James P Fisher

List of Publications by Year
in descending order

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98 papers	2,408 citations	279798 23 h-index	243625 44 g-index
111 all docs	111 docs citations	111 times ranked	2695 citing authors

#	Article	IF	Citations
1	Is There Any Practical Application of Meta-Analytical Results in Strength Training?. Frontiers in Physiology, 2017, 8, 1.	2.8	360
2	Clarity in reporting terminology and definitions of set endpoints in resistance training. Muscle and Nerve, 2017, 56, 368-374.	2.2	146
3	Evidence-Based Resistance Training Recommendations. Medicina Sportiva, 2011, 15, 147-162.	0.3	109
4	Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity interval training (HIIT). British Journal of Sports Medicine, 2019, 53, 655-664.	6.7	90
5	A higher effort-based paradigm in physical activity and exercise for public health: making the case for a greater emphasis on resistance training. BMC Public Health, 2017, 17, 300.	2.9	88
6	High- and Low-Load Resistance Training: Interpretation and Practical Application of Current Research Findings. Sports Medicine, 2017, 47, 393-400.	6.5	86
7	Sprint interval and moderateâ€intensity continuous training have equal benefits on aerobic capacity, insulin sensitivity, muscle capillarisation and endothelial eNOS/NAD(P)Hoxidase protein ratio in obese men. Journal of Physiology, 2016, 594, 2307-2321.	2.9	84
8	A Review of the Acute Effects and Long-Term Adaptations of Single- and Multi-Joint Exercises during Resistance Training. Sports Medicine, 2017, 47, 843-855.	6.5	76
9	A minimal dose approach to resistance training for the older adult; the prophylactic for aging. Experimental Gerontology, 2017, 99, 80-86.	2.8	74
10	Heavier and lighter load resistance training to momentary failure produce similar increases in strength with differing degrees of discomfort. Muscle and Nerve, 2017, 56, 797-803.	2.2	68
11	There are no no-responders to low or high resistance training volumes among older women. Experimental Gerontology, 2017, 99, 18-26.	2.8	60
12	A comparison of the motivational factors between CrossFit participants and other resistance exercise modalities: a pilot study. Journal of Sports Medicine and Physical Fitness, 2017, 57, 1227-1234.	0.7	55
13	Differentiation between perceived effort and discomfort during resistance training in older adults:Reliability of trainee ratings of effort and discomfort,and reliability and validity of trainer ratings of trainee effort. Journal of Trainology, 2016, 6, 1-8.	0.5	45
14	The Minimum Effective Training Dose Required to Increase 1RM Strength in Resistance-Trained Men: A Systematic Review and Meta-Analysis. Sports Medicine, 2020, 50, 751-765.	6.5	44
15	Resistance Training Recommendations to Maximize Muscle Hypertrophy in an Athletic Population: Position Stand of the IUSCA. International Journal of Strength and Conditioning, 2021, 1, .	0.6	34
16	One lumbar extension training session per week is sufficient for strength gains and reductions in pain in patients with chronic low back pain ergonomics. Ergonomics, 2012, 55, 500-507.	2.1	32
17	Ability to predict repetitions to momentary failure is not perfectly accurate, though improves with resistance training experience. PeerJ, 2017, 5, e4105.	2.0	32
18	The relationship between balance performance, lumbar extension strength, trunk extension endurance, and pain in participants with chronic low back pain, and those without. Clinical Biomechanics, 2018, 53, 22-30.	1.2	32

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19	A randomized trial to consider the effect of Romanian deadlift exercise on the development of lumbar extension strength. Physical Therapy in Sport, 2013, 14, 139-145.	1.9	31
20	The Effects of 6 Months of Progressive High Effort Resistance Training Methods upon Strength, Body Composition, Function, and Wellbeing of Elderly Adults. BioMed Research International, 2017, 2017, 1-14.	1.9	31
21	Associations between Trunk Extension Endurance and Isolated Lumbar Extension Strength in Both Asymptomatic Participants and Those with Chronic Low Back Pain. Healthcare (Switzerland), 2016, 4, 70.	2.0	29
22	A comparison of low volume â€˜high-intensity-trainingâ€™ and high volume traditional resistance training methods on muscular performance, body composition, and subjective assessments of training. Biology of Sport, 2016, 33, 241-249.	3.2	26
23	Evidence for an Upper Threshold for Resistance Training Volume in Trained Women. Medicine and Science in Sports and Exercise, 2019, 51, 515-522.	0.4	26
24	Fatigue and perceptual responses of heavier- and lighter-load isolated lumbar extension resistance exercise in males and females. PeerJ, 2018, 6, e4523.	2.0	24
25	Acute effects of different resistance training loads on cardiac autonomic modulation in hypertensive postmenopausal women. Journal of Translational Medicine, 2018, 16, 240.	4.4	24
26	Attempting to better define â€œintensityâ€•for muscular performance: is it all wasted effort?. European Journal of Applied Physiology, 2012, 112, 4183-4185.	2.5	23
27	A comparison of volume-equated knee extensions to failure, or not to failure, upon rating of perceived exertion and strength adaptations. Applied Physiology, Nutrition and Metabolism, 2016, 41, 168-174.	1.9	23
28	The Impact of Coronavirus (COVID-19) Related Public-Health Measures on Training Behaviours of Individuals Previously Participating in Resistance Training: A Cross-Sectional Survey Study. Sports Medicine, 2021, 51, 1561-1580.	6.5	23
29	The effects of pre-exhaustion, exercise order, and rest intervals in a full-body resistance training intervention. Applied Physiology, Nutrition and Metabolism, 2014, 39, 1265-1270.	1.9	22
30	Does change in isolated lumbar extensor muscle function correlate with good clinical outcome? A secondary analysis of data on change in isolated lumbar extension strength, pain, and disability in chronic low back pain. Disability and Rehabilitation, 2019, 41, 1287-1295.	1.8	22
31	Non-local Muscle Fatigue Effects on Muscle Strength, Power, and Endurance in Healthy Individuals: A Systematic Review with Meta-analysis. Sports Medicine, 2021, 51, 1893-1907.	6.5	22
32	Resistance Training Performed to Failure or Not to Failure Results in Similar Total Volume, but With Different Fatigue and Discomfort Levels. Journal of Strength and Conditioning Research, 2021, 35, 1372-1379.	2.1	20
33	Accuracy in Predicting Repetitions to Task Failure in Resistance Exercise: A Scoping Review and Exploratory Meta-analysis. Sports Medicine, 2022, 52, 377-390.	6.5	20
34	Reduced Volume â€˜Daily Maxâ€™ Training Compared to Higher Volume Periodized Training in Powerlifters Preparing for Competitionâ€”A Pilot Study. Sports, 2018, 6, 86.	1.7	19
35	Questioning the Resistance/Aerobic Training Dichotomy: A Commentary on Physiological Adaptations Determined by Effort Rather than Exercise Modality. Journal of Human Kinetics, 2014, 44, 137-142.	1.5	17
36	The Effects of Breakdown Set Resistance Training on Muscular Performance and Body Composition in Young Men and Women. Journal of Strength and Conditioning Research, 2016, 30, 1425-1432.	2.1	17

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37	Comparisons of Resistance Training and â€œCardioâ€•Exercise Modalities as Countermeasures to Microgravity-Induced Physical Deconditioning: New Perspectives and Lessons Learned From Terrestrial Studies. Frontiers in Physiology, 2019, 10, 1150.	2.8	16
38	Influence of Adding Single-Joint Exercise to a Multijoint Resistance Training Program in Untrained Young Women [RETRACTED]. Journal of Strength and Conditioning Research, 2020, 34, 2214-2219.	2.1	16
39	Strength Gains as a Result of Brief, Infrequent Resistance Exercise in Older Adults. Hindawi Publishing Corporation, 2014, 2014, 1-7.	1.1	15
40	The effects of muscle action, repetition duration, and loading strategies of a whole-body, progressive resistance training programme on muscular performance and body composition in trained males and females. Applied Physiology, Nutrition and Metabolism, 2016, 41, 1064-1070.	1.9	15
41	Acute fatigue, and perceptual responses to resistance exercise. Muscle and Nerve, 2017, 56, E141-E146.	2.2	15
42	Why intensity is not a bad word â€“ Benefits and practical aspects of high effort resistance training to the older. Clinical Nutrition, 2017, 36, 1454-1455.	5.0	14
43	The strength-endurance continuum revisited:a critical commentary of the recommendation ofdifferent loading ranges for different muscular adaptations. Journal of Trainology, 2020, 9, 1-8.	0.5	14
44	The effects of low-volume resistance training with and without advanced techniques in trained subjects. Journal of Sports Medicine and Physical Fitness, 2016, 56, 249-58.	0.7	14
45	Does the addition of single joint exercises to a resistance training program improve changes in performance and anthropometric measures in untrained men?. European Journal of Translational Myology, 2018, 28, 7827.	1.7	13
46	The Effect of In-Season Traditional and Explosive Resistance Training Programs on Strength, Jump Height, and Speed in Recreational Soccer Players. Research Quarterly for Exercise and Sport, 2019, 90, 95-102.	1.4	13
47	Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. PeerJ, 2018, 6, e5020.	2.0	13
48	A Comparison of the Effect of Kettlebell Swings and Isolated Lumbar Extension Training on Acute Torque Production of the Lumbar Extensors. Journal of Strength and Conditioning Research, 2016, 30, 1189-1195.	2.1	12
49	The role of volume-load in strength and absolute endurance adaptations in adolescentâ€™s performing high- or low-load resistance training. Applied Physiology, Nutrition and Metabolism, 2017, 42, 193-201.	1.9	12
50	Using velocity loss for monitoring resistance training effort in a real-world setting. Applied Physiology, Nutrition and Metabolism, 2018, 43, 833-837.	1.9	12
51	The â€œJournal of Functional Morphology and Kinesiologyâ€•Journal Club Series: Utility and Advantages of the Eccentric Training through the Isoinertial System. Journal of Functional Morphology and Kinesiology, 2020, 5, 6.	2.4	12
52	Similar acute physiological responses from effort and duration matched leg press and recumbent cycling tasks. PeerJ, 2018, 6, e4403.	2.0	12
53	Reliability of meta-analyses to evaluate resistance training programmes. Journal of Sports Sciences, 2017, 35, 1982-1984.	2.0	11
54	The Role of Supervision in Resistance Training; an Exploratory Systematic Review and Meta-Analysis. International Journal of Strength and Conditioning, 2022, 2, .	0.6	11

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55	Six weeks of knee extensor isometric training improves soccer related skills in female soccer players. Journal of Trainology, 2017, 6, 52-56.	0.5	10
56	Effects of Exercise Modality During Additional â€œHigh-Intensity Interval Trainingâ€•on Aerobic Fitness and Strength in Powerlifting and Strongman Athletes. Journal of Strength and Conditioning Research, 2018, 32, 450-457.	2.1	10
57	The effects of set volume during isolated lumbar extension resistance training in recreationally trained males. PeerJ, 2015, 3, e878.	2.0	10
58	High intensity interval training does not impair strength gains in response to resistance training in premenopausal women. European Journal of Applied Physiology, 2017, 117, 1257-1265.	2.5	9
59	Effects of Adding Single Joint Exercises to a Resistance Training Programme in Trained Women. Sports, 2018, 6, 160.	1.7	9
60	Periodization for optimizing strength and hypertrophy; the forgotten variables. Journal of Trainology, 2018, 7, 10-15.	0.5	9
61	Neither repetition duration nor number of muscle actions affect strength increases, body composition, muscle size, or fasted blood glucose in trained males and females. Applied Physiology, Nutrition and Metabolism, 2019, 44, 200-207.	1.9	9
62	â€œJust One More Rep!â€•â€“ Ability to Predict Proximity to Task Failure in Resistance Trained Persons. Frontiers in Psychology, 2020, 11, 565416.	2.1	9
63	Comment on: Volume for Muscle Hypertrophy and Health Outcomes: The Most Effective Variable in Resistance Training. Sports Medicine, 2018, 48, 1281-1284.	6.5	8
64	Effort, Discomfort, Group III/IV Afferents, Bioenergetics, and Motor Unit Recruitment. Medicine and Science in Sports and Exercise, 2018, 50, 1718-1718.	0.4	8
65	Scientific Rigour: a Heavy or Light Load to Carry?. Sports Medicine, 2014, 44, 141-142.	6.5	7
66	Evidence of a Ceiling Effect for Training Volume in Muscle Hypertrophy and Strength in Trained Menâ€”Less is More?. International Journal of Sports Physiology and Performance, 2020, 15, 268-277.	2.3	7
67	Lighter-Load Exercise Produces Greater Acute- and Prolonged-Fatigue in Exercised and Non-Exercised Limbs. Research Quarterly for Exercise and Sport, 2021, 92, 369-379.	1.4	7
68	Effects of High-Speed Versus Traditional Resistance Training in Older Adults. Sports Health, 2022, 14, 283-291.	2.7	7
69	Long-Term Time-Course of Strength Adaptation to Minimal Dose Resistance Training Through Retrospective Longitudinal Growth Modeling. Research Quarterly for Exercise and Sport, 2023, 94, 913-930.	1.4	7
70	Variability in Strength, Pain, and Disability Changes in Response to an Isolated Lumbar Extension Resistance Training Intervention in Participants with Chronic Low Back Pain. Healthcare (Switzerland), 2017, 5, 75.	2.0	6
71	Heavier- and lighter-load isolated lumbar extension resistance training produce similar strength increases, but different perceptual responses, in healthy males and females. PeerJ, 2018, 6, e6001.	2.0	6
72	Comparison of single- and multi-joint lower body resistance training upon strength increases in recreationally active males and females: a within-participant unilateral training study. European Journal of Translational Myology, 2019, 29, 8052.	1.7	6

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73	Optimal Emotional Profiles for Peak Performance in Strength and Conditioning. Journal of Strength and Conditioning Research, 2021, 35, 833-840.	2.1	6
74	A low caffeine dose improves maximal strength, but not relative muscular endurance in either heavier-or lighter-loads, or perceptions of effort or discomfort at task failure in females. PeerJ, 2020, 8, e9144.	2.0	6
75	Does increasing an athletesâ€™ strength improve sports performance? A critical review with suggestions to help answer this, and other, causal questions in sport science. Journal of Trainology, 2020, 9, 20.	0.5	5
76	Primum non nocere: A commentary on avoidable injuries and safe resistance training techniques. Journal of Trainology, 2014, 3, 31-34.	0.5	5
77	Are Trainees Lifting Heavy Enough? Self-Selected Loads in Resistance Exercise: A Scoping Review and Exploratory Meta-analysis. Sports Medicine, 2022, 52, 2909-2923.	6.5	5
78	Intra-Subject Variability of 5 Km Time Trial Performance Completed by Competitive Trained Runners. Journal of Human Kinetics, 2017, 57, 139-146.	1.5	4
79	A Comparison of Isolated Lumbar Extension Strength Between Healthy Asymptomatic Participants and Chronic Low Back Pain Participants Without Previous Lumbar Spine Surgery. Spine, 2018, 43, E1232-E1237.	2.0	4
80	The Minimum Effective Training Dose Required for 1RM Strength in Powerlifters. Frontiers in Sports and Active Living, 2021, 3, 713655.	1.8	4
81	Cycle ergometer training and resistance training similarly increase muscle strength in trained men. Journal of Sports Sciences, 2022, 40, 583-590.	2.0	4
82	Short-term supervised virtual training maintains intensity of effort and represents an efficacious alternative to traditional studio-based, supervised strength training. Physiology and Behavior, 2022, 249, 113748.	2.1	4
83	The effects of load and effort-matched concentric and eccentric knee extension training in recreational females. Human Movement, 2014, 15, 147-151.	0.9	3
84	A neck strengthening protocol in adolescent males and females for athletic injury prevention. Journal of Trainology, 2016, 5, 13-17.	0.5	3
85	Phase Angle as an Indicator of Health and Fitness in Patients Entering an Exercise Referral Scheme. Journal of the American Medical Directors Association, 2018, 19, 809-810.	2.5	3
86	The effects of adding high-intensity of effort resistance training to routine care in persons with type II diabetes: An exploratory randomized parallel-group time-series study. Physiology and Behavior, 2022, 245, 113677.	2.1	3
87	â€œLift Bigâ€“Get Bigâ€: The Impact of Images of Hyper-Muscular Bodies and Training Information. Research Quarterly for Exercise and Sport, 2021, 92, 500-513.	1.4	2
88	Comparison of Isolated Lumbar Extension Strength in Competitive and Noncompetitive Powerlifters, and Recreationally Trained Men. Journal of Strength and Conditioning Research, 2021, 35, 652-658.	2.1	2
89	A Critical Commentary on the Practical Application of Resistance Training Studies. Journal of Trainology, 2013, 2, 10-12.	0.5	2
90	The effects of a 4-week mesocycle of barbell back squat or barbell hip thrust strength training upon isolated lumbar extension strength. PeerJ, 2019, 7, e7337.	2.0	2

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91	Evaluating the results of resistance training using ultrasound or flexed arm circumference: A case for keeping it simple?. Journal of Clinical and Translational Research, 2020, 7, 61-65.	0.3	2
92	Intensity of effort and momentary failure in resistance training: Are we asking a binary question for a continuous variable?. Journal of Sport and Health Science, 2022, 11, 644-647.	6.5	2
93	Surface electromyography and force production ofa novel strength training method suitable for microgravity. Journal of Trainology, 2016, 5, 46-52.	0.5	1
94	Dose-Response of 1, 3, and 5 Sets of Resistance Exercise on Strength, Local Muscular Endurance, and Hypertrophy. Journal of Strength and Conditioning Research, 2017, 31, e5-e7.	2.1	1
95	Periodization and Programming in Sports. Sports, 2021, 9, 13.	1.7	1
96	Comment on: â€œNo Time to Lift? Designing Timeâ€Efficient Training Programs for Strength and Hypertrophy: A Narrative Reviewâ€• Sports Medicine, 2021, , 1.	6.5	1
97	Reply to â€œDiscussion of â€˜The effects of pre-exhaustion, exercise order, and rest intervals in a full-body resistance training interventionâ€™ â€“ Pre-exhaustion exercise and neuromuscular adaptations: an inefficient method?â€• Applied Physiology, Nutrition and Metabolism, 2015, 40, 852-853.	1.9	0
98	Authorsâ€™ Reply to Ribeiro et al.: â€œA Review of the Acute Effects and Long-Term Adaptations of Single- and Multi-Joint Exercises During Resistance Trainingâ€• Sports Medicine, 2017, 47, 795-798.	6.5	0