

Jesús G Pallarés

List of Publications by Year in descending order

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Version: 2024-02-01

93
papers

3,295
citations

156536

32
h-index

190340

53
g-index

95
all docs

95
docs citations

95
times ranked

2897
citing authors

#	ARTICLE	IF	CITATIONS
1	Sensitivity of cycling Motion Performance Indicators (MPIs) to incremented load and their relationship with performance in professional cyclists. Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology, 2024, 238, 76-82.	0.4	2
2	Is the Functional Threshold Power a Valid Metric to Estimate the Maximal Lactate Steady State in Cyclists?. Journal of Strength and Conditioning Research, 2022, 36, 167-173.	1.0	19
3	Bench Press at Full Range of Motion Produces Greater Neuromuscular Adaptations Than Partial Executions After Prolonged Resistance Training. Journal of Strength and Conditioning Research, 2022, 36, 10-15.	1.0	20
4	Acute Beetroot Juice Supplementation Does Not Improve Match-Play Activity in Professional Tennis Players. Journal of the American College of Nutrition, 2022, 41, 30-37.	1.1	11
5	Physical Demands and Performance Indicators in Male Professional Cyclists During a Grand Tour: WorldTour Versus ProTeam Category. International Journal of Sports Physiology and Performance, 2022, 17, 22-30.	1.1	15
6	Level of Effort: A Reliable and Practical Alternative to the Velocity-Based Approach for Monitoring Resistance Training. Journal of Strength and Conditioning Research, 2022, 36, 2992-2999.	1.0	24
7	Impact of Tailored Multicomponent Exercise for Preventing Weakness and Falls on Nursing Home Residentsâ€™ Functional Capacity. Journal of the American Medical Directors Association, 2022, 23, 98-104.e3.	1.2	24
8	Durability and repeatability of professional cyclists during a Grand Tour. European Journal of Sport Science, 2022, 22, 1797-1804.	1.4	12
9	Reproducibility of the Rotor 2INpower Crankset for Monitoring Cycling Power Output: A Comprehensive Analysis in Different Real-Context Situations. International Journal of Sports Physiology and Performance, 2022, 17, 120-125.	1.1	6
10	Altitude and Endurance Performance in Altitude Natives versus Lowlanders: Insights from Professional Cycling. Medicine and Science in Sports and Exercise, 2022, 54, 1218-1224.	0.2	3
11	Panoramic ultrasound requires a trained operator and specific evaluation sites to maximize its sensitivity: A comprehensive analysis of the measurement errors. Physiology and Behavior, 2022, 248, 113737.	1.0	7
12	Strength and Athletic Adaptations Produced by 4 Programming Models: A Velocity-Based Intervention Using a Real-Context Routine. International Journal of Sports Physiology and Performance, 2022, 17, 1044-1053.	1.1	5
13	The Record Power Profile of Male Professional Cyclists: Normative Values Obtained From a Large Database. International Journal of Sports Physiology and Performance, 2022, 17, 701-710.	1.1	15
14	Partial range of motion and muscle hypertrophy: Not all ROMs lead to Romeâ€™Response. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 634-635.	1.3	0
15	Effects of Velocity Loss Threshold during Resistance Training on Strength and Athletic Adaptations: A Systematic Review with Meta-Analysis. Applied Sciences (Switzerland), 2022, 12, 4425.	1.3	4
16	Are we ready to measure running power? Repeatability and concurrent validity of five commercial technologies. European Journal of Sport Science, 2021, 21, 341-350.	1.4	41
17	Loadâ€“velocity relationship of the deadlift exercise. European Journal of Sport Science, 2021, 21, 678-684.	1.4	11
18	Supervised Exercise (Vivifrail) Protects Institutionalized Older Adults Against Severe Functional Decline After 14 Weeks of COVID Confinement. Journal of the American Medical Directors Association, 2021, 22, 217-219.e2.	1.2	33

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19	A comprehensive analysis of the velocity-based method in the shoulder press exercise: stability of the load-velocity relationship and sticking region parameters. <i>Biology of Sport</i> , 2021, 38, 235-243.	1.7	21
20	Differences in residents' social impact perception of a cycling event based on the fear of the COVID-19 pandemic. <i>European Sport Management Quarterly</i> , 2021, 21, 374-390.	2.3	14
21	Increased Cardiopulmonary Fitness Is Associated with a Greater Reduction in Depression among People Who Underwent Bariatric Surgery. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2508.	1.2	1
22	Benefits of Regular Table Tennis Practice in Body Composition and Physical Fitness Compared to Physically Active Children Aged 10–11 Years. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2854.	1.2	14
23	Benefits of Resistance Training in Early and Late Stages of Frailty and Sarcopenia: A Systematic Review and Meta-Analysis of Randomized Controlled Studies. <i>Journal of Clinical Medicine</i> , 2021, 10, 1630.	1.0	77
24	Are the Assioma Favero Power Meter Pedals a Reliable Tool for Monitoring Cycling Power Output?. <i>Sensors</i> , 2021, 21, 2789.	2.1	9
25	Training Load and Performance Impairments in Professional Cyclists During COVID-19 Lockdown. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 735-738.	1.1	45
26	Post-COVID-19 Syndrome and the Potential Benefits of Exercise. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5329.	1.2	186
27	Methods for epidemiological studies in competitive cycling: an extension of the IOC consensus statement on methods for recording and reporting of epidemiological data on injury and illness in sport 2020. <i>British Journal of Sports Medicine</i> , 2021, 55, 1262-1269.	3.1	13
28	Linear programming produces greater, earlier and uninterrupted neuromuscular and functional adaptations than daily-undulating programming after velocity-based resistance training. <i>Physiology and Behavior</i> , 2021, 233, 113337.	1.0	16
29	Lessons learned from COVID-19 in schools: the role of Physical Education in promoting health. <i>Journal of Movement & Health</i> , 2021, 18, .	0.0	0
30	Effects of range of motion on resistance training adaptations: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1866-1881.	1.3	25
31	Effect of Pause Versus Rebound Techniques on Neuromuscular and Functional Performance After a Prolonged Velocity-Based Training. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 927-933.	1.1	7
32	Isometric knee extension test: A practical, repeatable, and suitable tool for lower-limb screening among institutionalized older adults. <i>Experimental Gerontology</i> , 2021, 155, 111575.	1.2	7
33	Chronotropic Incompetence in Non-Hospitalized Patients with Post-COVID-19 Syndrome. <i>Journal of Clinical Medicine</i> , 2021, 10, 5434.	1.0	16
34	Pectoralis cross-sectional area can be accurately measured using panoramic ultrasound: A validity and repeatability study. <i>Ultrasound in Medicine and Biology</i> , 2021, , .	0.7	4
35	Impact of COVID-19 lockdown on match-activity and physical performance in professional football referees. <i>Biology of Sport</i> , 2021, 38, 761-765.	1.7	4
36	Effect of physical exercise cessation on strength, functional, metabolic and structural outcomes in older adults: a protocol for systematic review and meta-analysis. <i>BMJ Open</i> , 2021, 11, e052913.	0.8	3

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37	Full squat produces greater neuromuscular and functional adaptations and lower pain than partial squats after prolonged resistance training. <i>European Journal of Sport Science</i> , 2020, 20, 115-124.	1.4	43
38	Technical Note on the Reliability of the PowerLift App for Velocity-Based Resistance Training Purposes: Response. <i>Annals of Biomedical Engineering</i> , 2020, 48, 6-8.	1.3	2
39	Wingate Test, When Time and Overdue Fatigue Matter: Validity and Sensitivity of Two Time-Shortened Versions. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 8002.	1.3	8
40	Familiarization and Reliability of the Isometric Knee Extension Test for Rapid Force Production Assessment. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 4499.	1.3	9
41	Effects of a 4-week multicomponent exercise program (Vivifrail) on physical frailty and functional disability in older adults living in nursing homes. <i>Cuadernos De Psicología Del Deporte</i> , 2020, 20, 74-81.	0.2	4
42	The use of a graded exercise test may be insufficient to quantify true changes in $\dot{V}\dot{I}\dot{t}\dot{a}\dot{m}\dot{a}\dot{x}$ following exercise training in unfit individuals with metabolic syndrome. <i>Journal of Applied Physiology</i> , 2020, 129, 760-767.	1.2	7
43	Running power meters and theoretical models based on laws of physics: Effects of environments and running conditions. <i>Physiology and Behavior</i> , 2020, 223, 112972.	1.0	15
44	Reliability of technologies to measure the barbell velocity: Implications for monitoring resistance training. <i>PLoS ONE</i> , 2020, 15, e0232465.	1.1	48
45	Does Acute Beetroot Juice Supplementation Improve Neuromuscular Performance and Match Activity in Young Basketball Players? A Randomized, Placebo-Controlled Study. <i>Nutrients</i> , 2020, 12, 188.	1.7	23
46	Time to exhaustion during cycling is not well predicted by critical power calculations. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 753-760.	0.9	11
47	Validity of Skin, Oral and Tympanic Temperatures During Exercise in the Heat: Effects of Wind and Sweat. <i>Annals of Biomedical Engineering</i> , 2019, 47, 317-331.	1.3	24
48	Effects of β -hydroxy- β -methylbutyrate (HMB) supplementation in addition to multicomponent exercise in adults older than 70 years living in nursing homes, a cluster randomized placebo-controlled trial: the HEAL study protocol. <i>BMC Geriatrics</i> , 2019, 19, 188.	1.1	11
49	Health Benefits of β -Hydroxy- β -Methylbutyrate (HMB) Supplementation in Addition to Physical Exercise in Older Adults: A Systematic Review with Meta-Analysis. <i>Nutrients</i> , 2019, 11, 2082.	1.7	30
50	Reproducibility and Repeatability of Five Different Technologies for Bar Velocity Measurement in Resistance Training. <i>Annals of Biomedical Engineering</i> , 2019, 47, 1523-1538.	1.3	103
51	A New Short Track Test to Estimate the $\dot{V}O_{2max}$ and Maximal Aerobic Speed in Well-Trained Runners. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1216-1221.	1.0	10
52	Velocity- and power-load relationships in the half, parallel and full back squat. <i>Journal of Sports Sciences</i> , 2019, 37, 1088-1096.	1.0	80
53	Is the high-speed camera-based method a plausible option for bar velocity assessment during resistance training?. Measurement: <i>Journal of the International Measurement Confederation</i> , 2019, 137, 355-361.	2.5	11
54	Training intensity relative to ventilatory thresholds determines cardiorespiratory fitness improvements in sedentary adults with obesity. <i>European Journal of Sport Science</i> , 2019, 19, 549-556.	1.4	10

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55	Movement Velocity as a Measure of Level of Effort During Resistance Exercise. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1496-1504.	1.0	55
56	Range of Motion and Sticking Region Effects on the Bench Press Load-Velocity Relationship. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 645-652.	0.7	7
57	Effects of aerobic interval training on arterial stiffness and microvascular function in patients with metabolic syndrome. <i>Journal of Clinical Hypertension</i> , 2018, 20, 11-18.	1.0	38
58	Validity and Reliability of the Cycleops Hammer Cycle Ergometer. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 853-859.	1.1	24
59	Technical Note on Using the Movement Velocity to Estimate the Relative Load in Resistance Exercises “ Response. <i>Sports Medicine International Open</i> , 2018, 02, E17-E19.	0.3	0
60	The Relationship Between Lactate and Ventilatory Thresholds in Runners: Validity and Reliability of Exercise Test Performance Parameters. <i>Frontiers in Physiology</i> , 2018, 9, 1320.	1.3	45
61	Hormonal and neuromuscular responses during a singles match in male professional tennis players. <i>PLoS ONE</i> , 2018, 13, e0195242.	1.1	16
62	Baseline Ventilatory Thresholds Determine Cardiorespiratory Adaptations to High-Intensity Interval Training in Obese Participants. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 286.	0.2	0
63	A 1-day maximal lactate steady-state assessment protocol for trained cyclists. <i>Journal of Science and Cycling</i> , 2018, 7, 9-16.	0.1	2
64	Validity and Reliability of the PowerTap P1 Pedals Power Meter. <i>Journal of Sports Science and Medicine</i> , 2018, 17, 305-311.	0.7	16
65	Acute Hypotension after High-Intensity Interval Exercise in Metabolic Syndrome Patients. <i>International Journal of Sports Medicine</i> , 2017, 38, 560-567.	0.8	22
66	Ambulatory blood pressure response to a bout of HIIT in metabolic syndrome patients. <i>European Journal of Applied Physiology</i> , 2017, 117, 1403-1411.	1.2	22
67	Circadian rhythm effect on physical tennis performance in trained male players. <i>Journal of Sports Sciences</i> , 2017, 35, 2121-2128.	1.0	54
68	Cardiovascular Drift during Training for Fitness in Patients with Metabolic Syndrome. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 518-526.	0.2	9
69	Time course of recovery following resistance training leading or not to failure. <i>European Journal of Applied Physiology</i> , 2017, 117, 2387-2399.	1.2	113
70	Aerobic interval training reduces vascular resistances during submaximal exercise in obese metabolic syndrome individuals. <i>European Journal of Applied Physiology</i> , 2017, 117, 2065-2073.	1.2	17
71	Habituation Training Improves Locomotor Performance in a Forced Running Wheel System in Rats. <i>Frontiers in Behavioral Neuroscience</i> , 2017, 11, 42.	1.0	14
72	Use of nutritional supplements and ergogenic aids in professional tennis players. <i>Nutricion Hospitalaria</i> , 2017, 34, 1463-1468.	0.2	14

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73	Muscle contraction velocity, strength and power output changes following different degrees of hypohydration in competitive olympic combat sports. <i>Journal of the International Society of Sports Nutrition</i> , 2016, 13, 10.	1.7	37
74	Validity and Reliability of Ventilatory and Blood Lactate Thresholds in Well-Trained Cyclists. <i>PLoS ONE</i> , 2016, 11, e0163389.	1.1	105
75	Higher Insulin-sensitizing Response after Sprint Interval Compared to Continuous Exercise. <i>International Journal of Sports Medicine</i> , 2015, 36, 209-214.	0.8	28
76	Pseudoephedrine and circadian rhythm interaction on neuromuscular performance. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015, 25, e603-12.	1.3	37
77	Improvements on neuromuscular performance with caffeine ingestion depend on the time-of-day. <i>Journal of Science and Medicine in Sport</i> , 2015, 18, 338-342.	0.6	80
78	Velocity- and Power-Load Relationships of the Bench Pull vs. Bench Press Exercises. <i>International Journal of Sports Medicine</i> , 2014, 35, 209-216.	0.8	144
79	Performance outcomes and unwanted side effects associated with energy drinks. <i>Nutrition Reviews</i> , 2014, 72, 108-120.	2.6	39
80	Muscle conduction velocity, strength, neural activity, and morphological changes after eccentric and concentric training. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, e343-52.	1.3	78
81	Circadian rhythm effects on neuromuscular and sprint swimming performance. <i>Biological Rhythm Research</i> , 2014, 45, 51-60.	0.4	18
82	Imposing a pause between the eccentric and concentric phases increases the reliability of isoinertial strength assessments. <i>Journal of Sports Sciences</i> , 2014, 32, 1165-1175.	1.0	117
83	Validity of Hydration Non-Invasive Indices during the Weightcutting and Official Weigh-In for Olympic Combat Sports. <i>PLoS ONE</i> , 2014, 9, e95336.	1.1	40
84	Neuromuscular Responses to Incremental Caffeine Doses. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 2184-2192.	0.2	119
85	Percepción subjetiva del esfuerzo en fútbol profesional: relevancia de los indicadores físicos y psicológicos en el entrenamiento y la competición. <i>Anales De Psicología</i> , 2013, 29, .	0.3	4
86	Caffeine Ingestion Reverses the Circadian Rhythm Effects on Neuromuscular Performance in Highly Resistance-Trained Men. <i>PLoS ONE</i> , 2012, 7, e33807.	1.1	68
87	Physical Fitness Factors to Predict Female Olympic Wrestling Performance and Sex Differences. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 794-803.	1.0	42
88	Strategies to Optimize Concurrent Training of Strength and Aerobic Fitness for Rowing and Canoeing. <i>Sports Medicine</i> , 2011, 41, 329-343.	3.1	83
89	Physical fitness factors to predict male Olympic wrestling performance. <i>European Journal of Applied Physiology</i> , 2011, 111, 1747-1758.	1.2	99
90	Performance changes in world-class kayakers following two different training periodization models. <i>European Journal of Applied Physiology</i> , 2010, 110, 99-107.	1.2	86

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91	Physiological Effects of Tapering and Detraining in World-Class Kayakers. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1209-1214.	0.2	54
92	Concurrent Endurance and Strength Training Not to Failure Optimizes Performance Gains. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1191-1199.	0.2	112
93	Endurance and neuromuscular changes in world-class level kayakers during a periodized training cycle. <i>European Journal of Applied Physiology</i> , 2009, 106, 629-638.	1.2	112