Xian Mayo

List of Publications by Year
in descending order

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	Cluster vs. traditional training programmes: changes in the forceâ€“velocity relationship. Sports Biomechanics, 2022, 21, 85-103.	0.8	19
2	Analysis of Successful Behaviors Leading to Groundwork Scoring Skills in Elite Judo Athletes. International Journal of Environmental Research and Public Health, 2022, 19, 3165.	1.2	5
3	Load-velocity Profiles Change after Training Programs with Different Set Configurations. International Journal of Sports Medicine, 2021, 42, 794-802.	0.8	10
4	Inter-individual variability in the load-velocity relationship is detected by multilevel mixed regression models. Sports Biomechanics, 2021, 20, 304-318.	0.8	8
5	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
6	Understanding Behavioral Regulation Towards Physical Activity Participation: Do We Need a Paradigm Shift to Close the Gender Gap?. Sustainability, 2021, 13, 1683.	1.6	7
7	No changes in adolescentâ€™s sedentary behaviour across Europe between 2002 and 2017. BMC Public Health, 2021, 21, 784.	1.2	7
8	Comparative analysis of reported physical activity from leisure centresâ€™ members versus the general population in Spain. BMJ Open, 2021, 11, e043963.	0.8	1
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	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
11	Changes in sedentary behaviour in European Union adults between 2002 and 2017. BMC Public Health, 2020, 20, 1206.	1.2	49
12	Physical Activity Levels for Girls and Young Adult Women versus Boys and Young Adult Men in Spain: A Gender Gap Analysis. Sustainability, 2020, 12, 6265.	1.6	6
13	Foresight for the Fitness Sector: Results from a European Delphi Study and Its Relevance in the Time of COVID-19. International Journal of Environmental Research and Public Health, 2020, 17, 8941.	1.2	8
14	Effects of Multi-Ingredient Preworkout Supplementation across a Five-Day Resistance and Endurance Training Microcycle in Middle-Aged Adults. Nutrients, 2020, 12, 3778.	1.7	4
15	A model for predicting dropouts from physical activity interventions in leisure centres. Sport Sciences for Health, 2020, 16, 465-472.	0.4	3
16	A short set configuration attenuates the cardiac parasympathetic withdrawal after a whole-body resistance training session. European Journal of Applied Physiology, 2020, 120, 1905-1919.	1.2	9
17	The Economic And Social Impact Of Leisure Centre Membership Across Spain: A Preliminary Analysis. Medicine and Science in Sports and Exercise, 2020, 52, 428-428.	0.2	0
18	Autonomic modulation and baroreflex sensitivity after acute resistance exercise: responses between sexes. Journal of Sports Medicine and Physical Fitness, 2019, 59, 1036-1044.	0.4	9

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19	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
20	An Analysis Model for Studying the Determinants of Throwing Scoring Actions During Standing Judo. Sports, 2019, 7, 42.	0.7	4
21	A Modifiable Factors-based Model for Detecting Physically Inactive Individuals Using the Eurobarometer Survey. Medicine and Science in Sports and Exercise, 2019, 51, 230-231.	0.2	0
22	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
23	Set Configuration in Strength Training Programs Modulates the Cross Education Phenomenon. Journal of Strength and Conditioning Research, 2019, Publish Ahead of Print, 2414-2420.	1.0	8
24	Comparison of different regression models to fit the forceâ€“velocity relationship of a knee extension exercise. Sports Biomechanics, 2019, 18, 174-189.	0.8	8
25	Perceived Exertion Is Affected by the Submaximal Set Configuration Used in Resistance Exercise. Journal of Strength and Conditioning Research, 2019, 33, 426-432.	1.0	10
26	Both Unopposed and Opposed Judo Tasks are Suitable for Analyzing Changes in Lateral Preference. Journal of Sports Science and Medicine, 2019, 18, 295-300.	0.7	2
27	Acute resistance exercise using free weights on aortic wave reflection characteristics. Clinical Physiology and Functional Imaging, 2018, 38, 145-150.	0.5	16
28	Effects of bilateral and non-dominant practices on the lateral preference in judo matches. Journal of Sports Sciences, 2018, 36, 111-115.	1.0	5
29	A retrospective analysis of policy development on compliance with World Health Organizationâ€™s physical activity recommendations between 2002 and 2005 in European Union adults: closing the gap between research and policy. BMC Public Health, 2018, 18, 1081.	1.2	6
30	Changes in Endothelial Function after Acute Resistance Exercise Using Free Weights. Journal of Functional Morphology and Kinesiology, 2018, 3, 32.	1.1	2
31	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
32	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
33	Interrepetition Rest Set Lacks the V-Shape Systolic Pressure Response Advantage during Resistance Exercise. Sports, 2017, 5, 90.	0.7	6
34	Autonomic Modulation in Older Women: Using Resistance Exercise as a Countermeasure. International Journal of Exercise Science, 2017, 10, 178-187.	0.5	6
35	Vascular Responses Following an Acute Bout of Resistance Exercise in Resistance-trained Individuals. Medicine and Science in Sports and Exercise, 2016, 48, 372.	0.2	0
36	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

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37	Vascular Function In Young Women And Middle-aged Women. Medicine and Science in Sports and Exercise, 2016, 48, 196.	0.2	0
38	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
39	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
40	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
41	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
42	Effects of Set Configuration of Resistance Exercise on Perceived Exertion. Perceptual and Motor Skills, 2014, 119, 825-837.	0.6	49
43	Performance of Maximum Number of Repetitions With Cluster-Set Configuration. International Journal of Sports Physiology and Performance, 2014, 9, 637-642.	1.1	37
44	Acute Effects of Distribution of Rest between Repetitions. International Journal of Sports Medicine, 2012, 33, 351-358.	0.8	44