

Martim Bottaro

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

208
papers

3,401
citations

31
h-index

49
g-index

255
ext. papers

3,914
ext. citations

2.1
avg. IF

5.27
L-index

#	Paper	IF	Citations
208	Effects of Resistance Training With Machines and Elastic Tubes on Functional Capacity and Muscle Strength in Community-Living Older Women: A Randomized Clinical Trial. <i>Journal of Aging and Physical Activity</i> , 2021 , 29, 959-967	1.6	
207	Validity and Test-retest Reliability of the Jumbo App for Jump Performance Measurement. <i>International Journal of Exercise Science</i> , 2021 , 14, 677-686	1.3	
206	The interplay between internal and external load parameters during different strength training sessions in resistance-trained men. <i>European Journal of Sport Science</i> , 2021 , 21, 16-25	3.9	10
205	Is skin temperature associated with muscle recovery status following a single bout of leg press?. <i>Physiological Measurement</i> , 2021 , 42,	2.9	2
204	Effects of different electrical stimulation currents and phase durations on submaximal and maximum torque, efficiency, and discomfort: a randomized crossover trial. <i>Brazilian Journal of Physical Therapy</i> , 2021 , 25, 593-600	3.7	2
203	The effects of knee and hip joint angles on patellar tendon loading during quadriceps neuromuscular electrical stimulation. <i>Translational Sports Medicine</i> , 2021 , 4, 587-596	1.3	1
202	Resistance Training Performed to Failure or Not to Failure Results in Similar Total Volume, but With Different Fatigue and Discomfort Levels. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 1372-1379	3.2	8
201	Neuromuscular efficiency of men with high and low spinal cord injury levels compared with non-disabled participants. <i>Isokinetics and Exercise Science</i> , 2021 , 29, 209-218	0.6	
200	The Effect of Quadriceps Muscle Length on Maximum Neuromuscular Electrical Stimulation Evoked Contraction, Muscle Architecture, and Tendon-Aponeurosis Stiffness. <i>Frontiers in Physiology</i> , 2021 , 12, 633589	4.6	5
199	Acute effects of different rest intervals between agonist-antagonist paired-sets in the neuromuscular system performance of young adults. <i>Journal of Bodywork and Movement Therapies</i> , 2021 , 28, 18-25	1.6	
198	Effect of strength training and antioxidant supplementation on perceived and performance fatigability in breast cancer survivors: a randomized, double-blinded, placebo-controlled study. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020 , 45, 1165-1173	3	2
197	The effects of one session of roller massage on recovery from exercise-induced muscle damage: A randomized controlled trial. <i>Journal of Exercise Science and Fitness</i> , 2020 , 18, 148-154	3.1	2
196	The Effect of Familiarization on the Reliability of Isokinetic Assessment in Breast Cancer Survivors. <i>Journal of Science in Sport and Exercise</i> , 2020 , 2, 220-225	1	0
195	Can Hip Joint Position affect Quadriceps Muscle Responses during Knee Extension Exercise?. <i>International Journal of Sports Medicine</i> , 2020 , 41, 929-935	3.6	0
194	Muscle Strength Cutoff Points for Functional Independence and Wheelchair Ability in Men With Spinal Cord Injury. <i>Archives of Physical Medicine and Rehabilitation</i> , 2020 , 101, 985-993	2.8	6
193	The Effects of Strength Training Combined with Vitamin C and E Supplementation on Skeletal Muscle Mass and Strength: A Systematic Review and Meta-Analysis. <i>Hindawi Publishing Corporation</i> , 2020 , 2020, 3505209	2	5
192	Effect Of Strength Training And Antioxidant Supplementation On Perceived And Performance Fatigability In Cancer Survivors. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 812-812	1.2	

191	Reliability and Test-Retest Agreement of Mechanical Variables Obtained During Countermovement Jump. <i>International Journal of Exercise Science</i> , 2020 , 13, 6-17	1.3	4
190	Effects of Horizontal and Incline Bench Press on Neuromuscular Adaptations in Untrained Young Men. <i>International Journal of Exercise Science</i> , 2020 , 13, 859-872	1.3	1
189	Evaluating the results of resistance training using ultrasound or flexed arm circumference: A case for keeping it simple?. <i>Journal of Clinical and Translational Research</i> , 2020 , 7, 61-65	1.1	1
188	Effect of caffeine supplementation on exercise performance, power, markers of muscle damage, and perceived exertion in trained CrossFit men: a randomized, double-blind, placebo-controlled crossover trial. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020 , 60, 181-188	1.4	5
187	Effects of long-term concurrent training to failure or not in muscle power output, muscle quality and cardiometabolic risk factors in older men: A secondary analysis of a randomized clinical trial. <i>Experimental Gerontology</i> , 2020 , 139, 111023	4.5	3
186	"NO LOAD" Resistance Training Promotes High Levels of Knee Extensor Muscles Activation-A Pilot Study. <i>Diagnostics</i> , 2020 , 10,	3.8	3
185	Russian and Low-Frequency Currents Induced Similar Neuromuscular Adaptations in Soccer Players: A Randomized Controlled Trial. <i>Journal of Sport Rehabilitation</i> , 2020 , 29, 594-601	1.7	2
184	Test-Retest Reliability of Plantar Flexion Torque Generation During a Functional Knee Extended Position in Older and Younger Men. <i>Journal of Aging and Physical Activity</i> , 2020 , 29, 626-631	1.6	1
183	Once a Week Resistance Training Improves Muscular Strength in Breast Cancer Survivors: A Randomized Controlled Trial. <i>Integrative Cancer Therapies</i> , 2019 , 18, 1534735419879748	3	8
182	Concurrent training performed with and without repetitions to failure in older men: A randomized clinical trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 1141-1152	4.6	5
181	Effects of placebo on bench throw performance of Paralympic weightlifting athletes: a pilot study. <i>Journal of the International Society of Sports Nutrition</i> , 2019 , 16, 9	4.5	10
180	Differences of Relative and Absolute Strength of Individuals With Spinal Cord Injury From Able-Bodied Subjects: A Discriminant Analysis. <i>Journal of Sport Rehabilitation</i> , 2019 , 28, 699-705	1.7	1
179	Normative Values of Knee Extensor Isokinetic Strength for Older Women and Implications for Physical Function. <i>Journal of Geriatric Physical Therapy</i> , 2019 , 42, E25-E31	3.2	6
178	Does exercise-induced muscle damage impair subsequent motor skill learning?. <i>Human Movement Science</i> , 2019 , 67, 102504	2.4	6
177	FATIGUE AND MUSCLE FUNCTION IN PROSTATE CANCER SURVIVORS RECEIVING DIFFERENT TREATMENT REGIMENS. <i>Revista Brasileira De Medicina Do Esporte</i> , 2019 , 25, 498-502	0.5	1
176	Antioxidant Supplementation Impairs Changes in Body Composition Induced by Strength Training in Young Women. <i>International Journal of Exercise Science</i> , 2019 , 12, 287-296	1.3	6
175	Relationship Between Perceived Fatigue & Muscular Performance Fatigability in Cancer Survivors. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 239-239	1.2	
174	Low Dose of Caffeine Do Not Affect Torque and Rate of Torque Development. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 715-715	1.2	

173	"NO LOAD" resistance training increases functional capacity and muscle size in hospitalized female patients: A pilot study. <i>European Journal of Translational Myology</i> , 2019 , 29, 8492	2.1	10
172	Could inter-set stretching increase acute neuromuscular and metabolic responses during resistance exercise?. <i>European Journal of Translational Myology</i> , 2019 , 29, 8579	2.1	6
171	Effects of Static and Dynamic Stretching Performed Before Resistance Training on Muscle Adaptations in Untrained Men. <i>Journal of Strength and Conditioning Research</i> , 2019 , 35,	3.2	4
170	Could Hip Joint Position Induce Different Metabolic and Muscular Responses After Knee Extension?. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 644-644	1.2	
169	A reference equation for normal standards for knee extensor isokinetic strength in Brazilian older women. <i>Aging Clinical and Experimental Research</i> , 2019 , 31, 1531-1537	4.8	3
168	Effects of order of resistance training exercises on muscle hypertrophy in young adult men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019 , 44, 420-424	3	5
167	CrossFit Overview: Systematic Review and Meta-analysis. <i>Sports Medicine - Open</i> , 2018 , 4, 11	6.1	87
166	Muscle quality is associated with dynamic balance, fear of falling, and falls in older women. <i>Experimental Gerontology</i> , 2018 , 104, 1-6	4.5	14
165	Influence of familiarization on maximum strength testing in male individuals with spinal cord injury. <i>Isokinetics and Exercise Science</i> , 2018 , 26, 125-132	0.6	5
164	Health-related physical fitness and quality of life in men with congenital hypogonadotropic hypogonadism. <i>Andrologia</i> , 2018 , 50, e12967	2.4	2
163	Pre-exercise β -hydroxy- β -methylbutyrate free-acid supplementation improves work capacity recovery: a randomized, double-blinded, placebo-controlled study. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 691-696	3	4
162	Acute changes in muscle thickness and pennation angle in response to work-matched concentric and eccentric isokinetic exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 1069-1074	3	11
161	Neuromuscular fatigue after low- and medium-frequency electrical stimulation in healthy adults. <i>Muscle and Nerve</i> , 2018 , 58, 293-299	3.4	1
160	Repetitions to failure versus not to failure during concurrent training in healthy elderly men: A randomized clinical trial. <i>Experimental Gerontology</i> , 2018 , 108, 18-27	4.5	28
159	Severity of sarcopenia is associated with postural balance and risk of falls in community-dwelling older women. <i>Experimental Aging Research</i> , 2018 , 44, 258-269	1.7	33
158	Using velocity loss for monitoring resistance training effort in a real-world setting. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 833-837	3	10
157	Effects of Different Conditioning Activities on 100-m Dash Performance in High School Track and Field Athletes. <i>Perceptual and Motor Skills</i> , 2018 , 125, 566-580	2.2	1
156	Cancer-Related Fatigue and Muscle Quality in Hodgkin's Lymphoma Survivors. <i>Integrative Cancer Therapies</i> , 2018 , 17, 299-305	3	16

155	Effects of a low-volume plyometric training in anaerobic performance of adolescent athletes. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018 , 58, 570-575	1.4	7
154	The relationship between muscle quality and incidence of falls in older community-dwelling women: An 18-month follow-up study. <i>Experimental Gerontology</i> , 2018 , 110, 241-246	4.5	24
153	Stages of sarcopenia and the incidence of falls in older women: A prospective study. <i>Archives of Gerontology and Geriatrics</i> , 2018 , 79, 151-157	4	22
152	Multiple Cold-Water Immersions Attenuate Muscle Damage but not Alter Systemic Inflammation and Muscle Function Recovery: A Parallel Randomized Controlled Trial. <i>Scientific Reports</i> , 2018 , 8, 10961	4.9	17
151	Rating Of Perceived Exertion In The Squat Until Muscle Failure Versus Non-failure In Women.. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 179	1.2	
150	Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. <i>PeerJ</i> , 2018 , 6, e5020	3.1	7
149	Cardiorespiratory Adaptations in Elderly Men Following Different Concurrent Training Regimes. <i>Journal of Nutrition, Health and Aging</i> , 2018 , 22, 483-490	5.2	12
148	Sex Differences in Cardiac Baroreflex Sensitivity after Isometric Handgrip Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 770-777	1.2	24
147	Greater volumes are required to reduce muscle performance in well-trained individuals. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2018 , 20, 190-200	0.1	
146	Could Knee Extension And Leg Press Exercises Induce Different Time Course Of Muscle Recovery?. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 802	1.2	
145	Using Velocity Loss for Monitoring Resistance Training Effort in a Real World Setting. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 420	1.2	
144	Fascia Stretch Training-7 Induces Similar Metabolic Response, But Lower Mechanical Stress. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 801	1.2	
143	Training Effects of Alternated and Pulsed Currents on the Quadriceps Muscles of Athletes. <i>International Journal of Sports Medicine</i> , 2018 , 39, 535-540	3.6	4
142	A novel approach for rehabilitation of a triceps tendon rupture: A case report. <i>Physical Therapy in Sport</i> , 2018 , 32, 194-199	3	4
141	Effect of strength training combined with antioxidant supplementation on muscular performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 775-781	3	19
140	Chest Press Exercises With Different Stability Requirements Result in Similar Muscle Damage Recovery in Resistance-Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 71-79	3.2	10
139	Relationship between sarcopenic obesity-related phenotypes and inflammatory markers in postmenopausal women. <i>Clinical Physiology and Functional Imaging</i> , 2017 , 37, 205-210	2.4	29
138	Volume Load and Neuromuscular Fatigue During an Acute Bout of Agonist-Antagonist Paired-Set vs. Traditional-Set Training. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2777-2784	3.2	22

137	Session Perceived Exertion Following Traditional and Circuit Resistance Exercise Methods in Older Hypertensive Women. <i>Perceptual and Motor Skills</i> , 2017 , 124, 166-181	2.2	1
136	Noncoronary Vascular Calcification, Bone Mineral Density, and Muscle Mass in Institutionalized Frail Nonagenarians. <i>Rejuvenation Research</i> , 2017 , 20, 298-308	2.6	12
135	Isokinetic Dynamometry and 1RM Tests Produce Conflicting Results for Assessing Alterations in Muscle Strength. <i>Journal of Human Kinetics</i> , 2017 , 56, 19-27	2.6	29
134	Kilohertz and Low-Frequency Electrical Stimulation With the Same Pulse Duration Have Similar Efficiency for Inducing Isometric Knee Extension Torque and Discomfort. <i>American Journal of Physical Medicine and Rehabilitation</i> , 2017 , 96, 388-394	2.6	22
133	Muscle activation during resistance training with no external load - effects of training status, movement velocity, dominance, and visual feedback. <i>Physiology and Behavior</i> , 2017 , 179, 148-152	3.5	12
132	Effects of Synergist vs. NonSynergist Split Resistance Training Routines on Acute Neuromuscular Performance in Resistance-Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 3482-3488	3.2	18
131	Dissociated time course between peak torque and total work recovery following bench press training in resistance trained men. <i>Physiology and Behavior</i> , 2017 , 179, 143-147	3.5	17
130	Lower-extremity isokinetic strength ratios of elite springboard and platform diving athletes. <i>Physician and Sportsmedicine</i> , 2017 , 45, 87-91	2.4	1
129	Recovery of pectoralis major and triceps brachii after bench press exercise. <i>Muscle and Nerve</i> , 2017 , 56, 963-967	3.4	7
128	Comparison of elbow flexor isokinetic peak torque and fatigue index between men and women of different training level. <i>European Journal of Translational Myology</i> , 2017 , 27, 7070	2.1	11
127	Strength Training with Repetitions to Failure does not Provide Additional Strength and Muscle Hypertrophy Gains in Young Women. <i>European Journal of Translational Myology</i> , 2017 , 27, 6339	2.1	34
126	Low-Load High-Velocity Resistance Exercises Improve Strength and Functional Capacity in Diabetic Patients. <i>European Journal of Translational Myology</i> , 2017 , 27, 6292	2.1	5
125	Effects of Different Resistance Training Protocols on Performance, Metabolic and Perceptual Responses in Trained Men. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 129	1.2	
124	Cancer Related Fatigue and Muscle Quality in Hodgkin's Lymphoma Survivors. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 676	1.2	2
123	The role of volume-load in strength and absolute endurance adaptations in adolescent's performing high- or low-load resistance training. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 193-201	3	9
122	Chronic Effects of Resistance Training in Breast Cancer Survivors. <i>BioMed Research International</i> , 2017 , 2017, 8367803	3	17
121	Muscle Mass and Training Status Do Not Affect the Maximum Number of Repetitions in Different Upper-Body Resistance Exercises. <i>The Open Sports Sciences Journal</i> , 2017 , 10, 81-86	0.5	3
120	The Effect of Water Temperature during Cold-Water Immersion on Recovery from Exercise-Induced Muscle Damage. <i>International Journal of Sports Medicine</i> , 2016 , 37, 937-943	3.6	35

119	Effect of transcutaneous electrical nerve stimulation on peripheral to central blood pressure ratio in healthy subjects. <i>Clinical Physiology and Functional Imaging</i> , 2016 , 36, 293-7	2.4	6
118	Balance Exercises Circuit improves muscle strength, balance, and functional performance in older women. <i>Age</i> , 2016 , 38, 14		8
117	The Chronic Effects of Low- and High-Intensity Resistance Training on Muscular Fitness in Adolescents. <i>PLoS ONE</i> , 2016 , 11, e0160650	3.7	20
116	Comparison of upper body strength gains between men and women after 10 weeks of resistance training. <i>PeerJ</i> , 2016 , 4, e1627	3.1	20
115	Ultrasound imaging in women's arm flexor muscles: intra-rater reliability of muscle thickness and echo intensity. <i>Brazilian Journal of Physical Therapy</i> , 2016 , 20, 535-542	3.7	12
114	Prolonged use of Kinesiotaping does not enhance functional performance and joint proprioception in healthy young males: Randomized controlled trial. <i>Brazilian Journal of Physical Therapy</i> , 2016 , 20, 213-222	3.7	12
113	Time Course of Resistance Training-Induced Muscle Hypertrophy in the Elderly. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 159-63	3.2	27
112	The effects of Kinesiotaping on quadriceps muscle performance at different velocities: A randomized controlled trial. <i>Isokinetics and Exercise Science</i> , 2016 , 24, 149-156	0.6	3
111	Kinesiotaping enhances the rate of force development but not the neuromuscular efficiency of physically active young men. <i>Journal of Electromyography and Kinesiology</i> , 2016 , 28, 123-9	2.5	6
110	Reliability of normalized surface electromyographic signals of maximal upper-body isokinetic strength. <i>Isokinetics and Exercise Science</i> , 2015 , 23, 1-12	0.6	10
109	Does whole-body cryotherapy improve vertical jump recovery following a high-intensity exercise bout?. <i>Open Access Journal of Sports Medicine</i> , 2015 , 6, 49-54	2.9	19
108	Transcutaneous Electrical Nerve Stimulation Improves Exercise Tolerance in Healthy Subjects. <i>International Journal of Sports Medicine</i> , 2015 , 36, 661-5	3.6	5
107	Effects of Rest Interval on Strength Recovery in Breast Cancer Survivors. <i>International Journal of Sports Medicine</i> , 2015 , 36, 573-8	3.6	8
106	Effects of short term elastic resistance training on muscle mass and strength in untrained older adults: a randomized clinical trial. <i>BMC Geriatrics</i> , 2015 , 15, 99	4.1	32
105	EFFECTS OF PERIODIC AND CONTINUOUS RESISTANCE TRAINING ON MUSCLE STRENGTH IN DETRAINED WOMEN. <i>Perceptual and Motor Skills</i> , 2015 , 121, 810-21	2.2	5
104	Session rating of perceived exertion following resistance exercise with blood flow restriction. <i>Clinical Physiology and Functional Imaging</i> , 2015 , 35, 323-7	2.4	22
103	Effects of six weeks of resistance exercise with reciprocal contractions on knee extensors neuromuscular performance: Randomized controlled trial. <i>Isokinetics and Exercise Science</i> , 2015 , 23, 109-116	3.6	16
102	Dissociated Time Course of Muscle Damage Recovery Between Single- and Multi-Joint Exercises in Highly Resistance-Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 2594-9	3.2	24

101	Graduated compression sleeves: effects on metabolic removal and neuromuscular performance. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 1273-8	3.2	14
100	Skinfold thickness affects the isometric knee extension torque evoked by Neuromuscular Electrical Stimulation. <i>Brazilian Journal of Physical Therapy</i> , 2015 , 19, 466-72	3.7	17
99	Resistance training improves isokinetic strength and metabolic syndrome-related phenotypes in postmenopausal women. <i>Clinical Interventions in Aging</i> , 2015 , 10, 1299-304	4	17
98	Single vs. Multi-Joint Resistance Exercises: Effects on Muscle Strength and Hypertrophy. <i>Asian Journal of Sports Medicine</i> , 2015 , 6, e24057	1.4	41
97	One session of partial-body cryotherapy (-110 °C) improves muscle damage recovery. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25, e524-30	4.6	31
96	Neuromuscular and blood lactate responses to squat power training with different rest intervals between sets. <i>Journal of Sports Science and Medicine</i> , 2015 , 14, 269-75	2.7	5
95	Effects of single vs. multiple-set short-term strength training in elderly women. <i>Age</i> , 2014 , 36, 9720		29
94	Vastus lateralis muscle cross-sectional area ultrasonography validity for image fitting in humans. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 3293-7	3.2	44
93	The Effects of Graduated Compression Sleeves on Muscle Performance: A Randomised Controlled Trial. <i>International Journal of Sports Science and Coaching</i> , 2014 , 9, 985-992	1.8	6
92	Efeitos crônicos do exercício resistido com contrações recíprocas no desempenho funcional e proprioceptivo de indivíduos jovens: ensaio controlado aleatório. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2014 , 16, 618	0.1	2
91	Study of muscle fatigue in isokinetic exercise with estimated conduction velocity and traditional electromyographic indicators. <i>Revista Brasileira De Engenharia Biomedica</i> , 2014 , 30, 312-321		2
90	Strength training prior to endurance exercise: impact on the neuromuscular system, endurance performance and cardiorespiratory responses. <i>Journal of Human Kinetics</i> , 2014 , 44, 171-81	2.6	6
89	Effects of intra-session exercise sequence during water-based concurrent training. <i>International Journal of Sports Medicine</i> , 2014 , 35, 41-8	3.6	26
88	Effects of partial-body cryotherapy (-110°C) on muscle recovery between high-intensity exercise bouts. <i>International Journal of Sports Medicine</i> , 2014 , 35, 1155-60	3.6	12
87	Effects of a single whole body cryotherapy (-110°C) bout on neuromuscular performance of the elbow flexors during isokinetic exercise. <i>International Journal of Sports Medicine</i> , 2014 , 35, 1179-83	3.6	8
86	Could whole-body cryotherapy (below -100°C) improve muscle recovery from muscle damage?. <i>Frontiers in Physiology</i> , 2014 , 5, 247	4.6	22
85	Men and women experience similar muscle damage after traditional resistance training protocol. <i>Isokinetics and Exercise Science</i> , 2014 , 22, 47-54	0.6	5
84	Do compression sleeves worn during exercise affect muscle recovery?. <i>Isokinetics and Exercise Science</i> , 2014 , 22, 265-271	0.6	6

83	Strength and endurance training prescription in healthy and frail elderly 2014 , 5, 183-95		142
82	Short-term strength training improves muscle quality and functional capacity of elderly women. <i>Age</i> , 2014 , 36, 365-72		80
81	Time course of low- and high-volume strength training on neuromuscular adaptations and muscle quality in older women. <i>Age</i> , 2014 , 36, 881-92		84
80	Enhancing of women functional status with metabolic syndrome by cardioprotective and anti-inflammatory effects of combined aerobic and resistance training. <i>PLoS ONE</i> , 2014 , 9, e110160	3.7	8
79	Effects of eight weeks of resistance training on the risk factors of metabolic syndrome in overweight /obese women - "A Pilot Study". <i>Diabetology and Metabolic Syndrome</i> , 2013 , 5, 11	5.6	11
78	Low- and high-volume strength training induces similar neuromuscular improvements in muscle quality in elderly women. <i>Experimental Gerontology</i> , 2013 , 48, 710-6	4.5	79
77	Efficiency of twice weekly concurrent training in trained elderly men. <i>Experimental Gerontology</i> , 2013 , 48, 1236-42	4.5	29
76	Single-joint isometric rate of torque development is not related to counter- movement jump performance in soccer players. <i>Isokinetics and Exercise Science</i> , 2013 , 21, 181-186	0.6	11
75	Relationship between ventilatory threshold and muscle fiber conduction velocity responses in trained cyclists. <i>Journal of Electromyography and Kinesiology</i> , 2013 , 23, 448-54	2.5	7
74	Treinamento de força versus hidroginástica: uma análise transversal comparativa da densidade mineral óssea em mulheres na pós-menopausa. <i>Revista Brasileira De Reumatologia</i> , 2013 , 53, 193-198		8
73	Effect of adding single-joint exercises to a multi-joint exercise resistance-training program on strength and hypertrophy in untrained subjects. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 341-4	3	53
72	Muscle fatigue and metabolic responses following three different antagonist pre-load resistance exercises. <i>Journal of Electromyography and Kinesiology</i> , 2013 , 23, 1090-6	2.5	11
71	Neuromuscular adaptations to concurrent training in the elderly: effects of intrasession exercise sequence. <i>Age</i> , 2013 , 35, 891-903		81
70	Effects of rest interval length on Smith machine bench press performance and perceived exertion in trained men. <i>Perceptual and Motor Skills</i> , 2013 , 117, 682-95	2.2	4
69	Effects of short-term isokinetic training with reciprocal knee extensors agonist and antagonist muscle actions: a controlled and randomized trial. <i>Brazilian Journal of Physical Therapy</i> , 2013 , 17, 137-45	3.7	2
68	Noninvasive ventilation improves the cardiovascular response and fatigability during resistance exercise in patients with heart failure. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2013 , 33, 378-84	3.6	3
67	Comparison of hamstring/quadriceps ratio between isoinertial and isokinetic measurements. <i>Isokinetics and Exercise Science</i> , 2013 , 21, 107-112	0.6	2
66	Effects of different resistance training frequencies on the muscle strength and functional performance of active women older than 60 years. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 2225-34	3.2	39

65	Consumo de oxigênio de pico em idosas: comparã entre valores medidos e previstos. <i>Motriz Revista De Educacao Fisica</i> , 2013 , 19, 325-334	0.9	
64	Respostas bioquímicas e físicas ao treinamento realizado dentro e fora da água em atletas de futsal. <i>Motriz Revista De Educacao Fisica</i> , 2013 , 19, 432-440	0.9	1
63	Fadiga muscular entre sões de exercícios isocinticos em mulheres jovens. <i>Motriz Revista De Educacao Fisica</i> , 2013 , 19, 494-501	0.9	
62	Forã muscular isocintica dos extensores do joelho em indivduos com doenã de Parkinson. <i>Fisioterapia Em Movimento</i> , 2013 , 26, 803-811	0.8	4
61	Effects of training attendance on muscle strength of young men after 11 weeks of resistance training. <i>Asian Journal of Sports Medicine</i> , 2013 , 4, 101-6	1.4	36
60	Lack of association of the ACE genotype with the muscle strength response to resistance training. <i>European Journal of Sport Science</i> , 2012 , 12, 331-337	3.9	3
59	Efeitos do treinamento resistido sobre a forã muscular de idosas: uma comparã entre mtdos. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2012 , 14,	0.1	1
58	Strength prior to endurance intra-session exercise sequence optimizes neuromuscular and cardiovascular gains in elderly men. <i>Experimental Gerontology</i> , 2012 , 47, 164-9	4.5	75
57	Echo intensity is associated with skeletal muscle power and cardiovascular performance in elderly men. <i>Experimental Gerontology</i> , 2012 , 47, 473-8	4.5	154
56	Eccentric torqueâvelocity and powerâvelocity relationships in men and women. <i>European Journal of Sport Science</i> , 2012 , 12, 139-144	3.9	5
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