Provides Feedback that Allows Individual Responsive Adjustments to Activities of Daily Living. Sensors, 2018, 18, 1632. | 2.1 | 55 |
| 46 | How do elite cross-country skiers adapt to different double poling frequencies at low to high speeds?. European Journal of Applied Physiology, 2011, 111, 1103-1119. | 1.2 | 54 |
| 47 | Lung function, arterial saturation and oxygen uptake in elite cross country skiers: influence of exercise mode. Scandinavian Journal of Medicine and Science in Sports, 2006, 17, 061120070736012-???. | 1.3 | 53 |
| 48 | Changes in upper body muscle activity with increasing double poling velocities in elite cross-country skiing. European Journal of Applied Physiology, 2009, 106, 353-363. | 1.2 | 53 |
| 49 | Aerodynamic drag is not the major determinant of performance during giant slalom skiing at the elite level. Scandinavian Journal of Medicine and Science in Sports, 2013, 23, e38-47. | 1.3 | 53 |
| 50 | A Meta-Comparison of the Effects of High-Intensity Interval Training to Those of Small-Sided Games and Other Training Protocols on Parameters Related to the Physiology and Performance of Youth Soccer Players. Sports Medicine - Open, 2019, 5, 7. | 1.3 | 53 |
| 51 | Double-Poling Biomechanics of Elite Cross-country Skiers. Medicine and Science in Sports and Exercise, 2016, 48, 1580-1589. | 0.2 | 52 |
| 52 | Reducing the risks for traumatic and overuse injury among competitive alpine skiers. British Journal of Sports Medicine, 2017, 51, 1-2. | 3.1 | 52 |
| 53 | Postâ€exercise recovery of contractile function and endurance in humans and mice is accelerated by heating and slowed by cooling skeletal muscle. Journal of Physiology, 2017, 595, 7413-7426. | 1.3 | 52 |
| 54 | Energy system contributions and determinants of performance in sprint crossâ€country skiing. Scandinavian Journal of Medicine and Science in Sports, 2017, 27, 385-398. | 1.3 | 50 |

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|---|---|---|---|
| 55 | Functional High-Intensity Circuit Training Improves Body Composition, Peak Oxygen Uptake, Strength, and Alters Certain Dimensions of Quality of Life in Overweight Women. Frontiers in Physiology, 2017, 8, 172. | 1.3 | 50 |
| 56 | Multimodal Therapy Involving High-Intensity Interval Training Improves the Physical Fitness, Motor Skills, Social Behavior, and Quality of Life of Boys With ADHD: A Randomized Controlled Study. Journal of Attention Disorders, 2018, 22, 806-812. | 1.5 | 49 |
| 57 | Effects of 20-s and 180-s double poling interval training in cross-country skiers. European Journal of Applied Physiology, 2004, 92, 121-127. | 1.2 | 48 |
| 58 | Effects of training, detraining, and retraining on strength, hypertrophy, and myonuclear number in human skeletal muscle. Journal of Applied Physiology, 2019, 126, 1636-1645. | 1.2 | 48 |
| 59 | The influence of incline and speed on work rate, gross efficiency and kinematics of roller ski skating. European Journal of Applied Physiology, 2012, 112, 2829-2838. | 1.2 | 47 |
| 60 | Are Gender Differences in Upper-Body Power Generated by Elite Cross-Country Skiers Augmented by Increasing the Intensity of Exercise?. PLoS ONE, 2015, 10, e0127509. | 1.1 | 47 |
| 61 | Factors that Influence the Performance of Elite Sprint Cross-Country Skiers. Sports Medicine, 2017, 47, 319-342. | 3.1 | 45 |
| 62 | Running Activity Profile of Adolescent Tennis Players During Match Play. Pediatric Exercise Science, 2014, 26, 281-290. | 0.5 | 43 |
| 63 | N1-methylnicotinamide is a signalling molecule produced in skeletal muscle coordinating energy metabolism. Scientific Reports, 2018, 8, 3016. | 1.6 | 42 |
| 64 | Gender differences in the physiological responses and kinematic behaviour of elite sprint cross-country skiers. European Journal of Applied Physiology, 2012, 112, 1087-1094. | 1.2 | 41 |
| 65 | What are the Exercise-Based Injury Prevention Recommendations for Recreational Alpine Skiing and Snowboarding?. Sports Medicine, 2013, 43, 355-366. | 3.1 | 41 |
| 66 | The influence of physiobiomechanical parameters, technical aspects of shooting, and psychophysiological factors on biathlon performance: A review. Journal of Sport and Health Science, 2018, 7, 394-404. | 3.3 | 41 |
| 67 | Increase of Hemoglobin Concentration After Maximal Apneas in Divers, Skiers, and Untrained Humans. Applied Physiology, Nutrition, and Metabolism, 2005, 30, 276-281. | 1.7 | 40 |
| 68 | A New Time Measurement Method Using a High-End Global Navigation Satellite System to Analyze Alpine Skiing. Research Quarterly for Exercise and Sport, 2011, 82, 400-411. | 0.8 | 40 |
| 69 | No Superior Adaptations to Carbohydrate Periodization in Elite Endurance Athletes. Medicine and Science in Sports and Exercise, 2017, 49, 2486-2497. | 0.2 | 40 |
| 70 | Quantitative and qualitative adaptation of human skeletal muscle mitochondria to hypoxic compared with normoxic training at the same relative work rate. Acta Physiologica, 2007, 190, 243-251. | 1.8 | 39 |
| 71 | The Impact of Hyperoxia on Human Performance and Recovery. Sports Medicine, 2017, 47, 429-438. | 3.1 | 38 |
| 72 | Local depletion of glycogen with supramaximal exercise in human skeletal muscle fibres. Journal of Physiology, 2017, 595, 2809-2821. | 1.3 | 38 |

| # | Article | IF | Citations |
|---|---|---|---|
| 73 | Biomechanical pole and leg characteristics during uphill diagonal roller skiing. Sports Biomechanics, 2009, 8, 318-333. | 0.8 | 37 |
| 74 | Metabolic Responses and Pacing Strategies during Successive Sprint Skiing Time Trials. Medicine and Science in Sports and Exercise, 2016, 48, 2544-2554. | 0.2 | 37 |
| 75 | A novel compression garment with adhesive silicone stripes improves repeated sprint performance â€“ a multi-experimental approach on the underlying mechanisms. BMC Sports Science, Medicine and Rehabilitation, 2014, 6, 21. | 0.7 | 36 |
| 76 | Endurance Training and Sprint Performance in Elite Junior Cross-Country Skiers. Journal of Strength and Conditioning Research, 2011, 25, 1299-1305. | 1.0 | 35 |
| 77 | Leucine does not affect mechanistic target of rapamycin complex 1 assembly but is required for maximal ribosomal protein s6 kinase 1 activity in human skeletal muscle following resistance exercise. FASEB Journal, 2015, 29, 4358-4373. | 0.2 | 34 |
| 78 | The pacing strategy and technique of male cross-country skiers with different levels of performance during a 15-km classical race. PLoS ONE, 2017, 12, e0187111. | 1.1 | 34 |
| 79 | Cardio-respiratory and metabolic responses to different levels of compression during submaximal exercise. Phlebology, 2011, 26, 102-106. | 0.6 | 33 |
| 80 | Automatic Classification of the Sub-Techniques (Gears) Used in Cross-Country Ski Skating Employing a Mobile Phone. Sensors, 2014, 14, 20589-20601. | 2.1 | 32 |
| 81 | Upper body training and the triceps brachii muscle of elite cross country skiers. Scandinavian Journal of Medicine and Science in Sports, 2006, 16, 121-126. | 1.3 | 31 |
| 82 | Biomechanically Influenced Differences in O2 Extraction in Diagonal Skiing. Medicine and Science in Sports and Exercise, 2010, 42, 1899-1908. | 0.2 | 31 |
| 83 | Determinants of a Simulated Cross-Country Skiing Sprint Competition using V2 Skating Technique on Roller Skis. Journal of Strength and Conditioning Research, 2010, 24, 920-928. | 1.0 | 31 |
| 84 | Full course macro-kinematic analysis of a 10 km classical cross-country skiing competition. PLoS ONE, 2017, 12, e0182262. | 1.1 | 31 |
| 85 | Impact of the Steepness of the Slope on the Biomechanics of World Cup Slalom Skiers. International Journal of Sports Physiology and Performance, 2015, 10, 361-368. | 1.1 | 30 |
| 86 | Circadian variation of salivary immunoglobin A, alpha-amylase activity and mood in response to repeated double-poling sprints in hypoxia. European Journal of Applied Physiology, 2016, 116, 1-10. | 1.2 | 30 |
| 87 | The Responses of Elite Athletes to Exercise: An All-Day, 24-h Integrative View Is Required!. Frontiers in Physiology, 2017, 8, 564. | 1.3 | 30 |
| 88 | Pacing and predictors of performance during cross-country skiing races: A systematic review. Journal of Sport and Health Science, 2018, 7, 381-393. | 3.3 | 29 |
| 89 | An elite endurance athlete's recovery from underperformance aided by a multidisciplinary sport science support team. European Journal of Sport Science, 2008, 8, 267-276. | 1.4 | 28 |
| 90 | Biomechanical determinants of oxygen extraction during crossâ€country skiing. Scandinavian Journal of Medicine and Science in Sports, 2013, 23, e9-20. | 1.3 | 28 |

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|---|---|---|---|
| 91 | Instant Biofeedback Provided by Wearable Sensor Technology Can Help to Optimize Exercise and Prevent Injury and Overuse. Frontiers in Physiology, 2017, 8, 167. | 1.3 | 28 |
| 92 | Neuromuscular and circulatory adaptation during combined arm and leg exercise with different maximal work loads. European Journal of Applied Physiology, 2007, 101, 603-611. | 1.2 | 27 |
| 93 | Aerobic and Anaerobic Contributions to Energy Production Among Junior Male and Female Cross-Country Skiers During Diagonal Skiing. International Journal of Sports Physiology and Performance, 2014, 9, 32-40. | 1.1 | 27 |
| 94 | Elite and Amateur Orienteersâ€™ Running Biomechanics on Three Surfaces at Three Speeds. Medicine and Science in Sports and Exercise, 2015, 47, 381-389. | 0.2 | 27 |
| 95 | Recent Kinematic and Kinetic Advances in Olympic Alpine Skiing: Pyeongchang and Beyond. Frontiers in Physiology, 2019, 10, 111. | 1.3 | 27 |
| 96 | Heterogeneity in subcellular muscle glycogen utilisation during exercise impacts endurance capacity in men. Journal of Physiology, 2020, 598, 4271-4292. | 1.3 | 27 |
| 97 | Reliability and validity of a new double poling ergometer for cross-country skiers. Journal of Sports Sciences, 2008, 26, 171-179. | 1.0 | 26 |
| 98 | Downhill turn techniques and associated physical characteristics in crossâ€country skiers. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 708-716. | 1.3 | 26 |
| 99 | Exercise reduces the symptoms of attentionâ€deficit/hyperactivity disorder and improves social behaviour, motor skills, strength and neuropsychological parameters. Acta Paediatrica, International Journal of Paediatrics, 2014, 103, 709-714. | 0.7 | 26 |
| 100 | Pronounced limb and fibre type differences in subcellular lipid droplet content and distribution in elite skiers before and after exhaustive exercise. Journal of Physiology, 2017, 595, 5781-5795. | 1.3 | 26 |
| 101 | The Olympic Biathlon â€“ Recent Advances and Perspectives After Pyeongchang. Frontiers in Physiology, 2018, 9, 796. | 1.3 | 26 |
| 102 | Mitochondrial oxygen affinity increases after sprint interval training and is related to the improvement in peak oxygen uptake. Acta Physiologica, 2020, 229, e13463. | 1.8 | 26 |
| 103 | Recovery From High-Intensity Training Sessions in Female Soccer Players. Journal of Strength and Conditioning Research, 2011, 25, 1726-1735. | 1.0 | 25 |
| 104 | The effects of skiing velocity on mechanical aspects of diagonal cross-country skiing. Sports Biomechanics, 2014, 13, 267-284. | 0.8 | 25 |
| 105 | Exercise Preserves Lean Mass and Performance during Severe Energy Deficit: The Role of Exercise Volume and Dietary Protein Content. Frontiers in Physiology, 2017, 8, 483. | 1.3 | 25 |
| 106 | Is leg compression beneficial for alpine skiers?. The Sports Medicine, Arthroscopy, Rehabilitationrapy and Technology, 2013, 5, 18. | 1.0 | 24 |
| 107 | Doublet discharge stimulation increases sarcoplasmic reticulum Ca<sup>2+</sup> release and improves performance during fatiguing contractions in mouse muscle fibres. Journal of Physiology, 2013, 591, 3739-3748. | 1.3 | 23 |
| 108 | Table Tennis: Cardiorespiratory and Metabolic Analysis of Match and Exercise in Elite Junior National Players. International Journal of Sports Physiology and Performance, 2011, 6, 234-242. | 1.1 | 22 |

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|---|---|---|---|
| 109 | Repeated highâ€intensity exercise modulates Ca<sup>2+</sup> sensitivity of human skeletal muscle fibers. Scandinavian Journal of Medicine and Science in Sports, 2016, 26, 488-497. | 1.3 | 22 |
| 110 | Reliability and Validity of the CORE Sensor to Assess Core Body Temperature during Cycling Exercise. Sensors, 2021, 21, 5932. | 2.1 | 22 |
| 111 | Development of a Novel Eccentric Arm Cycle Ergometer for Training the Upper Body. Medicine and Science in Sports and Exercise, 2013, 45, 206-211. | 0.2 | 21 |
| 112 | Biomechanical characteristics and speed adaptation during kick double poling on roller skis in elite cross-country skiers. Sports Biomechanics, 2013, 12, 154-174. | 0.8 | 21 |
| 113 | Does Upper-Body Compression Improve 3 Ã— 3-Min Double-Poling Sprint Performance?. International Journal of Sports Physiology and Performance, 2014, 9, 48-57. | 1.1 | 21 |
| 114 | Impact of Incline, Sex and Level of Performance on Kinematics During a Distance Race in Classical Cross-Country Skiing. Journal of Sports Science and Medicine, 2018, 17, 124-133. | 0.7 | 21 |
| 115 | Insufficient ventilation as a cause of impaired pulmonary gas exchange during submaximal exercise. Respiratory Physiology and Neurobiology, 2007, 157, 348-359. | 0.7 | 20 |
| 116 | How Gate Setup and Turn Radii Influence Energy Dissipation in Slalom Ski Racing. Journal of Applied Biomechanics, 2010, 26, 454-464. | 0.3 | 20 |
| 117 | Changes in performance and poling kinetics during cross-country sprint skiing competition using the double-poling technique. Sports Biomechanics, 2013, 12, 355-364. | 0.8 | 20 |
| 118 | Muscle Oxygenation Asymmetry in Ice Speed Skaters: Not Compensated by Compression. International Journal of Sports Physiology and Performance, 2014, 9, 58-67. | 1.1 | 20 |
| 119 | Effect of Carrying a Rifle on Physiology and Biomechanical Responses in Biathletes. Medicine and Science in Sports and Exercise, 2015, 47, 617-624. | 0.2 | 20 |
| 120 | Developments in the Biomechanics and Equipment of Olympic Cross-Country Skiers. Frontiers in Physiology, 2018, 9, 976. | 1.3 | 20 |
| 121 | The Impact of the German Strategy for Containment of Coronavirus SARS-CoV-2 on Training Characteristics, Physical Activity and Sleep of Highly Trained Kayakers and Canoeists: A Retrospective Observational Study. Frontiers in Sports and Active Living, 2020, 2, 579830. | 0.9 | 20 |
| 122 | Effects of High-Intensity Interval Training in School on the Physical Performance and Health of Children and Adolescents: A Systematic Review with Meta-Analysis. Sports Medicine - Open, 2022, 8, 50. | 1.3 | 20 |
| 123 | Ergogenic effect of hyperoxic recovery in elite swimmers performing highâ€intensity intervals. Scandinavian Journal of Medicine and Science in Sports, 2011, 21, e421-9. | 1.3 | 19 |
| 124 | The effectiveness of stretchâ€“shortening cycling in upper-limb extensor muscles during elite cross-country skiing with the double-poling technique. Journal of Electromyography and Kinesiology, 2013, 23, 1512-1519. | 0.7 | 19 |
| 125 | Mechanical Energy and Propulsion in Ergometer Double Poling by Cross-country Skiers. Medicine and Science in Sports and Exercise, 2015, 47, 2586-2594. | 0.2 | 19 |
| 126 | Prolonged Sitting Interrupted by 6-Min of High-Intensity Exercise: Circulatory, Metabolic, Hormonal, Thermal, Cognitive, and Perceptual Responses. Frontiers in Physiology, 2018, 9, 1279. | 1.3 | 19 |

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|---|---|---|---|
| 127 | Aerobic exercise promotes the functions of brown adipose tissue in obese mice via a mechanism involving COX2 in the VEGF signaling pathway. Nutrition and Metabolism, 2021, 18, 56. | 1.3 | 19 |
| 128 | Individual versus Standardized Running Protocols in the Determination of VO2max. Journal of Sports Science and Medicine, 2015, 14, 386-93. | 0.7 | 19 |
| 129 | The effects of prior high intensity double poling on subsequent diagonal stride skiing characteristics. SpringerPlus, 2015, 4, 40. | 1.2 | 18 |
| 130 | Exercise Mitigates the Loss of Muscle Mass by Attenuating the Activation of Autophagy during Severe Energy Deficit. Nutrients, 2019, 11, 2824. | 1.7 | 18 |
| 131 | Effects of hyperoxia during recovery from 5Ã—30-s bouts of maximal-intensity exercise. Journal of Sports Sciences, 2012, 30, 851-858. | 1.0 | 17 |
| 132 | A 4-Week Intervention Involving Mobile-Based Daily 6-Minute Micro-Sessions of Functional High-Intensity Circuit Training Improves Strength and Quality of Life, but Not Cardio-Respiratory Fitness of Young Untrained Adults. Frontiers in Physiology, 2018, 9, 423. | 1.3 | 17 |
| 133 | Editorial: Wearable Sensor Technology for Monitoring Training Load and Health in the Athletic Population. Frontiers in Physiology, 2019, 10, 1520. | 1.3 | 17 |
| 134 | Predefined vs dataâ€guided training prescription based on autonomic nervous system variation: A systematic review. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 2291-2304. | 1.3 | 17 |
| 135 | Virtual Training of Endurance Cycling â€“ A Summary of Strengths, Weaknesses, Opportunities and Threats. Frontiers in Sports and Active Living, 2021, 3, 631101. | 0.9 | 17 |
| 136 | Monitoring and adapting endurance training on the basis of heart rate variability monitored by wearable technologies: A systematic review with meta-analysis. Journal of Science and Medicine in Sport, 2021, 24, 1180-1192. | 0.6 | 17 |
| 137 | Physiological Comparison of Concentric and Eccentric Arm Cycling in Males and Females. PLoS ONE, 2014, 9, e112079. | 1.1 | 17 |
| 138 | Ski Mountaineering: Perspectives on a Novel Sport to Be Introduced at the 2026 Winter Olympic Games. Frontiers in Physiology, 2021, 12, 737249. | 1.3 | 17 |
| 139 | Knee angle-specific MVIC for triceps surae EMG signal normalization in weight and non weight-bearing conditions. Journal of Electromyography and Kinesiology, 2013, 23, 916-923. | 0.7 | 16 |
| 140 | Biomechanical analysis of the herringbone technique as employed by elite crossâ€country skiers. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 542-552. | 1.3 | 16 |
| 141 | Three-dimensional Force and Kinematic Interactions in V1 Skating at High Speeds. Medicine and Science in Sports and Exercise, 2015, 47, 1232-1242. | 0.2 | 16 |
| 142 | Whole-Body Vibrations Associated With Alpine Skiing: A Risk Factor for Low Back Pain?. Frontiers in Physiology, 2018, 9, 204. | 1.3 | 16 |
| 143 | A timeâ€efficient reduction of fat mass in 4 days with exercise and caloric restriction. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 223-233. | 1.3 | 15 |
| 144 | Macro-Kinematic Differences Between Sprint and Distance Cross-Country Skiing Competitions Using the Classical Technique. Frontiers in Physiology, 2018, 9, 570. | 1.3 | 15 |

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|---|---|---|---|
| 145 | Pre-exposure to hyperoxic air does not enhance power output during subsequent sprint cycling. European Journal of Applied Physiology, 2010, 110, 301-305. | 1.2 | 14 |
| 146 | Serum Concentrations of S100B are not Affected by Cycling to Exhaustion With or Without Vibration. Journal of Human Kinetics, 2011, 30, 59-63. | 0.7 | 14 |
| 147 | Salivary Cortisol, Heart Rate, and Blood Lactate Responses During Elite Downhill Mountain Bike Racing. International Journal of Sports Physiology and Performance, 2012, 7, 47-52. | 1.1 | 14 |
| 148 | The Velocity and Energy Profiles of Elite Cross-Country Skiers Executing Downhill Turns With Different Radii. International Journal of Sports Physiology and Performance, 2014, 9, 41-47. | 1.1 | 14 |
| 149 | Jumping and Hopping in Elite and Amateur Orienteering Athletes and Correlations to Sprinting and Running. International Journal of Sports Physiology and Performance, 2014, 9, 993-999. | 1.1 | 14 |
| 150 | Repeated apnea-induced contraction of the spleen in cyclists does not enhance performance in a subsequent time-trial. European Journal of Applied Physiology, 2015, 115, 205-212. | 1.2 | 14 |
| 151 | Severe energy deficit upregulates leptin receptors, leptin signaling, and PTP1B in human skeletal muscle. Journal of Applied Physiology, 2017, 123, 1276-1287. | 1.2 | 14 |
| 152 | No Additional Benefits of Block- Over Evenly-Distributed High-Intensity Interval Training within a Polarized Microcycle. Frontiers in Physiology, 2017, 8, 413. | 1.3 | 14 |
| 153 | Biomechanical determinants of cross-country skiing performance: A systematic review. Journal of Sports Sciences, 2020, 38, 2127-2148. | 1.0 | 14 |
| 154 | Methodological Guidelines Designed to Improve the Quality of Research on Cross-Country Skiing. Journal of Science in Sport and Exercise, 2021, 3, 207-223. | 0.4 | 13 |
| 155 | Blood lactate recovery and respiratory responses during diagonal skiing of variable intensity. European Journal of Sport Science, 2011, 11, 317-326. | 1.4 | 12 |
| 156 | The physiological and biomechanical contributions of poling to roller ski skating. European Journal of Applied Physiology, 2013, 113, 1979-1987. | 1.2 | 12 |
| 157 | Exercising in a Hot Environment: Which T-shirt to Wear?. Wilderness and Environmental Medicine, 2013, 24, 211-220. | 0.4 | 12 |
| 158 | Following a Long-Distance Classical Race the Whole-Body Kinematics of Double Poling by Elite Cross-Country Skiers Are Altered. Frontiers in Physiology, 2018, 9, 978. | 1.3 | 12 |
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