

# Conrad P Earnest

## List of Publications by Citations

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207  
papers

10,898  
citations

54  
h-index

100  
g-index

226  
ext. papers

12,485  
ext. citations

4  
avg, IF

6.03  
L-index

#	Paper	IF	Citations
207	Trends over 5 decades in U.S. occupation-related physical activity and their associations with obesity. <i>PLoS ONE</i> , <b>2011</b> , 6, e19657	3.7	735
206	Effects of aerobic and resistance training on hemoglobin A1c levels in patients with type 2 diabetes: a randomized controlled trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2010</b> , 304, 2253-62	27.4	550
205	Effects of different doses of physical activity on cardiorespiratory fitness among sedentary, overweight or obese postmenopausal women with elevated blood pressure: a randomized controlled trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2007</b> , 297, 2081-91	27.4	479
204	The role of exercise and physical activity in weight loss and maintenance. <i>Progress in Cardiovascular Diseases</i> , <b>2014</b> , 56, 441-7	8.5	408
203	Exercise and the cardiovascular system: clinical science and cardiovascular outcomes. <i>Circulation Research</i> , <b>2015</b> , 117, 207-19	15.7	373
202	Exercise capacity and body composition as predictors of mortality among men with diabetes. <i>Diabetes Care</i> , <b>2004</b> , 27, 83-8	14.6	357
201	Associations between cardiorespiratory fitness and C-reactive protein in men. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , <b>2002</b> , 22, 1869-76	9.4	272
200	The effect of creatine monohydrate ingestion on anaerobic power indices, muscular strength and body composition. <i>Acta Physiologica Scandinavica</i> , <b>1995</b> , 153, 207-9		253
199	Adverse metabolic response to regular exercise: is it a rare or common occurrence?. <i>PLoS ONE</i> , <b>2012</b> , 7, e37887	3.7	245
198	Physical activity, cardiorespiratory fitness, and exercise training in primary and secondary coronary prevention. <i>Circulation Journal</i> , <b>2013</b> , 77, 281-92	2.9	222
197	A conceptual framework for performance diagnosis and training prescription from submaximal gas exchange parameters--theory and application <b>2005</b> , 26 Suppl 1, S38-48		208
196	Associations of muscle strength and fitness with metabolic syndrome in men. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 1301-7	1.2	200
195	Cancer-related fatigue: can exercise physiology assist oncologists?. <i>Lancet Oncology, The</i> , <b>2003</b> , 4, 616-25	1.7	185
194	Changes in weight, waist circumference and compensatory responses with different doses of exercise among sedentary, overweight postmenopausal women. <i>PLoS ONE</i> , <b>2009</b> , 4, e4515	3.7	183
193	Exercise dose and quality of life: a randomized controlled trial. <i>Archives of Internal Medicine</i> , <b>2009</b> , 169, 269-78		177
192	ISSN exercise & sport nutrition review: research & recommendations. <i>Journal of the International Society of Sports Nutrition</i> , <b>2010</b> , 7,	4.5	177
191	Profiles of sedentary behavior in children and adolescents: the US National Health and Nutrition Examination Survey, 2001-2006. <i>Pediatric Obesity</i> , <b>2009</b> , 4, 353-9		170

190	How do endurance runners actually train? Relationship with competition performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, 496-504	1.2	147
189	Exercise as an augmentation treatment for nonremitted major depressive disorder: a randomized, parallel dose comparison. <i>Journal of Clinical Psychiatry</i> , <b>2011</b> , 72, 677-84	4.6	146
188	Heart rate recovery following maximal exercise testing as a predictor of cardiovascular disease and all-cause mortality in men with diabetes. <i>Diabetes Care</i> , <b>2003</b> , 26, 2052-7	14.6	140
187	Tour de France versus Vuelta a España: which is harder?. <i>Medicine and Science in Sports and Exercise</i> , <b>2003</b> , 35, 872-8	1.2	139
186	Impact of physical activity, cardiorespiratory fitness, and exercise training on markers of inflammation. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , <b>2011</b> , 31, 137-45	3.6	135
185	The Effects of Exercise and Physical Activity on Weight Loss and Maintenance. <i>Progress in Cardiovascular Diseases</i> , <b>2018</b> , 61, 206-213	8.5	134
184	Leisure time sedentary behavior, occupational/domestic physical activity, and metabolic syndrome in U.S. men and women. <i>Metabolic Syndrome and Related Disorders</i> , <b>2009</b> , 7, 529-36	2.6	131
183	Field testing of physiological responses associated with Nordic Walking. <i>Research Quarterly for Exercise and Sport</i> , <b>2002</b> , 73, 296-300	1.9	129
182	Combined aerobic and resistance training in breast cancer survivors: A randomized, controlled pilot trial. <i>International Journal of Sports Medicine</i> , <b>2006</b> , 27, 573-80	3.6	121
181	International society of sports nutrition position stand: Beta-Alanine. <i>Journal of the International Society of Sports Nutrition</i> , <b>2015</b> , 12, 30	4.5	111
180	Patterns of adult stepping cadence in the 2005-2006 NHANES. <i>Preventive Medicine</i> , <b>2011</b> , 53, 178-81	4.3	111
179	Volume of exercise and fitness nonresponse in sedentary, postmenopausal women. <i>Medicine and Science in Sports and Exercise</i> , <b>2009</b> , 41, 539-45	1.2	106
178	Eight weeks of moderate-intensity exercise training increases heart rate variability in sedentary postmenopausal women. <i>American Heart Journal</i> , <b>2004</b> , 147, e21	4.9	101
177	The effects of protein and amino acid supplementation on performance and training adaptations during ten weeks of resistance training. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 643-53	3.2	99
176	PPARGC1A genotype (Gly482Ser) predicts exceptional endurance capacity in European men. <i>Journal of Applied Physiology</i> , <b>2005</b> , 99, 344-8	3.7	92
175	International society of sports nutrition position stand: diets and body composition. <i>Journal of the International Society of Sports Nutrition</i> , <b>2017</b> , 14, 16	4.5	91
174	Maximal estimated cardiorespiratory fitness, cardiometabolic risk factors, and metabolic syndrome in the aerobics center longitudinal study. <i>Mayo Clinic Proceedings</i> , <b>2013</b> , 88, 259-70	6.4	90
173	Exercise without weight loss does not reduce C-reactive protein: the INFLAME study. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 708-16	1.2	90

172	Effect of exercise training on cardiometabolic risk markers among sedentary, but metabolically healthy overweight or obese post-menopausal women with elevated blood pressure. <i>Atherosclerosis</i> , <b>2009</b> , 207, 530-3	3.1	89
171	Nine months of combined training improves ex vivo skeletal muscle metabolism in individuals with type 2 diabetes. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2013</b> , 98, 1694-702	5.6	83
170	Dose Response to Exercise in Women aged 45-75 yr (DREW): design and rationale. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 336-44	1.2	81
169	Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2017</b> , 42, 216-227	3	78
168	ACTN3 genotype in professional endurance cyclists. <i>International Journal of Sports Medicine</i> , <b>2006</b> , 27, 880-4	3.6	70
167	Metabolic syndrome and diabetes, alone and in combination, as predictors of cardiovascular disease mortality among men. <i>Diabetes Care</i> , <b>2009</b> , 32, 1289-94	14.6	68
166	Association of coffee consumption with all-cause and cardiovascular disease mortality. <i>Mayo Clinic Proceedings</i> , <b>2013</b> , 88, 1066-74	6.4	64
165	Effect of oral creatine ingestion on parameters of the work rate-time relationship and time to exhaustion in high-intensity cycling. <i>European Journal of Applied Physiology</i> , <b>1998</b> , 77, 360-5	3.4	64
164	In professional road cyclists, low pedaling cadences are less efficient. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 1048-54	1.2	64
163	Relative associations of fitness and fatness to fibrinogen, white blood cell count, uric acid and metabolic syndrome. <i>International Journal of Obesity</i> , <b>2002</b> , 26, 805-13	5.5	64
162	Frequency of the VO <sub>2</sub> max plateau phenomenon in world-class cyclists. <i>International Journal of Sports Medicine</i> , <b>2006</b> , 27, 984-92	3.6	61
161	Dose-response effects of exercise training on the subjective sleep quality of postmenopausal women: exploratory analyses of a randomised controlled trial. <i>BMJ Open</i> , <b>2012</b> , 2,	3	60
160	Effects of coelus forskohlii supplementation on body composition and hematological profiles in mildly overweight women. <i>Journal of the International Society of Sports Nutrition</i> , <b>2005</b> , 2, 54-62	4.5	59
159	Gait Pattern Alterations during Walking, Texting and Walking and Texting during Cognitively Distractive Tasks while Negotiating Common Pedestrian Obstacles. <i>PLoS ONE</i> , <b>2015</b> , 10, e0133281	3.7	59
158	The effect of different doses of aerobic exercise training on endothelial function in postmenopausal women with elevated blood pressure: results from the DREW study. <i>British Journal of Sports Medicine</i> , <b>2012</b> , 46, 753-8	10.3	57
157	Heart rate variability characteristics in sedentary postmenopausal women following six months of exercise training: the DREW study. <i>PLoS ONE</i> , <b>2008</b> , 3, e2288	3.7	57
156	High-performance capillary electrophoresis-pure creatine monohydrate reduces blood lipids in men and women. <i>Clinical Science</i> , <b>1996</b> , 91, 113-8	6.5	56
155	Which laboratory variable is related with time trial performance time in the Tour de France?. <i>British Journal of Sports Medicine</i> , <b>2004</b> , 38, 636-40	10.3	55

154	Regulation of energy expenditure during prolonged athletic competition. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, 670-5	1.2	54
153	The effects of Tribulus terrestris on body composition and exercise performance in resistance-trained males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2000</b> , 10, 208-15	4.4	53
152	FTO genotype and the weight loss benefits of moderate intensity exercise. <i>Obesity</i> , <b>2010</b> , 18, 641-3	8	50
151	Metabolic Effects of Exercise Training Among Fitness-Nonresponsive Patients With Type 2 Diabetes: The HART-D Study. <i>Diabetes Care</i> , <b>2015</b> , 38, 1494-501	14.6	49
150	Exercise training and quality of life in individuals with type 2 diabetes: a randomized controlled trial. <i>Diabetes Care</i> , <b>2013</b> , 36, 1884-90	14.6	49
149	The impact of sarcopenia on a physical activity intervention: the Lifestyle Interventions and Independence for Elders Pilot Study (LIFE-P). <i>Journal of Nutrition, Health and Aging</i> , <b>2014</b> , 18, 59-64	5.2	48
148	Reduction of C-reactive protein levels through use of a multivitamin. <i>American Journal of Medicine</i> , <b>2003</b> , 115, 702-7	2.4	47
147	Obesity, macrophage migration inhibitory factor, and weight loss. <i>International Journal of Obesity</i> , <b>2005</b> , 29, 675-81	5.5	44
146	Is there an association between ACE and CKMM polymorphisms and cycling performance status during 3-week races?. <i>International Journal of Sports Medicine</i> , <b>2005</b> , 26, 442-7	3.6	42
145	Effects of clinically significant weight loss with exercise training on insulin resistance and cardiometabolic adaptations. <i>Obesity</i> , <b>2016</b> , 24, 812-9	8	39
144	Relation between physical exertion and heart rate variability characteristics in professional cyclists during the Tour of Spain. <i>British Journal of Sports Medicine</i> , <b>2004</b> , 38, 568-75	10.3	39
143	The Tour de France: a physiological review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2003</b> , 13, 275-83	4.6	39
142	Effect of different doses of supervised exercise on food intake, metabolism, and non-exercise physical activity: The E-MECHANIC randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , <b>2019</b> , 110, 583-592	7	38
141	Dose effect of cardiorespiratory exercise on metabolic syndrome in postmenopausal women. <i>American Journal of Cardiology</i> , <b>2013</b> , 111, 1805-11	3	38
140	Effects of different doses of physical activity on C-reactive protein among women. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 701-7	1.2	37
139	Effect of carbohydrate mouth rinsing on multiple sprint performance. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 41	4.5	36
138	In vivo 4-androstene-3,17-dione and 4-androstene-3 beta,17 beta-diol supplementation in young men. <i>European Journal of Applied Physiology</i> , <b>2000</b> , 81, 229-32	3.4	36
137	Cut points of muscle strength associated with metabolic syndrome in men. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 1475-81	1.2	35

136	The effect of exercise training modality on serum brain derived neurotrophic factor levels in individuals with type 2 diabetes. <i>PLoS ONE</i> , <b>2012</b> , 7, e42785	3.7	35
135	Effects of a commercial herbal-based formula on exercise performance in cyclists. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 504-9	1.2	35
134	Categorical analysis of the impact of aerobic and resistance exercise training, alone and in combination, on cardiorespiratory fitness levels in patients with type 2 diabetes: results from the HART-D study. <i>Diabetes Care</i> , <b>2013</b> , 36, 3305-12	14.6	34
133	Effect of different doses of aerobic exercise on total white blood cell (WBC) and WBC subfraction number in postmenopausal women: results from DREW. <i>PLoS ONE</i> , <b>2012</b> , 7, e31319	3.7	34
132	Vitamin D status, body composition, and fitness measures in college-aged students. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 814-24	3.2	32
131	Aerobic and strength training in concomitant metabolic syndrome and type 2 diabetes. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 1293-301	1.2	32
130	Exercise interval training: an improved stimulus for improving the physiology of pre-diabetes. <i>Medical Hypotheses</i> , <b>2008</b> , 71, 752-61	3.8	31
129	Low cardiorespiratory fitness in African Americans: a health disparity risk factor?. <i>Sports Medicine</i> , <b>2013</b> , 43, 1301-13	10.6	30
128	Measured maximal heart rates compared to commonly used age-based prediction equations in the Heritage Family Study. <i>American Journal of Human Biology</i> , <b>2013</b> , 25, 695-701	2.7	30
127	Effects of oral D-ribose supplementation on anaerobic capacity and selected metabolic markers in healthy males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2003</b> , 13, 76-86	4.4	29
126	Effect of different doses of aerobic exercise training on total bilirubin levels. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 569-74	1.2	28
125	Cardiorespiratory fitness as a predictor of cancer mortality among men with pre-diabetes and diabetes. <i>Diabetes Care</i> , <b>2008</b> , 31, 764-9	14.6	28
124	Cholesterol-lowering effects of bovine serum immunoglobulin in participants with mild hypercholesterolemia. <i>American Journal of Clinical Nutrition</i> , <b>2005</b> , 81, 792-8	7	28
123	Does creatine supplementation improve functional capacity in elderly women?. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 22-8	3.2	27
122	The Effects of Energy Drink Consumption on Cognitive and Physical Performance in Elite Players. <i>Sports</i> , <b>2019</b> , 7,	3	26
121	Examination of encapsulated phytosterol ester supplementation on lipid indices associated with cardiovascular disease. <i>Nutrition</i> , <b>2007</b> , 23, 625-33	4.8	26
120	Complex multivitamin supplementation improves homocysteine and resistance to LDL-C oxidation. <i>Journal of the American College of Nutrition</i> , <b>2003</b> , 22, 400-7	3.5	26
119	Low vs. high glycemic index carbohydrate gel ingestion during simulated 64-km cycling time trial performance. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 466-72	3.2	26



118	Effects of ingesting a pre-workout dietary supplement with and without synephrine for 8 weeks on training adaptations in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , <b>2017</b> , 14, 1	4.5	25
117	Effects of acute ingestion of a pre-workout dietary supplement with and without synephrine on resting energy expenditure, cognitive function and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , <b>2017</b> , 14, 3	4.5	25
116	Heart rate variability threshold values for early-warning nonfunctional overreaching in elite female wrestlers. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 1511-9	3.2	25
115	Racial differences in the response of cardiorespiratory fitness to aerobic exercise training in Caucasian and African American postmenopausal women. <i>Journal of Applied Physiology</i> , <b>2013</b> , 114, 1375-82	3.7	24
114	Effects of oral ATP supplementation on anaerobic power and muscular strength. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 983-90	1.2	24
113	Cordyceps sinensis- and Rhodiola rosea-based supplementation in male cyclists and its effect on muscle tissue oxygen saturation. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 358-63	3.2	24
112	Is cardiorespiratory fitness related to quality of life in survivors of breast cancer?. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 535-40	3.2	24
111	Combined Aerobic and Resistance Training Effects on Glucose Homeostasis, Fitness, and Other Major Health Indices: A Review of Current Guidelines. <i>Sports Medicine</i> , <b>2016</b> , 46, 1809-1818	10.6	24
110	Lipoprotein(a): Current Evidence for a Physiologic Role and the Effects of Nutraceutical Strategies. <i>Clinical Therapeutics</i> , <b>2019</b> , 41, 1780-1797	3.5	23
109	Obesity, coffee consumption and CRP levels in postmenopausal overweight/obese women: importance of hormone replacement therapy use. <i>European Journal of Clinical Nutrition</i> , <b>2009</b> , 63, 1419-24	5.2	23
108	Small dense low-density lipoprotein-cholesterol (sdLDL-C): Analysis, effects on cardiovascular endpoints and dietary strategies. <i>Progress in Cardiovascular Diseases</i> , <b>2020</b> , 63, 503-509	8.5	22
107	Changes in body fat distribution and fitness are associated with changes in hemoglobin A1c after 9 months of exercise training: results from the HART-D study. <i>Diabetes Care</i> , <b>2013</b> , 36, 2843-9	14.6	22
106	The Tour de France: an updated physiological review. <i>International Journal of Sports Physiology and Performance</i> , <b>2012</b> , 7, 200-9	3.5	21
105	Cancer survival through lifestyle change (CASTLE): a pilot study of weight loss. <i>International Journal of Behavioral Medicine</i> , <b>2013</b> , 20, 403-12	2.6	20
104	Examination of mechanisms (E-MECHANIC) of exercise-induced weight compensation: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2014</b> , 15, 212	2.8	19
103	Exercise training and habitual physical activity: a randomized controlled trial. <i>American Journal of Preventive Medicine</i> , <b>2012</b> , 43, 629-35	6.1	19
102	The effect of different doses of aerobic exercise training on exercise blood pressure in overweight and obese postmenopausal women. <i>Menopause</i> , <b>2012</b> , 19, 503-9	2.5	19
101	Heart rate variability and exercise in aging women. <i>Journal of Women's Health</i> , <b>2012</b> , 21, 334-9	3	18

100	Effect of exercise training modality on C-reactive protein in type 2 diabetes. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 1028-34	1.2	18
99	Co-ingestion of Nutritional Ergogenic Aids and High-Intensity Exercise Performance. <i>Sports Medicine</i> , <b>2016</b> , 46, 1407-18	10.6	18
98	Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	17
97	Efficacy of a complex multivitamin supplement. <i>Nutrition</i> , <b>2002</b> , 18, 738-42	4.8	17
96	Effects of cardiorespiratory fitness on healthcare utilization. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 2088-92	1.2	17
95	A multi-ingredient containing carbohydrate, proteins L-glutamine and L-carnitine attenuates fatigue perception with no effect on performance, muscle damage or immunity in soccer players. <i>PLoS ONE</i> , <b>2015</b> , 10, e0125188	3.7	17
94	Effects of protein-carbohydrate supplementation on immunity and resistance training outcomes: a double-blind, randomized, controlled clinical trial. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 267-277	3.4	16
93	Acute and chronic safety and efficacy of dose dependent creatine nitrate supplementation and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , <b>2016</b> , 13, 12	4.5	16
92	Association of white blood cell subfraction concentration with fitness and fatness. <i>British Journal of Sports Medicine</i> , <b>2010</b> , 44, 588-93	10.3	16
91	Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of anabolism, catabolism, and immunity. <i>Journal of the International Society of Sports Nutrition</i> , <b>2007</b> , 4, 18	4.5	16
90	Sodium bicarbonate ingestion does not alter the slow component of oxygen uptake kinetics in professional cyclists. <i>Journal of Sports Sciences</i> , <b>2003</b> , 21, 39-47	3.6	16
89	Effects of ribose supplementation prior to and during intense exercise on anaerobic capacity and metabolic markers. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2005</b> , 15, 653-64	4.4	15
88	Poor Sleep Quality is Associated with Insulin Resistance in Postmenopausal Women With and Without Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , <b>2018</b> , 16, 183-189	2.6	14
87	Coconut oil intake and its effects on the cardiometabolic profile - A structured literature review. <i>Progress in Cardiovascular Diseases</i> , <b>2019</b> , 62, 436-443	8.5	14
86	Fruit for sport. <i>Trends in Food Science and Technology</i> , <b>2018</b> , 74, 85-98	15.3	13
85	Association between Changes in Muscle Quality with Exercise Training and Changes in Cardiorespiratory Fitness Measures in Individuals with Type 2 Diabetes Mellitus: Results from the HART-D Study. <i>PLoS ONE</i> , <b>2015</b> , 10, e0135057	3.7	13
84	Cardiorespiratory Fitness and Exercise Training in African Americans. <i>Progress in Cardiovascular Diseases</i> , <b>2017</b> , 60, 96-102	8.5	12
83	Autonomic function and change in insulin for exercising postmenopausal women. <i>Maturitas</i> , <b>2010</b> , 65, 284-91	5	12



82	Age attenuated response to aerobic conditioning in postmenopausal women. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 110, 75-82	3.4	12
81	Carbohydrates Alone or Mixing With Beef or Whey Protein Promote Similar Training Outcomes in Resistance Training Males: A Double-Blind, Randomized Controlled Clinical Trial. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2017</b> , 27, 408-420	4.4	11
80	Evaluation of a Voluntary Worksite Weight Loss Program on Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , <b>2015</b> , 13, 406-14	2.6	11
79	Endurance and resistance training lowers C-reactive protein in young, healthy females. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2011</b> , 36, 660-70	3	11
78	Inflammation and exercise (INFLAME): study rationale, design, and methods. <i>Contemporary Clinical Trials</i> , <b>2008</b> , 29, 418-27	2.3	11
77	Maximal fitness testing in sedentary elderly at substantial risk of disability: LIFE-P study experience. <i>Journal of Aging and Physical Activity</i> , <b>2008</b> , 16, 408-15	1.6	11
76	Reliability of the Lode Excalibur Sport Ergometer and applicability to Computrainer electromagnetically braked cycling training device. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 344-8	3.2	11
75	Adverse Cardiovascular Response to Aerobic Exercise Training: Is This a Concern?. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 20-5	1.2	10
74	Integrating muscle cell biochemistry and whole-body physiology in humans:(31)P-MRS data from the InSight trial. <i>Scientific Reports</i> , <b>2013</b> , 3, 1182	4.9	10
73	Sun-dried raisins are a cost-effective alternative to Sports Jelly Beans in prolonged cycling. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 3150-6	3.2	10
72	Time trial exertion traits of cycling Grand Tours. <i>International Journal of Sports Medicine</i> , <b>2009</b> , 30, 240-46	4.6	10
71	Cardiac determinants of heterogeneity in fitness change in response to moderate intensity aerobic exercise training: the DREW study. <i>Journal of the American College of Cardiology</i> , <b>2015</b> , 65, 1057-8	15.1	9
70	Hematological and Hemodynamic Responses to Acute and Short-Term Creatine Nitrate Supplementation. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	9
69	Microencapsulated foods as a functional delivery vehicle for omega-3 fatty acids: a pilot study. <i>Journal of the International Society of Sports Nutrition</i> , <b>2009</b> , 6, 12	4.5	9
68	Exercise dose-response of the V(E)/VCO(2) slope in postmenopausal women in the DREW study. <i>Medicine and Science in Sports and Exercise</i> , <b>2009</b> , 41, 971-6	1.2	9
67	Four weeks of androstenedione supplementation diminishes the treatment response in middle aged men. <i>British Journal of Sports Medicine</i> , <b>2003</b> , 37, 212-8	10.3	9
66	Giro, Tour, and Vuelta in the same season. <i>British Journal of Sports Medicine</i> , <b>2003</b> , 37, 457-9	10.3	9
65	Effect of 8 Weeks of Hospital-Based Resistance Training Program on TCD4+ Cell Count and Anthropometric Characteristic of Patients With HIV in Tehran, Iran: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 33, 1146-1155	3.2	9

64	Determinants of the Changes in Glycemic Control with Exercise Training in Type 2 Diabetes: A Randomized Trial. <i>PLoS ONE</i> , <b>2013</b> , 8, e62973	3.7	8
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