

Atle Hole Saeterbakken

List of Publications by Year in descending order

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Version: 2024-02-01

67
papers

1,209
citations

430442

18
h-index

433756

31
g-index

69
all docs

69
docs citations

69
times ranked

733
citing authors

#	ARTICLE	IF	CITATIONS
1	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
2	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
3	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
4	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
5	Editorial: Adaptations to Advanced Resistance Training Strategies in Youth and Adult Athletes. <i>Frontiers in Physiology</i> , 2022, 13, 888118.	1.3	0
6	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
7	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
8	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
9	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
10	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
11	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
12	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
13	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
14	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
15	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
16	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
17	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
18	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

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19	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
20	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
21	Letter to the Editor "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
22	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
23	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
24	Muscle activity in asymmetric bench press among resistance-trained individuals. <i>European Journal of Applied Physiology</i> , 2020, 120, 2517-2524.	1.2	8
25	Muscle activation with swinging loads in bench press. <i>PLoS ONE</i> , 2020, 15, e0239202.	1.1	7
26	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
27	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
28	The effects of ten weeks resistance training on sticking region in chest-press exercises. <i>PLoS ONE</i> , 2020, 15, e0235555.	1.1	6
29	A Comparison of Muscle Activation between Barbell Bench Press and Dumbbell Flies in Resistance-Trained Males. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 645-651.	0.7	2
30	Comparison of climbing-specific strength and endurance between lead and boulder climbers. <i>PLoS ONE</i> , 2019, 14, e0222529.	1.1	29
31	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
32	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
33	Comparison of muscle activation and kinematics during free-weight back squats with different loads. <i>PLoS ONE</i> , 2019, 14, e0217044.	1.1	30
34	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
35	The short- and long-term effects of resistance training with different stability requirements. <i>PLoS ONE</i> , 2019, 14, e0214302.	1.1	16
36	The effects of performing integrated compared to isolated core exercises. <i>PLoS ONE</i> , 2019, 14, e0212216.	1.1	12

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37	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
38	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
39	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
40	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
41	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
42	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
43	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
44	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
45	The effects of high resistance“few repetitions and low resistance“high repetitions resistance training on climbing performance. <i>European Journal of Sport Science</i> , 2017, 17, 378-385.	1.4	14
46	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
47	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
48	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
49	Electromyographic Comparison of Squats Using Constant or Variable Resistance. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3456-3463.	1.0	20
50	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
51	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
52	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
53	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
54	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

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55	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
56	The Existence of a Sticking Region in Free Weight Squats. <i>Journal of Human Kinetics</i> , 2014, 42, 63-71.	0.7	45
57	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
58	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
59	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
60	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
61	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
62	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
63	No Effects of Caffeine on Muscle Hypertrophy-Style Resistance Exercise. <i>Journal of Caffeine Research</i> , 2011, 1, 117-121.	1.0	2
64	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
65	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
66	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
67	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