

# Atle Hole Saeterbakken

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5073128/publications.pdf>

Version: 2024-02-01

67  
papers

1,209  
citations

430754

18  
h-index

434063

31  
g-index

69  
all docs

69  
docs citations

69  
times ranked

733  
citing authors

#	ARTICLE	IF	CITATIONS
1	Effect of Core Stability Training on Throwing Velocity in Female Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 712-718.	1.0	135
2	A comparison of muscle activity and 1-RM strength of three chest-press exercises with different stability requirements. <i>Journal of Sports Sciences</i> , 2011, 29, 533-538.	1.0	70
3	Muscle Force Output and Electromyographic Activity in Squats With Various Unstable Surfaces. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 130-136.	1.0	65
4	Muscle activity of the core during bilateral, unilateral, seated and standing resistance exercise. <i>European Journal of Applied Physiology</i> , 2012, 112, 1671-1678.	1.2	58
5	Electromyographic Activity and 6RM Strength in Bench Press on Stable and Unstable Surfaces. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1101-1107.	1.0	52
6	Electromyographic Comparison of Barbell Deadlift, Hex Bar Deadlift, and Hip Thrust Exercises: A Cross-Over Study. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 587-593.	1.0	49
7	Is the occurrence of the sticking region the result of diminishing potentiation in bench press?. <i>Journal of Sports Sciences</i> , 2012, 30, 591-599.	1.0	46
8	The Existence of a Sticking Region in Free Weight Squats. <i>Journal of Human Kinetics</i> , 2014, 42, 63-71.	0.7	45
9	The Effects of Bench Press Variations in Competitive Athletes on Muscle Activity and Performance. <i>Journal of Human Kinetics</i> , 2017, 57, 61-71.	0.7	44
10	Comparison of Kinematics and Muscle Activation in Free-Weight Back Squat With and Without Elastic Bands. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 945-952.	1.0	37
11	Fatigue effects upon sticking region and electromyography in a six-repetition maximum bench press. <i>Journal of Sports Sciences</i> , 2013, 31, 1823-1830.	1.0	30
12	Comparison of muscle activation and kinematics during free-weight back squats with different loads. <i>PLoS ONE</i> , 2019, 14, e0217044.	1.1	30
13	Comparison of climbing-specific strength and endurance between lead and boulder climbers. <i>PLoS ONE</i> , 2019, 14, e0222529.	1.1	29
14	Pain Neuroscience Education Combined with Therapeutic Exercises Provides Added Benefit in the Treatment of Chronic Neck Pain. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8848.	1.2	28
15	Effects of Body Position and Loading Modality on Muscle Activity and Strength in Shoulder Presses. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1824-1831.	1.0	27
16	Effect of Fatigue Upon Performance and Electromyographic Activity in 6-RM Bench Press. <i>Journal of Human Kinetics</i> , 2014, 40, 57-65.	0.7	27
17	Effects of Grip Width on Muscle Strength and Activation in the Lat Pull-Down. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1135-1142.	1.0	21
18	Effects of BOSU Ball(s) During Sit-Ups With Body Weight and Added Resistance on Core Muscle Activation. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 3515-3522.	1.0	20

#	ARTICLE	IF	CITATIONS
19	Electromyographic Comparison of Squats Using Constant or Variable Resistance. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3456-3463.	1.0	20
20	Effects of Replacing Free Weights With Elastic Band Resistance in Squats on Trunk Muscle Activation. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 3056-3062.	1.0	19
21	Resistance-training exercises with different stability requirements: time course of task specificity. <i>European Journal of Applied Physiology</i> , 2016, 116, 2247-2256.	1.2	18
22	Elastic Bands in Combination With Free Weights in Strength Training. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2932-2940.	1.0	17
23	The short- and long-term effects of resistance training with different stability requirements. <i>PLoS ONE</i> , 2019, 14, e0214302.	1.1	16
24	The effects of high resistanceâ€“few repetitions and low resistanceâ€“high repetitions resistance training on climbing performance. <i>European Journal of Sport Science</i> , 2017, 17, 378-385.	1.4	14
25	Explosive Resistance Training Using Elastic Bands in Young Female Team Handball Players. <i>Sports Medicine International Open</i> , 2018, 02, E171-E178.	0.3	14
26	Effects of ten weeks dynamic or isometric core training on climbing performance among highly trained climbers. <i>PLoS ONE</i> , 2018, 13, e0203766.	1.1	14
27	Effects of Strength Training on Muscle Properties, Physical Function, and Physical Activity among Frail Older People: A Pilot Study. <i>Journal of Aging Research</i> , 2018, 2018, 1-11.	0.4	13
28	Electromyographic comparison of the barbell deadlift using constant versus variable resistance in healthy, trained men. <i>PLoS ONE</i> , 2019, 14, e0211021.	1.1	13
29	The Effects of Trunk Muscle Training on Physical Fitness and Sport-Specific Performance in Young and Adult Athletes: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2022, 52, 1599-1622.	3.1	13
30	Core Muscle Activation in One-Armed and Two-Armed Kettlebell Swing. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1196-1204.	1.0	12
31	Nordic walking and specific strength training for neck- and shoulder pain in office workers: a pilot-study. <i>European Journal of Physical and Rehabilitation Medicine</i> , 2017, 53, 928-935.	1.1	12
32	Comparison of Core Muscle Activation Between a Prone Bridge and 6-RM Back Squats. <i>Journal of Human Kinetics</i> , 2018, 62, 43-53.	0.7	12
33	The effects of performing integrated compared to isolated core exercises. <i>PLoS ONE</i> , 2019, 14, e0212216.	1.1	12
34	Dose-response of resistance training for neck-and shoulder pain relief: a workplace intervention study. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2020, 12, 8.	0.7	11
35	Upper body rate of force development and maximal strength discriminates performance levels in sport climbing. <i>PLoS ONE</i> , 2021, 16, e0249353.	1.1	11
36	Effects of Two vs. Four Weekly Campus Board Training Sessions on Bouldering Performance and Climbing-Specific Tests in Advanced and Elite Climbers. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 438-447.	0.7	11

#	ARTICLE	IF	CITATIONS
37	Tests and Procedures for Measuring Endurance, Strength, and Power in Climbing – A Mini-Review. <i>Frontiers in Sports and Active Living</i> , 2022, 4, 847447.	0.9	11
38	Core Muscle Activation in Three Lower Extremity Exercises With Different Stability Requirements. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 304-309.	1.0	9
39	Training specificity performing single-joint vs. multi-joint resistance exercises among physically active females: A randomized controlled trial. <i>PLoS ONE</i> , 2020, 15, e0233540.	1.1	9
40	The Effect of Grip Width on Muscle Strength and Electromyographic Activity in Bench Press among Novice- and Resistance-Trained Men. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6444.	1.2	9
41	Motion Analysis of Match Play in U14 Male Soccer Players and the Influence of Position, Competitive Level and Contextual Variables. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 7287.	1.2	9
42	No pain no gain: a survey of use of healthcare and reasons not to seek healthcare by Norwegian climbers with chronic injuries. <i>BMJ Open Sport and Exercise Medicine</i> , 2019, 5, e000513.	1.4	8
43	Muscle activity in asymmetric bench press among resistance-trained individuals. <i>European Journal of Applied Physiology</i> , 2020, 120, 2517-2524.	1.2	8
44	Muscle activation with swinging loads in bench press. <i>PLoS ONE</i> , 2020, 15, e0239202.	1.1	7
45	The Effects of Prioritizing Lead or Boulder Climbing Among Intermediate Climbers. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 661167.	0.9	7
46	The Role of Trunk Training for Physical Fitness and Sport-Specific Performance. Protocol for a Meta-Analysis. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 625098.	0.9	7
47	Acute Effects of Elastic Bands as Resistance or Assistance on EMG, Kinetics, and Kinematics During Deadlift in Resistance-Trained Men. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 598284.	0.9	6
48	The effects of ten weeks resistance training on sticking region in chest-press exercises. <i>PLoS ONE</i> , 2020, 15, e0235555.	1.1	6
49	Muscle Strength Is Associated With Physical Function in Community-Dwelling Older Adults Receiving Home Care. A Cross-Sectional Study. <i>Frontiers in Public Health</i> , 2022, 10, 856632.	1.3	6
50	Accelerations and high intensity running in field and assistant football referees during match play. <i>Science and Medicine in Football</i> , 2017, 1, 280-287.	1.0	5
51	Lack of Evidence for Non-Local Muscle Fatigue and Performance Enhancement in Young Adults. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 339-348.	0.7	5
52	The Construct Validity of the CODA and Repeated Sprint Ability Tests in Football Referees. <i>International Journal of Sports Medicine</i> , 2018, 39, 619-624.	0.8	4
53	Electromyographic Comparison of Five Lower-Limb Muscles between Single- and Multi-Joint Exercises among Trained Men. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 56-61.	0.7	4
54	Trunk Muscle Activity in One- and Two-Armed American Kettlebell Swing in Resistance-Trained Men. <i>Sports Medicine International Open</i> , 2019, 03, E12-E18.	0.3	3

#	ARTICLE	IF	CITATIONS
55	The Effects of 10 Weeks Hangboard Training on Climbing Specific Maximal Strength, Explosive Strength, and Finger Endurance. <i>Frontiers in Sports and Active Living</i> , 2022, 4, 888158.	0.9	3
56	Differences in Upper-Body Peak Force and Rate of Force Development in Male Intermediate, Advanced, and Elite Sport Climbers. <i>Frontiers in Sports and Active Living</i> , 0, 4, .	0.9	3
57	No Effects of Caffeine on Muscle Hypertrophy-Style Resistance Exercise. <i>Journal of Caffeine Research</i> , 2011, 1, 117-121.	1.0	2
58	Physical Activity Level Following Resistance Training in Community-Dwelling Older Adults Receiving Home Care: Results from a Cluster-Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6682.	1.2	2
59	The effects of assisted and resisted plyometric training on jump height and sprint performance among physically active females. <i>European Journal of Sport Science</i> , 2022, 22, 1569-1576.	1.4	2
60	Letter to the Editorâ€™Changes in Muscle Pattern Activity during the Asymmetric Flat Bench Press. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 41.	1.2	2
61	A Comparison of Muscle Activation between Barbell Bench Press and Dumbbell Flyes in Resistance-Trained Males. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 645-651.	0.7	2
62	Effects of bouncing the barbell in bench press on throwing velocity and strength among handball players. <i>PLoS ONE</i> , 2021, 16, e0260297.	1.1	2
63	The Acute Effects of Attaching Chains to the Barbell on Kinematics and Muscle Activation in Bench Press in Resistance-Trained Men. <i>Journal of Functional Morphology and Kinesiology</i> , 2022, 7, 39.	1.1	1
64	A randomized trial on the efficacy of split-body versus full-body resistance training in non-resistance trained women. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, 87.	0.7	1
65	Acute Effects of Barbell Bouncing and External Cueing on Power Output in Bench Press Throw in Resistance-Trained Men. <i>Frontiers in Physiology</i> , 0, 13, .	1.3	1
66	Comparison of Muscle Activity in Three Single-Joint, Hip Extension Exercises in Resistance-Trained Women. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 181-187.	0.7	0
67	Editorial: Adaptations to Advanced Resistance Training Strategies in Youth and Adult Athletes. <i>Frontiers in Physiology</i> , 2022, 13, 888118.	1.3	0