

Jeffrey R Stout

List of Publications by Year in descending order

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390
papers

11,075
citations

41258

49
h-index

48187

88
g-index

398
all docs

398
docs citations

398
times ranked

9926
citing authors

#	ARTICLE	IF	CITATIONS
1	Prevalence of and interventions for sarcopenia in ageing adults: a systematic review. Report of the International Sarcopenia Initiative (EWGSOP and IWGS). <i>Age and Ageing</i> , 2014, 43, 748-759.	0.7	1,462
2	International Society of Sports Nutrition Position Stand: protein and exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 20.	1.7	430
3	International society of sports nutrition position stand: nutrient timing. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 33.	1.7	241
4	International society of sports nutrition position stand: caffeine and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 1.	1.7	222
5	International Society of Sports Nutrition position stand: creatine supplementation and exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 6.	1.7	194
6	Acute Effects of Static versus Dynamic Stretching on Isometric Peak Torque, Electromyography, and Mechanomyography of the Biceps Femoris Muscle. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 809-817.	1.0	165
7	International Society of Sports Nutrition position stand: energy drinks. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 1.	1.7	165
8	International society of sports nutrition position stand: Beta-Alanine. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 30.	1.7	165
9	Role of β -Alanine Supplementation on Muscle Carnosine and Exercise Performance. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1162-1173.	0.2	162
10	Effect of protein/essential amino acids and resistance training on skeletal muscle hypertrophy: A case for whey protein. <i>Nutrition and Metabolism</i> , 2010, 7, 51.	1.3	158
11	International society of sports nutrition position stand: diets and body composition. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 16.	1.7	155
12	The Time Course of Musculotendinous Stiffness Responses Following Different Durations of Passive Stretching. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2008, 38, 632-639.	1.7	145
13	The effect of training volume and intensity on improvements in muscular strength and size in resistance-trained men. <i>Physiological Reports</i> , 2015, 3, e12472.	0.7	130
14	Do Practical Durations of Stretching Alter Muscle Strength? A Dose-Response Study. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 1529-1537.	0.2	120
15	International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate (HMB). <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 6.	1.7	120
16	Effect of Creatine and β -Alanine Supplementation on Performance and Endocrine Responses in Strength/Power Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2006, 16, 430-446.	1.0	118
17	Muscle architecture and strength: Adaptations to short-term resistance training in older adults. <i>Muscle and Nerve</i> , 2014, 49, 584-592.	1.0	115
18	Short-duration β -alanine supplementation increases training volume and reduces subjective feelings of fatigue in college football players. <i>Nutrition Research</i> , 2008, 28, 31-35.	1.3	106

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19	Visual Tracking Speed Is Related to Basketball-Specific Measures of Performance in NBA Players. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2406-2414.	1.0	101
20	Total body water estimations in healthy men and women using bioimpedance spectroscopy: a deuterium oxide comparison. <i>Nutrition and Metabolism</i> , 2008, 5, 7.	1.3	92
21	Effects of β -alanine supplementation and high-intensity interval training on endurance performance and body composition in men; a double-blind trial. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 5.	1.7	92
22	Effect of calcium β -hydroxy- β -methylbutyrate (CaHMB) with and without resistance training in men and women 65+ yrs: A randomized, double-blind pilot trial. <i>Experimental Gerontology</i> , 2013, 48, 1303-1310.	1.2	92
23	The effects of 12 weeks of beta-hydroxy-beta-methylbutyrate free acid supplementation on muscle mass, strength, and power in resistance-trained individuals: a randomized, double-blind, placebo-controlled study. <i>European Journal of Applied Physiology</i> , 2014, 114, 1217-1227.	1.2	91
24	Effects of Twenty-Eight Days of Beta-Alanine and Creatine Monohydrate Supplementation on the Physical Working Capacity at Neuromuscular Fatigue Threshold. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 928.	1.0	89
25	Estimating body fat in NCAA Division I female athletes: a five-compartment model validation of laboratory methods. <i>European Journal of Applied Physiology</i> , 2009, 105, 119-130.	1.2	83
26	International Society of Sports Nutrition Position Stand: nutritional considerations for single-stage ultra-marathon training and racing. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 50.	1.7	81
27	Isometric Mid-Thigh Pull Correlates With Strength, Sprint, and Agility Performance in Collegiate Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3051-3056.	1.0	80
28	The effect of beta-alanine supplementation on neuromuscular fatigue in elderly (55-92 Years): a double-blind randomized study. <i>Journal of the International Society of Sports Nutrition</i> , 2008, 5, 21.	1.7	75
29	Biomarkers of muscle quality: N-terminal propeptide of type III procollagen and C-terminal agrin fragment responses to resistance exercise training in older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2014, 5, 139-148.	2.9	75
30	Muscle quality index improves with resistance exercise training in older adults. <i>Experimental Gerontology</i> , 2014, 53, 1-6.	1.2	74
31	Anthropometric estimation of thigh muscle cross-sectional area. <i>Medicine and Science in Sports and Exercise</i> , 1995, 27, 784-791.	0.2	73
32	Natural Bodybuilding Competition Preparation and Recovery: A 12-Month Case Study. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 582-592.	1.1	73
33	Creatine in Health and Disease. <i>Nutrients</i> , 2021, 13, 447.	1.7	72
34	Comparison of high-intensity vs. high-volume resistance training on the BDNF response to exercise. <i>Journal of Applied Physiology</i> , 2016, 121, 123-128.	1.2	71
35	Comparison of the recovery response from high-intensity and high-volume resistance exercise in trained men. <i>European Journal of Applied Physiology</i> , 2017, 117, 1287-1298.	1.2	70
36	Mechanomyographic responses to concentric isokinetic muscle contractions. <i>European Journal of Applied Physiology</i> , 1997, 75, 166-169.	1.2	69

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37	Effects of Two Modes of Static Stretching on Muscle Strength and Stiffness. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 1777-1784.	0.2	66
38	Effect of creatine loading on neuromuscular fatigue threshold. <i>Journal of Applied Physiology</i> , 2000, 88, 109-112.	1.2	62
39	Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. <i>Journal of Sports Sciences</i> , 2009, 27, 957-961.	1.0	59
40	A Comparison of Traditional and Block Periodized Strength Training Programs in Trained Athletes. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 990-997.	1.0	58
41	Intramuscular Anabolic Signaling and Endocrine Response Following Resistance Exercise: Implications for Muscle Hypertrophy. <i>Sports Medicine</i> , 2016, 46, 671-685.	3.1	58
42	Î²-Hydroxy-Î²-methylbutyrate free acid reduces markers of exercise-induced muscle damage and improves recovery in resistance-trained men. <i>British Journal of Nutrition</i> , 2013, 110, 538-544.	1.2	57
43	Performance Changes in NBA Basketball Players Vary in Starters vs. Nonstarters Over a Competitive Season. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 611-615.	1.0	57
44	Gender Differences in Musculotendinous Stiffness and Range of Motion After an Acute Bout of Stretching. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2618-2626.	1.0	56
45	Î²-Hydroxy-Î²-methylbutyrate (HMB)-free acid attenuates circulating TNF-Î± and TNFR1 expression postresistance exercise. <i>Journal of Applied Physiology</i> , 2013, 115, 1173-1182.	1.2	55
46	Effects of exercise training and amino-acid supplementation on body composition and physical performance in untrained women. <i>Nutrition</i> , 2000, 16, 1043-1046.	1.1	54
47	International Society of Sports Nutrition position stand: meal frequency. <i>Journal of the International Society of Sports Nutrition</i> , 2011, 8, 4.	1.7	53
48	The effects of beta-alanine supplementation and high-intensity interval training on neuromuscular fatigue and muscle function. <i>European Journal of Applied Physiology</i> , 2009, 105, 357-363.	1.2	52
49	Exercise-induced oxidative stress: the effects of Î²-alanine supplementation in women. <i>Amino Acids</i> , 2012, 43, 77-90.	1.2	52
50	Mechanomyography and oxygen consumption during incremental cycle ergometry. <i>European Journal of Applied Physiology</i> , 1997, 76, 363-367.	1.2	51
51	Metabolic Basis of Creatine in Health and Disease: A Bioinformatics-Assisted Review. <i>Nutrients</i> , 2021, 13, 1238.	1.7	50
52	Six Weeks of High-Intensity Interval Training With and Without Î²-Alanine Supplementation for Improving Cardiovascular Fitness in Women. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1199-1207.	1.0	49
53	The effects of a pre-workout supplement containing caffeine, creatine, and amino acids during three weeks of high-intensity exercise on aerobic and anaerobic performance. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 10.	1.7	49
54	Tracking fat-free mass changes in elderly men and women using single-frequency bioimpedance and dual-energy X-ray absorptiometry: a four-compartment model comparison. <i>European Journal of Clinical Nutrition</i> , 2013, 67, S40-S46.	1.3	48

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55	β -hydroxy- β -methylbutyrate free acid supplementation may improve recovery and muscle adaptations after resistance training: a systematic review. <i>Nutrition Research</i> , 2017, 45, 1-9.	1.3	47
56	Vastus lateralis exhibits non-homogenous adaptation to resistance training. <i>Muscle and Nerve</i> , 2014, 50, 785-793.	1.0	46
57	Effects of 8 weeks of creatine supplementation on exercise performance and fat-free weight in football players during training. <i>Nutrition Research</i> , 1999, 19, 217-225.	1.3	44
58	Judo for Children and Adolescents: Benefits of Combat Sports. <i>Strength and Conditioning Journal</i> , 2011, 33, 60-63.	0.7	44
59	Total body water changes after an exercise intervention tracked using bioimpedance spectroscopy: A deuterium oxide comparison. <i>Clinical Nutrition</i> , 2009, 28, 516-525.	2.3	43
60	Resistance Exercise May Improve Spatial Awareness and Visual Reaction in Older Adults. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2079-2087.	1.0	43
61	Acute effects of static stretching on peak torque and the hamstrings-to-quadriceps conventional and functional ratios. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013, 23, 38-45.	1.3	42
62	Evaluation of Cortical Thickness after Traumatic Brain Injury in Military Veterans. <i>Journal of Neurotrauma</i> , 2015, 32, 1751-1758.	1.7	42
63	Exercise-Induced Hormone Elevations Are Related to Muscle Growth. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 45-53.	1.0	42
64	Effects of Four Weeks of High-Intensity Interval Training and Creatine Supplementation on Critical Power and Anaerobic Working Capacity in College-Aged Men. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 1663-1669.	1.0	41
65	Beta-hydroxy-beta-methyl-butyrate blunts negative age-related changes in body composition, functionality and myofiber dimensions in rats. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 18.	1.7	41
66	Intramuscular anabolic signaling and endocrine response following high volume and high intensity resistance exercise protocols in trained men. <i>Physiological Reports</i> , 2015, 3, e12466.	0.7	41
67	Performance and Muscle Architecture Comparisons Between Starters and Nonstarters in National Collegiate Athletic Association Division I Women's Soccer. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2355-2365.	1.0	40
68	β -Alanine supplemented diets enhance behavioral resilience to stress exposure in an animal model of PTSD. <i>Amino Acids</i> , 2015, 47, 1247-1257.	1.2	40
69	Oral nutritional supplement fortified with beta-alanine improves physical working capacity in older adults: A randomized, placebo-controlled study. <i>Experimental Gerontology</i> , 2013, 48, 933-939.	1.2	39
70	Acute Loading and Aging Effects on Myostatin Pathway Biomarkers in Human Skeletal Muscle After Three Sequential Bouts of Resistance Exercise. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2011, 66A, 855-865.	1.7	38
71	Effects of β -Alanine Supplementation on Carnosine Elevation and Physiological Performance. <i>Advances in Food and Nutrition Research</i> , 2018, 84, 183-206.	1.5	38
72	Resistance training does not induce uniform adaptations to quadriceps. <i>PLoS ONE</i> , 2018, 13, e0198304.	1.1	38

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73	International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 61.	1.7	38
74	Electromyographic fatigue thresholds of the superficial muscles of the quadriceps femoris. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1995, 71, 131-136.	1.2	37
75	Mechanomyographic responses to maximal eccentric isokinetic muscle actions. <i>Journal of Applied Physiology</i> , 1997, 82, 1003-1007.	1.2	37
76	The Effects of Tournament Preparation on Anthropometric and Sport-Specific Performance Measures in Youth Judo Athletes. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 331-339.	1.0	37
77	Effects of Hydrolyzed Whey versus Other Whey Protein Supplements on the Physiological Response to 8 Weeks of Resistance Exercise in College-Aged Males. <i>Journal of the American College of Nutrition</i> , 2017, 36, 16-27.	1.1	37
78	Efficacy of phosphatidic acid ingestion on lean body mass, muscle thickness and strength gains in resistance-trained men. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 47.	1.7	36
79	Predictors of High-Intensity Running Capacity in Collegiate Women During a Soccer Game. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 964-970.	1.0	36
80	Short-Term Unilateral Resistance Training Results in Cross Education of Strength Without Changes in Muscle Size, Activation, or Endocrine Response. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1213-1223.	1.0	36
81	Reliability of the dynavision [®] for assessing reaction time performance. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 145-50.	0.7	36
82	ISSN Exercise & Sport Nutrition Review: Research & Recommendations. <i>Journal of the International Society of Sports Nutrition</i> , 2004, 1, 1.	1.7	35
83	Viscoelastic creep in the human skeletal muscle-tendon unit. <i>European Journal of Applied Physiology</i> , 2010, 108, 207-211.	1.2	35
84	β-Alanine ingestion increases muscle carnosine content and combat specific performance in soldiers. <i>Amino Acids</i> , 2015, 47, 627-636.	1.2	35
85	Resistance training intensity and volume affect changes in rate of force development in resistance-trained men. <i>European Journal of Applied Physiology</i> , 2016, 116, 2367-2374.	1.2	35
86	Comparison of Two β-Alanine Dosing Protocols on Muscle Carnosine Elevations. <i>Journal of the American College of Nutrition</i> , 2017, 36, 608-616.	1.1	34
87	Effect of Two and Five Days of Creatine Loading on Anaerobic Working Capacity in Women. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 168.	1.0	34
88	Percent body fat estimations in college men using field and laboratory methods: A three-compartment model approach. <i>Dynamic Medicine: DM</i> , 2008, 7, 7.	2.7	33
89	Reproducibility and validity of bioimpedance spectroscopy for tracking changes in total body water: implications for repeated measurements. <i>British Journal of Nutrition</i> , 2010, 104, 1384-1394.	1.2	33
90	The Effects of Creatine Loading and Gender on Anaerobic Running Capacity. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1826-1833.	1.0	32

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91	Bilateral Differences in Muscle Architecture and Increased Rate of Injury in National Basketball Association Players. <i>Journal of Athletic Training</i> , 2014, 49, 794-799.	0.9	32
92	Effects of β -hydroxy- β -methylbutyrate free acid and cold water immersion on post-exercise markers of muscle damage. <i>Amino Acids</i> , 2014, 46, 1501-1511.	1.2	32
93	The effect of an acute ingestion of Turkish coffee on reaction time and time trial performance. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 37.	1.7	32
94	Physical Differences Between Forwards and Backs in American Collegiate Rugby Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2382-2391.	1.0	32
95	β -Alanine supplementation elevates intramuscular carnosine content and attenuates fatigue in men and women similarly but does not change muscle l-histidine content. <i>Nutrition Research</i> , 2017, 48, 16-25.	1.3	32
96	Acute effects of ingesting a commercial thermogenic drink on changes in energy expenditure and markers of lipolysis. <i>Journal of the International Society of Sports Nutrition</i> , 2008, 5, 6.	1.7	31
97	β -alanine supplementation improves tactical performance but not cognitive function in combat soldiers. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, 15.	1.7	31
98	Mechanomyographic amplitude and mean power frequency responses during isometric ramp vs. step muscle actions. <i>Journal of Neuroscience Methods</i> , 2008, 168, 293-305.	1.3	30
99	Passive properties of the muscle-tendon unit: The influence of muscle cross-sectional area. <i>Muscle and Nerve</i> , 2009, 39, 227-229.	1.0	30
100	The effects of four weeks of creatine supplementation and high-intensity interval training on cardiorespiratory fitness: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 18.	1.7	30
101	Behavioral and inflammatory response in animals exposed to a low-pressure blast wave and supplemented with β -alanine. <i>Amino Acids</i> , 2017, 49, 871-886.	1.2	30
102	Evaluating Upper-Body Strength and Power From a Single Test: The Ballistic Push-up. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1338-1345.	1.0	30
103	Minimal nutrition intervention with high-protein/low-carbohydrate and low-fat, nutrient-dense food supplement improves body composition and exercise benefits in overweight adults: A randomized controlled trial. <i>Nutrition and Metabolism</i> , 2008, 5, 11.	1.3	29
104	Reliability of absolute versus log-transformed regression models for examining the torque-related patterns of response for mechanomyographic amplitude. <i>Journal of Neuroscience Methods</i> , 2009, 179, 240-246.	1.3	29
105	The possible combinatory effects of acute consumption of caffeine, creatine, and amino acids on the improvement of anaerobic running performance in humans. <i>Nutrition Research</i> , 2010, 30, 607-614.	1.3	29
106	Effect of diet composition on acid-base balance in adolescents, young adults and elderly at rest and during exercise. <i>European Journal of Clinical Nutrition</i> , 2015, 69, 399-404.	1.3	29
107	Effects of resistance training on classic and specific bioelectrical impedance vector analysis in elderly women. <i>Experimental Gerontology</i> , 2016, 74, 9-12.	1.2	29
108	Estimating fat-free mass in elite-level male rowers: a four-compartment model validation of laboratory and field methods. <i>Journal of Sports Sciences</i> , 2017, 35, 624-633.	1.0	29

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109	Effects of resistance exercise and creatine supplementation on myasthenia gravis: a case study. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 869-872.	0.2	28
110	Effects of Creatine Monohydrate and Polyethylene Glycosylated Creatine Supplementation on Muscular Strength, Endurance, and Power Output. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 818-826.	1.0	28
111	A Comparison of Techniques for Estimating Training-Induced Changes in Muscle Cross-Sectional Area. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2383-2389.	1.0	28
112	Muscle Performance, Size, and Safety Responses After Eight Weeks of Resistance Training and Protein Supplementation. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 3091-3100.	1.0	28
113	Influence of gender and muscle architecture asymmetry on jump and sprint performance. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 904-11.	0.7	28
114	High-Velocity Intermittent Running. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2798-2805.	1.0	27
115	Performance Changes in National Collegiate Athletic Association Division I Women Basketball Players During a Competitive Season. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 3197-3203.	1.0	27
116	A Microbiopsy Method for Immunohistological and Morphological Analysis. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 331-335.	0.2	27
117	Reliability of mechanomyographic amplitude and mean power frequency during isometric step and ramp muscle actions. <i>Journal of Neuroscience Methods</i> , 2008, 171, 104-109.	1.3	26
118	Anthropometric Estimations of Percent Body Fat in NCAA Division I Female Athletes: A 4-Compartment Model Validation. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 1068-1076.	1.0	26
119	Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity and Body Weight After Two and Six Days of Loading in Men and Women. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 756.	1.0	26
120	Percent body fat estimations in college women using field and laboratory methods: a three-compartment model approach. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 16.	1.7	25
121	High-intensity interval training and β -hydroxy- β -methylbutyric free acid improves aerobic power and metabolic thresholds. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, 16.	1.7	25
122	Comparison of the Effects of Electrical Stimulation and Cold-Water Immersion on Muscle Soreness After Resistance Exercise. <i>Journal of Sport Rehabilitation</i> , 2015, 24, 99-108.	0.4	24
123	Effects of supine rest duration on ultrasound measures of the vastus lateralis. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 155-157.	0.5	24
124	Effect of Low-Dose, Short-Duration Creatine Supplementation on Anaerobic Exercise Performance. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 260.	1.0	24
125	Efficacy and safety of a popular thermogenic drink after 28 days of ingestion. <i>Journal of the International Society of Sports Nutrition</i> , 2008, 5, 19.	1.7	23
126	Effect of sodium bicarbonate and beta-alanine supplementation on maximal sprint swimming. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 52.	1.7	23

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127	Î²-Alanine supplementation and military performance. <i>Amino Acids</i> , 2015, 47, 2463-2474.	1.2	23
128	Sprinting performance on the Woodway Curve 3.0 TM is related to muscle architecture. <i>European Journal of Sport Science</i> , 2015, 15, 606-614.	1.4	23
129	Combined effect of <i>Bacillus coagulans</i> GBI-30, 6086 and HMB supplementation on muscle integrity and cytokine response during intense military training. <i>Journal of Applied Physiology</i> , 2017, 123, 11-18.	1.2	23
130	Effects of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged women. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 20.	1.7	22
131	Î²-Hydroxy-Î²-methylbutyrate attenuates cytokine response during sustained military training. <i>Nutrition Research</i> , 2016, 36, 553-563.	1.3	22
132	Comparison of sustained-release and rapid-release Î²-alanine formulations on changes in skeletal muscle carnosine and histidine content and isometric performance following a muscle-damaging protocol. <i>Amino Acids</i> , 2019, 51, 49-60.	1.2	22
133	Acute Effects of a Thermogenic Nutritional Supplement on Energy Expenditure and Cardiovascular Function at Rest, During Low-Intensity Exercise, and Recovery from Exercise. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 807-817.	1.0	21
134	Differences in the log-transformed electromyographic force relationships of the plantar flexors between high- and moderate-activated subjects. <i>Journal of Electromyography and Kinesiology</i> , 2011, 21, 841-846.	0.7	21
135	Critical velocity: A predictor of 2000-m rowing ergometer performance in NCAA D1 female collegiate rowers. <i>Journal of Sports Sciences</i> , 2011, 29, 945-950.	1.0	21
136	Effects of Amino Acids and their Metabolites on Aerobic and Anaerobic Sports. <i>Strength and Conditioning Journal</i> , 2012, 34, 33-48.	0.7	21
137	Î²-Alanine Supplementation. <i>Current Sports Medicine Reports</i> , 2012, 11, 189-195.	0.5	21
138	Effects of Î²-hydroxy-Î²-methylbutyrate free acid and cold water immersion on expression of CR3 and MIP-1Î² following resistance exercise. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2014, 306, R483-R489.	0.9	21
139	Block vs. Weekly Undulating Periodized Resistance Training Programs in Women. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2679-2687.	1.0	21
140	Effects of Î²-Hydroxy-Î²-methylbutyrate Free Acid Ingestion and Resistance Exercise on the Acute Endocrine Response. <i>International Journal of Endocrinology</i> , 2015, 2015, 1-7.	0.6	21
141	Effects of oral phosphatidic acid feeding with or without whey protein on muscle protein synthesis and anabolic signaling in rodent skeletal muscle. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 32.	1.7	21
142	C-terminal agrin fragment is inversely related to neuromuscular fatigue in older men. <i>Muscle and Nerve</i> , 2015, 51, 132-133.	1.0	21
143	Influence of Skeletal Muscle Carnosine Content on Fatigue during Repeated Resistance Exercise in Recreationally Active Women. <i>Nutrients</i> , 2017, 9, 988.	1.7	21
144	Validity of percent body fat estimations in males. <i>Medicine and Science in Sports and Exercise</i> , 1994, 26, 632-636.	0.2	20

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145	Low-Calorie Energy Drink Improves Physiological Response to Exercise in Previously Sedentary Men: A Placebo-Controlled Efficacy and Safety Study. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2227-2238.	1.0	20
146	Speed, Force, and Power Values Produced From Nonmotorized Treadmill Test Are Related to Sprinting Performance. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1812-1819.	1.0	20
147	Association between myosin heavy chain protein isoforms and intramuscular anabolic signaling following resistance exercise in trained men. <i>Physiological Reports</i> , 2015, 3, e12268.	0.7	20
148	Regular- and postseason comparisons of playing time and measures of running performance in NCAA Division I women soccer players. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015, 40, 907-917.	0.9	20
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