

Conrad P Earnest

List of Publications by Year in descending order

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Version: 2024-02-01

225
papers

14,197
citations

22099

59
h-index

21474

114
g-index

226
all docs

226
docs citations

226
times ranked

15747
citing authors

#	ARTICLE	IF	CITATIONS
1	Trends over 5 Decades in U.S. Occupation-Related Physical Activity and Their Associations with Obesity. PLoS ONE, 2011, 6, e19657.	1.1	927
2	Effects of Aerobic and Resistance Training on Hemoglobin A_{1c} Levels in Patients With Type 2 Diabetes. JAMA - Journal of the American Medical Association, 2010, 304, 2253.	3.8	727
3	Effects of Different Doses of Physical Activity on Cardiorespiratory Fitness Among Sedentary, Overweight or Obese Postmenopausal Women With Elevated Blood Pressure. JAMA - Journal of the American Medical Association, 2007, 297, 2081.	3.8	594
4	The Role of Exercise and Physical Activity in Weight Loss and Maintenance. Progress in Cardiovascular Diseases, 2014, 56, 441-447.	1.6	555
5	Exercise and the Cardiovascular System. Circulation Research, 2015, 117, 207-219.	2.0	553
6	Exercise Capacity and Body Composition as Predictors of Mortality Among Men With Diabetes. Diabetes Care, 2004, 27, 83-88.	4.3	404
7	Associations Between Cardiorespiratory Fitness and C-Reactive Protein in Men. Arteriosclerosis, Thrombosis, and Vascular Biology, 2002, 22, 1869-1876.	1.1	308
8	The Effects of Exercise and Physical Activity on Weight Loss and Maintenance. Progress in Cardiovascular Diseases, 2018, 61, 206-213.	1.6	298
9	Adverse Metabolic Response to Regular Exercise: Is It a Rare or Common Occurrence?. PLoS ONE, 2012, 7, e37887.	1.1	294
10	The effect of creatine monohydrate ingestion on anaerobic power indices, muscular strength and body composition. Acta Physiologica Scandinavica, 1995, 153, 207-209.	2.3	293
11	A Conceptual Framework for Performance Diagnosis and Training Prescription from Submaximal Gas Exchange Parameters - Theory and Application. International Journal of Sports Medicine, 2005, 26, S38-S48.	2.7	282
12	Physical Activity, Cardiorespiratory Fitness, and Exercise Training in Primary and Secondary Coronary Prevention. Circulation Journal, 2013, 77, 281-292.	0.7	272
13	ISSN exercise & sport nutrition review: research & recommendations. Journal of the International Society of Sports Nutrition, 2010, 7, .	1.7	269
14	Associations of Muscle Strength and Fitness with Metabolic Syndrome in Men. Medicine and Science in Sports and Exercise, 2004, 36, 1301-1307.	0.2	245
15	Exercise Dose and Quality of Life. Archives of Internal Medicine, 2009, 169, 269.	4.3	217
16	Changes in Weight, Waist Circumference and Compensatory Responses with Different Doses of Exercise among Sedentary, Overweight Postmenopausal Women. PLoS ONE, 2009, 4, e4515.	1.1	213
17	Cancer-related fatigue: can exercise physiology assist oncologists?. Lancet Oncology, The, 2003, 4, 616-625.	5.1	210
18	Profiles of sedentary behavior in children and adolescents: The US National Health and Nutrition Examination Survey, 2001-2006. Pediatric Obesity, 2009, 4, 353-359.	3.2	210

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19	How Do Endurance Runners Actually Train? Relationship with Competition Performance. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 496-504.	0.2	186
20	Tour de France versus Vuelta a España: Which Is Harder?. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 872-878.	0.2	179
21	Exercise as an Augmentation Treatment for Nonremitted Major Depressive Disorder. <i>Journal of Clinical Psychiatry</i> , 2011, 72, 677-684.	1.1	177
22	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
23	Impact of Physical Activity, Cardiorespiratory Fitness, and Exercise Training on Markers of Inflammation. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2011, 31, 137-145.	1.2	162
24	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> , 2003, 26, 2052-2057.	4.3	160
25	Field Testing of Physiological Responses Associated with Nordic Walking. <i>Research Quarterly for Exercise and Sport</i> , 2002, 73, 296-300.	0.8	157
26	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
27	Combined Aerobic and Resistance Training in Breast Cancer Survivors: A Randomized, Controlled Pilot Trial. <i>International Journal of Sports Medicine</i> , 2006, 27, 573-580.	0.8	152
28	Leisure Time Sedentary Behavior, Occupational/Domestic Physical Activity, and Metabolic Syndrome in U.S. Men and Women. <i>Metabolic Syndrome and Related Disorders</i> , 2009, 7, 529-536.	0.5	149
29	Patterns of adult stepping cadence in the 2005-2006 NHANES. <i>Preventive Medicine</i> , 2011, 53, 178-181.	1.6	144
30	Volume of Exercise and Fitness Nonresponse in Sedentary, Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 539-545.	0.2	129
31	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> , 2006, 20, 643.	1.0	120
32	Eight weeks of moderate-intensity exercise training increases heart rate variability in sedentary postmenopausal women. <i>American Heart Journal</i> , 2004, 147, e8-e15.	1.2	119
33	PPARGC1A genotype (Gly482Ser) predicts exceptional endurance capacity in European men. <i>Journal of Applied Physiology</i> , 2005, 99, 344-348.	1.2	114
34	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> , 2009, 207, 530-533.	0.4	112
35	Maximal Estimated Cardiorespiratory Fitness, Cardiometabolic Risk Factors, and Metabolic Syndrome in the Aerobics Center Longitudinal Study. <i>Mayo Clinic Proceedings</i> , 2013, 88, 259-270.	1.4	111
36	Exercise without Weight Loss Does Not Reduce C-Reactive Protein. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 708-716.	0.2	105

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37	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> , 2013, 98, 1694-1702.	1.8	104
38	Dose-Response to Exercise in Women Aged 45-75 yr (DREW): Design and Rationale. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 336-344.	0.2	96
39	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> , 2017, 42, 216-227.	0.9	95
40	ACTN3 Genotype in Professional Endurance Cyclists. <i>International Journal of Sports Medicine</i> , 2006, 27, 880-884.	0.8	92
41	Gait Pattern Alterations during Walking, Texting and Walking and Texting during Cognitively Distractive Tasks while Negotiating Common Pedestrian Obstacles. <i>PLoS ONE</i> , 2015, 10, e0133281.	1.1	88
42	Effects of <i>Coleus Forskohlii</i> Supplementation on Body Composition and Hematological Profiles in Mildly Overweight Women. <i>Journal of the International Society of Sports Nutrition</i> , 2005, 2, 54-62.	1.7	79
43	In Professional Road Cyclists, Low Pedaling Cadences Are Less Efficient. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1048-1054.	0.2	78
44	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> , 1998, 77, 360-365.	1.2	77
45	Metabolic Syndrome and Diabetes, Alone and in Combination, as Predictors of Cardiovascular Disease Mortality Among Men. <i>Diabetes Care</i> , 2009, 32, 1289-1294.	4.3	77
46	Relative associations of fitness and fatness to fibrinogen, white blood cell count, uric acid and metabolic syndrome. <i>International Journal of Obesity</i> , 2002, 26, 805-813.	1.6	76
47	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> , 2012, 46, 753-758.	3.1	75
48	Exercise Training and Quality of Life in Individuals With Type 2 Diabetes. <i>Diabetes Care</i> , 2013, 36, 1884-1890.	4.3	74
49	Association of Coffee Consumption With All-Cause and Cardiovascular Disease Mortality. <i>Mayo Clinic Proceedings</i> , 2013, 88, 1066-1074.	1.4	74
50	High-Performance Capillary Electrophoresis-Pure Creatine Monohydrate Reduces Blood Lipids in Men and Women. <i>Clinical Science</i> , 1996, 91, 113-118.	1.8	73
51	Frequency of the $\dot{V}O_2$ max Plateau Phenomenon in World-Class Cyclists. <i>International Journal of Sports Medicine</i> , 2006, 27, 984-992.	0.8	73
52	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> , 2014, 18, 59-64.	1.5	73
53	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> , 2012, 2, e001044.	0.8	71
54	Regulation of Energy Expenditure during Prolonged Athletic Competition. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 670-675.	0.2	69

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55	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> , 2000, 10, 208-215.	1.0	67
56	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> , 2012, 7, e31319.	1.1	65
57	Heart Rate Variability Characteristics in Sedentary Postmenopausal Women Following Six Months of Exercise Training: The DREW Study. <i>PLoS ONE</i> , 2008, 3, e2288.	1.1	64
58	Which laboratory variable is related with time trial performance time in the Tour de France?. <i>British Journal of Sports Medicine</i> , 2004, 38, 636-640.	3.1	63
59	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> , 2017, 14, 1.	1.7	63
60	Metabolic Effects of Exercise Training Among Fitness-Nonresponsive Patients With Type 2 Diabetes: The HART-D Study. <i>Diabetes Care</i> , 2015, 38, 1494-1501.	4.3	62
61	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> , 2019, 110, 583-592.	2.2	62
62	Reduction of C-reactive protein levels through use of a multivitamin. <i>American Journal of Medicine</i> , 2003, 115, 702-707.	0.6	59
63	FTO Genotype and the Weight Loss Benefits of Moderate Intensity Exercise. <i>Obesity</i> , 2010, 18, 641-643.	1.5	59
64	Energy Drink Overconsumption in Adolescents: Implications for Arrhythmias and Other Cardiovascular Events. <i>Canadian Journal of Cardiology</i> , 2015, 31, 572-575.	0.8	58
65	Effects of clinically significant weight loss with exercise training on insulin resistance and cardiometabolic adaptations. <i>Obesity</i> , 2016, 24, 812-819.	1.5	57
66	Relation between physical exertion and heart rate variability characteristics in professional cyclists during the Tour of Spain. <i>British Journal of Sports Medicine</i> , 2004, 38, 568-575.	3.1	55
67	Obesity, macrophage migration inhibitory factor, and weight loss. <i>International Journal of Obesity</i> , 2005, 29, 675-681.	1.6	54
68	The Tour de France: a physiological review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2003, 13, 275-283.	1.3	53
69	Is there an Association between ACE and CKMM Polymorphisms and Cycling Performance Status during 3-Week Races?. <i>International Journal of Sports Medicine</i> , 2005, 26, 442-447.	0.8	53
70	The Effect of Exercise Training Modality on Serum Brain Derived Neurotrophic Factor Levels in Individuals with Type 2 Diabetes. <i>PLoS ONE</i> , 2012, 7, e42785.	1.1	51
71	Dose Effect of Cardiorespiratory Exercise on Metabolic Syndrome in Postmenopausal Women. <i>American Journal of Cardiology</i> , 2013, 111, 1805-1811.	0.7	49
72	Aerobic and Strength Training in Concomitant Metabolic Syndrome and Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 1293-1301.	0.2	49

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73	Effects of a Commercial Herbal-Based Formula on Exercise Performance in Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 504-509.	0.2	48
74	Effect of Different Doses of Aerobic Exercise Training on Total Bilirubin Levels. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 569-574.	0.2	48
75	Small dense low-density lipoprotein-cholesterol (sdLDL-C): Analysis, effects on cardiovascular endpoints and dietary strategies. <i>Progress in Cardiovascular Diseases</i> , 2020, 63, 503-509.	1.6	48
76	Measured maximal heart rates compared to commonly used age-based prediction equations in the heritage family study. <i>American Journal of Human Biology</i> , 2013, 25, 695-701.	0.8	47
77	Vitamin D Status, Body Composition, and Fitness Measures in College-Aged Students. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 814-824.	1.0	47
78	In vivo 4-androstene-3,17-dione and 4-androstene-3 β ,17 β -diol supplementation in young men. <i>European Journal of Applied Physiology</i> , 2000, 81, 229-232.	1.2	44
79	Effects of Different Doses of Physical Activity on C-Reactive Protein among Women. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 701-707.	0.2	43
80	Exercise interval training: An improved stimulus for improving the physiology of pre-diabetes. <i>Medical Hypotheses</i> , 2008, 71, 752-761.	0.8	42
81	Effect of carbohydrate mouth rinsing on multiple sprint performance. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 41.	1.7	42
82	Cut Points of Muscle Strength Associated with Metabolic Syndrome in Men. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 1475-1481.	0.2	41
83	The Effects of Energy Drink Consumption on Cognitive and Physical Performance in Elite League of Legends Players. <i>Sports</i> , 2019, 7, 196.	0.7	41
84	Low vs. High Glycemic Index Carbohydrate Gel Ingestion During Simulated 64-km Cycling Time Trial Performance. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 466.	1.0	39
85	Association of white blood cell subfraction concentration with fitness and fatness. <i>British Journal of Sports Medicine</i> , 2010, 44, 588-593.	3.1	38
86	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. <i>Diabetes Care</i> , 2013, 36, 3305-3312.	4.3	38
87	Low Cardiorespiratory Fitness in African Americans: A Health Disparity Risk Factor?. <i>Sports Medicine</i> , 2013, 43, 1301-1313.	3.1	38
88	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> , 2003, 13, 76-86.	1.0	37
89	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> , 2013, 114, 1375-1382.	1.2	37
90	Effects of acute ingestion of a pre-workout dietary supplement with and without <i>p-synephrine</i> on resting energy expenditure, cognitive function and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 3.	1.7	37

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91	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> , 2005, 19, 358.	1.0	37
92	Cardiorespiratory Fitness as a Predictor of Cancer Mortality Among Men With Pre-Diabetes and Diabetes. <i>Diabetes Care</i> , 2008, 31, 764-769.	4.3	35
93	Lipoprotein(a): Current Evidence for a Physiologic Role and the Effects of Nutraceutical Strategies. <i>Clinical Therapeutics</i> , 2019, 41, 1780-1797.	1.1	35
94	Is Cardiorespiratory Fitness Related to Quality of Life in Survivors of Breast Cancer?. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 535.	1.0	34
95	Effects of Oral ATP Supplementation on Anaerobic Power and Muscular Strength. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 983-990.	0.2	32
96	Examination of encapsulated phytosterol ester supplementation on lipid indices associated with cardiovascular disease. <i>Nutrition</i> , 2007, 23, 625-633.	1.1	32
97	Does Creatine Supplementation Improve Functional Capacity in Elderly Women?. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 22.	1.0	32
98	Cholesterol-lowering effects of bovine serum immunoglobulin in participants with mild hypercholesterolemia. <i>American Journal of Clinical Nutrition</i> , 2005, 81, 792-798.	2.2	31
99	Heart Rate Variability Threshold Values for Early-Warning Nonfunctional Overreaching in Elite Female Wrestlers. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1511-1519.	1.0	31
100	Coconut oil intake and its effects on the cardiometabolic profile – A structured literature review. <i>Progress in Cardiovascular Diseases</i> , 2019, 62, 436-443.	1.6	31
101	Complex Multivitamin Supplementation Improves Homocysteine and Resistance to LDL-C Oxidation. <i>Journal of the American College of Nutrition</i> , 2003, 22, 400-407.	1.1	30
102	Changes in Body Fat Distribution and Fitness Are Associated With Changes in Hemoglobin A1c After 9 Months of Exercise Training. <i>Diabetes Care</i> , 2013, 36, 2843-2849.	4.3	30
103	Co-ingestion of Nutritional Ergogenic Aids and High-Intensity Exercise Performance. <i>Sports Medicine</i> , 2016, 46, 1407-1418.	3.1	29
104	The effect of different doses of aerobic exercise training on exercise blood pressure in overweight and obese postmenopausal women. <i>Menopause</i> , 2012, 19, 503-509.	0.8	28
105	Combined Aerobic and Resistance Training Effects on Glucose Homeostasis, Fitness, and Other Major Health Indices: A Review of Current Guidelines. <i>Sports Medicine</i> , 2016, 46, 1809-1818.	3.1	28
106	Effect of Exercise Training Modality on C-Reactive Protein in Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1028-1034.	0.2	27
107	Obesity, coffee consumption and CRP levels in postmenopausal overweight/obese women: importance of hormone replacement therapy use. <i>European Journal of Clinical Nutrition</i> , 2009, 63, 1419-1424.	1.3	26
108	Cancer Survival Through Lifestyle Change (CASTLE): a Pilot Study of Weight Loss. <i>International Journal of Behavioral Medicine</i> , 2013, 20, 403-412.	0.8	26

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109	The Tour de France: An Updated Physiological Review. <i>International Journal of Sports Physiology and Performance</i> , 2012, 7, 200-209.	1.1	25
110	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> , 2016, 13, 12.	1.7	25
111	Effects of Cardiorespiratory Fitness on Healthcare Utilization. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 2088-2092.	0.2	24
112	Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery. <i>Nutrients</i> , 2017, 9, 823.	1.7	24
113	Examination of mechanisms (E-MECHANIC) of exercise-induced weight compensation: study protocol for a randomized controlled trial. <i>Trials</i> , 2014, 15, 212.	0.7	23
114	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> , 2015, 10, e0125188.	1.1	23
115	Cardiorespiratory Fitness and Exercise Training in African Americans. <i>Progress in Cardiovascular Diseases</i> , 2017, 60, 96-102.	1.6	22
116	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> , 2007, 4, 18.	1.7	21
117	Heart Rate Variability and Exercise in Aging Women. <i>Journal of Women's Health</i> , 2012, 21, 334-339.	1.5	21
118	Poor Sleep Quality is Associated with Insulin Resistance in Postmenopausal Women With and Without Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2018, 16, 183-189.	0.5	21
119	Efficacy of a complex multivitamin supplement. <i>Nutrition</i> , 2002, 18, 738-742.	1.1	20
120	Exercise Training and Habitual Physical Activity. <i>American Journal of Preventive Medicine</i> , 2012, 43, 629-635.	1.6	19
121	Exploring Differences in Cardiorespiratory Fitness Response Rates Across Varying Doses of Exercise Training: A Retrospective Analysis of Eight Randomized Controlled Trials. <i>Sports Medicine</i> , 2021, 51, 1785-1797.	3.1	19
122	Reliability of the Lode Excalibur Sport Ergometer and Applicability to Computrainer Electromagnetically Braked Cycling Training Device. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 344.	1.0	19
123	Maximal Fitness Testing in Sedentary Elderly at Substantial Risk of Disability: LIFE-P Study Experience. <i>Journal of Aging and Physical Activity</i> , 2008, 16, 408-415.	0.5	18
124	Autonomic function and change in insulin for exercising postmenopausal women. <i>Maturitas</i> , 2010, 65, 284-291.	1.0	18
125	Sodium bicarbonate ingestion does not alter the slow component of oxygen uptake kinetics in professional cyclists. <i>Journal of Sports Sciences</i> , 2003, 21, 39-47.	1.0	18
126	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> , 2005, 15, 653-664.	1.0	17

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127	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> , 2017, 117, 267-277.	1.2	17
128	Four weeks of androstenedione supplementation diminishes the treatment response in middle aged men. <i>British Journal of Sports Medicine</i> , 2003, 37, 212-218.	3.1	16
129	Hematological and Hemodynamic Responses to Acute and Short-Term Creatine Nitrate Supplementation. <i>Nutrients</i> , 2017, 9, 1359.	1.7	16
130	High-intensity interval training in patients with cardiovascular diseases and heart transplantation. <i>Journal of Heart and Lung Transplantation</i> , 2013, 32, 1056-1058.	0.3	15
131	Evaluation of a Voluntary Worksite Weight Loss Program on Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2015, 13, 406-414.	0.5	15
132	Fruit for sport. <i>Trends in Food Science and Technology</i> , 2018, 74, 85-98.	7.8	15
133	Inflammation and exercise (INFLAME): Study rationale, design, and methods. <i>Contemporary Clinical Trials</i> , 2008, 29, 418-427.	0.8	14
134	Age attenuated response to aerobic conditioning in postmenopausal women. <i>European Journal of Applied Physiology</i> , 2010, 110, 75-82.	1.2	14
135	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> , 2015, 10, e0135057.	1.1	14
136	Effects of nine weeks L-Carnitine supplementation on exercise performance, anaerobic power, and exercise-induced oxidative stress in resistance-trained males. <i>Journal of Exercise Nutrition & Biochemistry</i> , 2018, 22, 7-19.	1.3	14
137	The effects of varying doses of caffeine on cardiac parasympathetic reactivation following an acute bout of anaerobic exercise in recreational athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2020, 17, 44.	1.7	14
138	Effects of Creatine Monohydrate Ingestion on Intermediate Duration Anaerobic Treadmill Running to Exhaustion. <i>Journal of Strength and Conditioning Research</i> , 1997, 11, 234.	1.0	14
139	Giro, Tour, and Vuelta in the same season. <i>British Journal of Sports Medicine</i> , 2003, 37, 457-459.	3.1	13
140	Time Trial Exertion Traits of Cycling's Grand Tours. <i>International Journal of Sports Medicine</i> , 2009, 30, 240-244.	0.8	13
141	Sun-Dried Raisins are a Cost-Effective Alternative to Sports Jelly Beans in Prolonged Cycling. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 3150-3156.	1.0	13
142	Determinants of the Changes in Glycemic Control with Exercise Training in Type 2 Diabetes: A Randomized Trial. <i>PLoS ONE</i> , 2013, 8, e62973.	1.1	13
143	Adverse Cardiovascular Response to Aerobic Exercise Training. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 20-25.	0.2	13
144	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> , 2017, 27, 408-420.	1.0	13

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145	Interindividual Differences in Trainability and Moderators of Cardiorespiratory Fitness, Waist Circumference, and Body Mass Responses: A Large-Scale Individual Participant Data Meta-analysis. <i>Sports Medicine</i> , 2022, 52, 2837-2851.	3.1	13
146	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> , 2009, 6, 12.	1.7	12
147	Effects of regular endurance exercise on GlycA: Combined analysis of 14 exercise interventions. <i>Atherosclerosis</i> , 2018, 277, 1-6.	0.4	12
148	Comparison of ingesting a food bar containing whey protein and isomalto-oligosaccharides to carbohydrate on performance and recovery from an acute bout of resistance-exercise and sprint conditioning: an open label, randomized, counterbalanced, crossover pilot study. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 34.	1.7	12
149	Combination of resistance and aerobic exercise for six months improves bone mass and physical function in HIV infected individuals: A randomized controlled trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 720-732.	1.3	12
150	Heart rate and exercise intensity during training: observations from the DREW Study. <i>British Journal of Sports Medicine</i> , 2009, 43, 750-755.	3.1	11
151	Endurance and resistance training lowers C-reactive protein in young, healthy females. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011, 36, 660-670.	0.9	11
152	Cardiac Determinants of Heterogeneity in Fitness Change in Response to Moderate Intensity Aerobic Exercise Training. <i>Journal of the American College of Cardiology</i> , 2015, 65, 1057-1058.	1.2	11
153	The role of exercise interval training in treating cardiovascular disease risk factors. <i>Current Cardiovascular Risk Reports</i> , 2009, 3, 296-301.	0.8	10
154	Unlocking the barriers to improved functional capacity in the elderly: Rationale and design for the "Fit for Life" trial. <i>Contemporary Clinical Trials</i> , 2013, 36, 266-275.	0.8	10
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