

Xian Mayo

List of Publications by Year in descending order

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Version: 2024-02-01

44
papers

616
citations

567144

15
h-index

642610

23
g-index

44
all docs

44
docs citations

44
times ranked

643
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of Set Configuration of Resistance Exercise on Perceived Exertion. Perceptual and Motor Skills, 2014, 119, 825-837.	0.6	49
2	Changes in sedentary behaviour in European Union adults between 2002 and 2017. BMC Public Health, 2020, 20, 1206.	1.2	49
3	Acute Effects of Distribution of Rest between Repetitions. International Journal of Sports Medicine, 2012, 33, 351-358.	0.8	44
4	Performance of Maximum Number of Repetitions With Cluster-Set Configuration. International Journal of Sports Physiology and Performance, 2014, 9, 637-642.	1.1	37
5	Effect of set configuration on hemodynamics and cardiac autonomic modulation after high-intensity squat exercise. Clinical Physiology and Functional Imaging, 2015, 35, 250-257.	0.5	37
6	Inter-repetition rest training and traditional set configuration produce similar strength gains without cortical adaptations. Journal of Sports Sciences, 2016, 34, 1473-1484.	1.0	35
7	Arterial Stiffness and Autonomic Modulation After Free-Weight Resistance Exercises in Resistance Trained Individuals. Journal of Strength and Conditioning Research, 2016, 30, 3373-3380.	1.0	33
8	The active living genderâ€™s gap challenge: 2013â€“2017 Eurobarometers physical inactivity data show constant higher prevalence in women with no progress towards global reduction goals. BMC Public Health, 2019, 19, 1677.	1.2	26
9	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. BioMed Research International, 2020, 2020, 1-7.	0.9	24
10	Reliability of force-velocity parameters obtained from linear and curvilinear regressions for the bench press and squat exercises. Journal of Sports Sciences, 2019, 37, 2596-2603.	1.0	23
11	Cluster vs. traditional training programmes: changes in the forceâ€“velocity relationship. Sports Biomechanics, 2022, 21, 85-103.	0.8	19
12	A shorter set reduces the loss of cardiac autonomic and baroreflex control after resistance exercise. European Journal of Sport Science, 2016, 16, 996-1004.	1.4	18
13	Highâ€“intensity exercise to improve cardiorespiratory fitness in cancer patients and survivors: A systematic review and metaâ€“analysis. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 265-294.	1.3	18
14	Freeâ€“weight resistance exercise on pulse wave reflection and arterial stiffness between sexes in young, resistanceâ€“trained adults. European Journal of Sport Science, 2017, 17, 1056-1064.	1.4	17
15	Acute resistance exercise using free weights on aortic wave reflection characteristics. Clinical Physiology and Functional Imaging, 2018, 38, 145-150.	0.5	16
16	Exercise Type Affects Cardiac Vagal Autonomic Recovery After a Resistance Training Session. Journal of Strength and Conditioning Research, 2016, 30, 2565-2573.	1.0	13
17	Changes in the Force-Velocity Mechanical Profile After Short Resistance Training Programs Differing in Set Configurations. Journal of Applied Biomechanics, 2017, 33, 144-152.	0.3	13
18	High intensity interval training exercise-induced physiological changes and their potential influence on metabolic syndrome clinical biomarkers: a meta-analysis. BMC Endocrine Disorders, 2020, 20, 167.	0.9	11

#	ARTICLE	IF	CITATIONS
19	Perceived Exertion Is Affected by the Submaximal Set Configuration Used in Resistance Exercise. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 426-432.	1.0	10
20	Load-velocity Profiles Change after Training Programs with Different Set Configurations. <i>International Journal of Sports Medicine</i> , 2021, 42, 794-802.	0.8	10
21	Autonomic modulation and baroreflex sensitivity after acute resistance exercise: responses between sexes. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 1036-1044.	0.4	9
22	A short set configuration attenuates the cardiac parasympathetic withdrawal after a whole-body resistance training session. <i>European Journal of Applied Physiology</i> , 2020, 120, 1905-1919.	1.2	9
23	Set Configuration in Strength Training Programs Modulates the Cross Education Phenomenon. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, 2414-2420.	1.0	8
24	Comparison of different regression models to fit the force-velocity relationship of a knee extension exercise. <i>Sports Biomechanics</i> , 2019, 18, 174-189.	0.8	8
25	Foresight for the Fitness Sector: Results from a European Delphi Study and Its Relevance in the Time of COVID-19. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8941.	1.2	8
26	Inter-individual variability in the load-velocity relationship is detected by multilevel mixed regression models. <i>Sports Biomechanics</i> , 2021, 20, 304-318.	0.8	8
27	Understanding Behavioral Regulation Towards Physical Activity Participation: Do We Need a Paradigm Shift to Close the Gender Gap?. <i>Sustainability</i> , 2021, 13, 1683.	1.6	7
28	No changes in adolescent's sedentary behaviour across Europe between 2002 and 2017. <i>BMC Public Health</i> , 2021, 21, 784.	1.2	7
29	Interrepetition Rest Set Lacks the V-Shape Systolic Pressure Response Advantage during Resistance Exercise. <i>Sports</i> , 2017, 5, 90.	0.7	6
30	A retrospective analysis of policy development on compliance with World Health Organization's physical activity recommendations between 2002 and 2005 in European Union adults: closing the gap between research and policy. <i>BMC Public Health</i> , 2018, 18, 1081.	1.2	6
31	Physical Activity Levels for Girls and Young Adult Women versus Boys and Young Adult Men in Spain: A Gender Gap Analysis. <i>Sustainability</i> , 2020, 12, 6265.	1.6	6
32	Autonomic Modulation in Older Women: Using Resistance Exercise as a Countermeasure. <i>International Journal of Exercise Science</i> , 2017, 10, 178-187.	0.5	6
33	Effects of bilateral and non-dominant practices on the lateral preference in judo matches. <i>Journal of Sports Sciences</i> , 2018, 36, 111-115.	1.0	5
34	Analysis of Successful Behaviors Leading to Groundwork Scoring Skills in Elite Judo Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 3165.	1.2	5
35	An Analysis Model for Studying the Determinants of Throwing Scoring Actions During Standing Judo. <i>Sports</i> , 2019, 7, 42.	0.7	4
36	Effects of Multi-Ingredient Preworkout Supplementation across a Five-Day Resistance and Endurance Training Microcycle in Middle-Aged Adults. <i>Nutrients</i> , 2020, 12, 3778.	1.7	4

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37	A model for predicting dropouts from physical activity interventions in leisure centres. <i>Sport Sciences for Health</i> , 2020, 16, 465-472.	0.4	3
38	Changes in Endothelial Function after Acute Resistance Exercise Using Free Weights. <i>Journal of Functional Morphology and Kinesiology</i> , 2018, 3, 32.	1.1	2
39	Both Unopposed and Opposed Judo Tasks are Suitable for Analyzing Changes in Lateral Preference. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 295-300.	0.7	2
40	Comparative analysis of reported physical activity from leisure centres'™ members versus the general population in Spain. <i>BMJ Open</i> , 2021, 11, e043963.	0.8	1
41	Vascular Responses Following an Acute Bout of Resistance Exercise in Resistance-trained Individuals. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 372.	0.2	0
42	Vascular Function In Young Women And Middle-aged Women. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 196.	0.2	0
43	A Modifiable Factors-based Model for Detecting Physically Inactive Individuals Using the Eurobarometer Survey. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 230-231.	0.2	0
44	The Economic And Social Impact Of Leisure Centre Membership Across Spain: A Preliminary Analysis. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 428-428.	0.2	0