

Urs Granacher

List of Publications by Year in descending order

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Version: 2024-02-01

271
papers

9,554
citations

41258

49
h-index

62479

80
g-index

294
all docs

294
docs citations

294
times ranked

7656
citing authors

#	ARTICLE	IF	CITATIONS
1	Doseâ€“Response Relationships of Resistance Training in Healthy Old Adults: A Systematic Review and Meta-Analysis. Sports Medicine, 2015, 45, 1693-1720.	3.1	460
2	The Importance of Trunk Muscle Strength for Balance, Functional Performance, and Fall Prevention in Seniors: A Systematic Review. Sports Medicine, 2013, 43, 627-641.	3.1	366
3	Effects of Balance Training on Balance Performance in Healthy Older Adults: A Systematic Review and Meta-analysis. Sports Medicine, 2015, 45, 1721-1738.	3.1	243
4	Effects and doseâ€“response relationships of resistance training on physical performance in youth athletes: a systematic review and meta-analysis. British Journal of Sports Medicine, 2016, 50, 781-795.	3.1	207
5	Relationship of physical activity with motor skills, aerobic fitness and body fat in preschool children: a cross-sectional and longitudinal study (Ballabeina). International Journal of Obesity, 2011, 35, 937-944.	1.6	173
6	Effects of Core Instability Strength Training on Trunk Muscle Strength, Spinal Mobility, Dynamic Balance and Functional Mobility in Older Adults. Gerontology, 2013, 59, 105-113.	1.4	168
7	Effects of Supervised vs. Unsupervised Training Programs on Balance and Muscle Strength in Older Adults: A Systematic Review and Meta-Analysis. Sports Medicine, 2017, 47, 2341-2361.	3.1	167
8	Comparison of Traditional and Recent Approaches in the Promotion of Balance and Strength in Older Adults. Sports Medicine, 2011, 41, 377-400.	3.1	155
9	Associations Between Measures of Balance and Lower-Extremity Muscle Strength/Power in Healthy Individuals Across the Lifespan: A Systematic Review and Meta-Analysis. Sports Medicine, 2015, 45, 1671-1692.	3.1	155
10	Evaluation of the Pose Tracking Performance of the Azure Kinect and Kinect v2 for Gait Analysis in Comparison with a Gold Standard: A Pilot Study. Sensors, 2020, 20, 5104.	2.1	151
11	Effects of Resistance Training in Youth Athletes on Muscular Fitness and Athletic Performance: A Conceptual Model for Long-Term Athlete Development. Frontiers in Physiology, 2016, 7, 164.	1.3	147
12	Effectiveness of Traditional Strength vs. Power Training on Muscle Strength, Power and Speed with Youth: A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2017, 8, 423.	1.3	147
13	A best practice fall prevention exercise program to improve balance, strength / power, and psychosocial health in older adults: study protocol for a randomized controlled trial. BMC Geriatrics, 2013, 13, 105.	1.1	130
14	Effects of Three Types of Exercise Interventions on Healthy Old Adultsâ€™ Gait Speed: A Systematic Review and Meta-Analysis. Sports Medicine, 2015, 45, 1627-1643.	3.1	126
15	Effects of a Supervised versus an Unsupervised Combined Balance and Strength Training Program on Balance and Muscle Power in Healthy Older Adults: A Randomized Controlled Trial. Gerontology, 2016, 62, 275-288.	1.4	122
16	Training induced adaptations in characteristics of postural reflexes in elderly men. Gait and Posture, 2006, 24, 459-466.	0.6	121
17	Interventions to Promote Fundamental Movement Skills in Childcare and Kindergarten: A Systematic Review and Meta-Analysis. Sports Medicine, 2017, 47, 2045-2068.	3.1	120
18	An Intergenerational Approach in the Promotion of Balance and Strength for Fall Prevention â€“ A Mini-Review. Gerontology, 2011, 57, 304-315.	1.4	111

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19	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , 2018, 48, 1059-1081.	3.1	109
20	Neuromuscular and athletic performance following core strength training in elite youth soccer: Role of instability. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2016, 26, 48-56.	1.3	104
21	The biomechanical mechanism of how strength and power training improves walking speed in old adults remains unknown. <i>Ageing Research Reviews</i> , 2013, 12, 618-627.	5.0	102
22	Age-Related Effects on Postural Control under Multi-Task Conditions. <i>Gerontology</i> , 2011, 57, 247-255.	1.4	101
23	Effects of Strength Training Using Unstable Surfaces on Strength, Power and Balance Performance Across the Lifespan: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2015, 45, 1645-1669.	3.1	98
24	A Qualitative Review of Balance and Strength Performance in Healthy Older Adults: Impact for Testing and Training. <i>Journal of Aging Research</i> , 2012, 2012, 1-16.	0.4	96
25	Dose-Response Relationships of Balance Training in Healthy Young Adults: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015, 45, 557-576.	3.1	96
26	Relationship between Strength, Power and Balance Performance in Seniors. <i>Gerontology</i> , 2012, 58, 504-512.	1.4	94
27	Change of Direction Speed: Toward a Strength Training Approach with Accentuated Eccentric Muscle Actions. <i>Sports Medicine</i> , 2018, 48, 1773-1779.	3.1	90
28	An Update on Secular Trends in Physical Fitness of Children and Adolescents from 1972 to 2015: A Systematic Review. <i>Sports Medicine</i> , 2021, 51, 303-320.	3.1	88
29	Neural Correlates of Dual-Task Walking: Effects of Cognitive versus Motor Interference in Young Adults. <i>Neural Plasticity</i> , 2016, 2016, 1-9.	1.0	87
30	Effects of Balance Training on Postural Sway, Leg Extensor Strength, and Jumping Height in Adolescents. <i>Research Quarterly for Exercise and Sport</i> , 2010, 81, 245-251.	0.8	83
31	Effects and Mechanisms of Strength Training in Children. <i>International Journal of Sports Medicine</i> , 2011, 32, 357-364.	0.8	81
32	Sequencing Effects of Balance and Plyometric Training on Physical Performance in Youth Soccer Athletes. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3278-3289.	1.0	79
33	Associations Between Balance and Muscle Strength, Power Performance in Male Youth Athletes of Different Maturity Status. <i>Pediatric Exercise Science</i> , 2016, 28, 521-534.	0.5	79
34	Effects of core strength training using stable versus unstable surfaces on physical fitness in adolescents: a randomized controlled trial. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2014, 6, 40.	0.7	78
35	Effects of a Salsa Dance Training on Balance and Strength Performance in Older Adults. <i>Gerontology</i> , 2012, 58, 305-312.	1.4	77
36	Effects of muscle fatigue on gait characteristics under single and dual-task conditions in young and older adults. <i>Journal of NeuroEngineering and Rehabilitation</i> , 2010, 7, 56.	2.4	76

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37	Home-based exercise programmes improve physical fitness of healthy older adults: A PRISMA-compliant systematic review and meta-analysis with relevance for COVID-19. <i>Ageing Research Reviews</i> , 2021, 67, 101265.	5.0	69
38	Physical Fitness Percentiles of German Children Aged 9â€“12 Years: Findings from a Longitudinal Study. <i>PLoS ONE</i> , 2015, 10, e0142393.	1.1	69
39	Effects of Jumping Exercise on Muscular Power in Older Adults: A Meta-Analysis. <i>Sports Medicine</i> , 2018, 48, 2843-2857.	3.1	66
40	Effects and Doseâ€“Response Relationship of Balance Training on Balance Performance in Youth: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2018, 48, 2067-2089.	3.1	66
41	Acute Effects of Static Stretching on Muscle Strength and Power: An Attempt to Clarify Previous Caveats. <i>Frontiers in Physiology</i> , 2019, 10, 1468.	1.3	65
42	Time to Differentiate Postactivation â€œPotentiationâ€“from â€œPerformance Enhancementâ€“in the Strength and Conditioning Community. <i>Sports Medicine</i> , 2020, 50, 1559-1565.	3.1	64
43	The Role of Instability with Plyometric Training in Sub-elite Adolescent Soccer Players. <i>International Journal of Sports Medicine</i> , 2015, 36, 386-394.	0.8	62
44	Strength, power, and postural control in seniors: Considerations for functional adaptations and for fall prevention. <i>European Journal of Sport Science</i> , 2008, 8, 325-340.	1.4	61
45	Resistance Training and Neuromuscular Performance in Seniors. <i>International Journal of Sports Medicine</i> , 2009, 30, 652-657.	0.8	61
46	The Effects of Concurrent Strength and Endurance Training on Physical Fitness and Athletic Performance in Youth: A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2018, 9, 1057.	1.3	58
47	Higher Quadriceps Roller Massage Forces Do Not Amplify Range-of-Motion Increases nor Impair Strength and Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 3059-3069.	1.0	56
48	The Role of Trunk Muscle Strength for Physical Fitness and Athletic Performance in Trained Individuals: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2016, 46, 401-419.	3.1	55
49	Combination of Agility and Plyometric Training Provides Similar Training Benefits as Combined Balance and Plyometric Training in Young Soccer Players. <i>Frontiers in Physiology</i> , 2018, 9, 1611.	1.3	55
50	Tests for the Assessment of Sport-Specific Performance in Olympic Combat Sports: A Systematic Review With Practical Recommendations. <i>Frontiers in Physiology</i> , 2018, 9, 386.	1.3	54
51	An Exercise Sequence for Progression in Balance Training. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 568-574.	1.0	53
52	Slackline Training for Balance and Strength Promotion. <i>International Journal of Sports Medicine</i> , 2010, 31, 717-723.	0.8	52
53	Effects of surface instability on neuromuscular performance during drop jumps and landings. <i>European Journal of Applied Physiology</i> , 2013, 113, 2943-2951.	1.2	52
54	Methodological characteristics and future directions for plyometric jump training research: A scoping review update. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 983-997.	1.3	52

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55	Balance Training and Multi-Task Performance in Seniors. <i>International Journal of Sports Medicine</i> , 2010, 31, 353-358.	0.8	50
56	Can Balance Training Promote Balance and Strength in Prepubertal Children?. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1759-1766.	1.0	49
57	Promoting lower extremity strength in elite volleyball players: Effects of two combined training methods. <i>Journal of Science and Medicine in Sport</i> , 2012, 15, 457-462.	0.6	49
58	Promoting Strength and Balance in Adolescents During Physical Education: Effects of a Short-Term Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 940-949.	1.0	48
59	Effects of Plyometric Training on Physical Fitness in Prepuberal Soccer Athletes. <i>International Journal of Sports Medicine</i> , 2017, 38, 370-377.	0.8	46
60	Intra and Intersession Reliability of Balance Measures During One-Leg Standing in Young Adults. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2228-2234.	1.0	45
61	A systematic review on the effects of resistance and plyometric training on physical fitness in youth-What do comparative studies tell us?. <i>PLoS ONE</i> , 2018, 13, e0205525.	1.1	45
62	Effects of Different Plyometric Training Frequencies on Components of Physical Fitness in Amateur Female Soccer Players. <i>Frontiers in Physiology</i> , 2018, 9, 934.	1.3	45
63	Promoting Balance and Strength in the Middle-Aged Workforce. <i>International Journal of Sports Medicine</i> , 2011, 32, 35-44.	0.8	44
64	How We Found Our IMU: Guidelines to IMU Selection and a Comparison of Seven IMUs for Pervasive Healthcare Applications. <i>Sensors</i> , 2020, 20, 4090.	2.1	44
65	Sequencing Effects of Neuromuscular Training on Physical Fitness in Youth Elite Tennis Players. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 849-856.	1.0	43
66	Effects of High-Velocity Resistance Training on Athletic Performance in Prepuberal Male Soccer Athletes. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3290-3297.	1.0	42
67	Symptoms of Anxiety and Depression in Young Athletes Using the Hospital Anxiety and Depression Scale. <i>Frontiers in Physiology</i> , 2018, 9, 182.	1.3	42
68	Relationship of Pre-season Training Load With In-Season Biochemical Markers, Injuries and Performance in Professional Soccer Players. <i>Frontiers in Physiology</i> , 2019, 10, 409.	1.3	42
69	Associations Between Variations in Accumulated Workload and Physiological Variables in Young Male Soccer Players Over the Course of a Season. <i>Frontiers in Physiology</i> , 2021, 12, 638180.	1.3	42
70	Effects of ankle fatigue on functional reflex activity during gait perturbations in young and elderly men. <i>Gait and Posture</i> , 2010, 32, 107-112.	0.6	38
71	Association of Balance, Strength, and Power Measures in Young Adults. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 582-589.	1.0	38
72	Socio-cultural determinants of adiposity and physical activity in preschool children: A cross-sectional study. <i>BMC Public Health</i> , 2010, 10, 733.	1.2	37

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73	Non-local Acute Passive Stretching Effects on Range of Motion in Healthy Adults: A Systematic Review with Meta-analysis. Sports Medicine, 2021, 51, 945-959.	3.1	35
74	Functional relevance of resistance training-induced neuroplasticity in health and disease. Neuroscience and Biobehavioral Reviews, 2021, 122, 79-91.	2.9	35
75	Effects of Resistance Training on Physical Fitness in Healthy Children and Adolescents: An Umbrella Review. Sports Medicine, 2020, 50, 1901-1928.	3.1	33
76	Force production capacity and functional reflex activity in young and elderly men. Aging Clinical and Experimental Research, 2010, 22, 374-382.	1.4	32
77	Is There an Association Between Variables of Postural Control and Strength in Adolescents?. Journal of Strength and Conditioning Research, 2011, 25, 1718-1725.	1.0	32
78	Relationship Between Measures of Balance and Strength in Middle-Aged Adults. Journal of Strength and Conditioning Research, 2012, 26, 2401-2407.	1.0	32
79	Effects of Sport-Specific Training during the Early Stages of Long-Term Athlete Development on Physical Fitness, Body Composition, Cognitive, and Academic Performances. Frontiers in Physiology, 2017, 8, 810.	1.3	32
80	Balance Training Enhances Vestibular Function and Reduces Overactive Proprioceptive Feedback in Elderly. Frontiers in Aging Neuroscience, 2017, 9, 273.	1.7	32
81	Short-Term Plyometric Jump Training Improves Repeated-Sprint Ability in Prepuberal Male Soccer Players. Journal of Strength and Conditioning Research, 2020, 34, 3241-3249.	1.0	32
82	Effect of living area and sports club participation on physical fitness in children: a 4Âyear longitudinal study. BMC Public Health, 2014, 14, 499.	1.2	31
83	Concurrent validity of the Gyko inertial sensor system for the assessment of vertical jump height in female sub-elite youth soccer players. BMC Sports Science, Medicine and Rehabilitation, 2016, 8, 35.	0.7	31
84	Validation of an IMU Gait Analysis Algorithm for Gait Monitoring in Daily Life Situations. , 2020, 2020, 4229-4232.		31
85	Relationship between strength, balance and mobility in children aged 7â€“10 years. Gait and Posture, 2013, 37, 108-112.	0.6	30
86	One-Leg Standing Performance and Muscle Activity: Are There Limb Differences?. Journal of Applied Biomechanics, 2014, 30, 407-414.	0.3	30
87	Effects of Climbing on Core Strength and Mobility in Adults. International Journal of Sports Medicine, 2012, 33, 445-451.	0.8	29
88	Is There an Association Between Variables of Postural Control and Strength in Prepubertal Children?. Journal of Strength and Conditioning Research, 2012, 26, 210-216.	1.0	29
89	Effects of conditioning hops on drop jump and sprint performance: a randomized crossover pilot study in elite athletes. BMC Sports Science, Medicine and Rehabilitation, 2016, 8, 1.	0.7	29
90	Hip mechanics underlie lower extremity power training-induced increase in old adultsâ€™ fast gait velocity: The Potsdam Gait Study (POGS). Gait and Posture, 2017, 52, 338-344.	0.6	29

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91	Sequencing Effects of Plyometric Training Applied Before or After Regular Soccer Training on Measures of Physical Fitness in Young Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1959-1966.	1.0	29
92	Effects of Neuromuscular Training on Agility Performance in Elite Soccer Players. <i>Frontiers in Physiology</i> , 2019, 10, 947.	1.3	28
93	Effects of Combined Surfaces vs. Single-Surface Plyometric Training on Soccer Players' Physical Fitness. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2644-2653.	1.0	28
94	Maturation-, age-, and sex-specific anthropometric and physical fitness percentiles of German elite young athletes. <i>PLoS ONE</i> , 2020, 15, e0237423.	1.1	28
95	Effects of Plyometric Jump Training on Physical Fitness in Amateur and Professional Volleyball: A Meta-Analysis. <i>Frontiers in Physiology</i> , 2021, 12, 636140.	1.3	28
96	Association of dual-task walking performance and leg muscle quality in healthy children. <i>BMC Pediatrics</i> , 2015, 15, 2.	0.7	27
97	Non-Discriminant Relationships between Leg Muscle Strength, Mass and Gait Performance in Healthy Young and Old Adults. <i>Gerontology</i> , 2018, 64, 11-18.	1.4	27
98	The Interplay Between Plasma Hormonal Concentrations, Physical Fitness, Workload and Mood State Changes to Periods of Congested Match Play in Professional Soccer Players. <i>Frontiers in Physiology</i> , 2020, 11, 835.	1.3	27
99	Effects of Small-Sided Soccer Games on Physical Fitness, Physiological Responses, and Health Indices in Untrained Individuals and Clinical Populations: A Systematic Review. <i>Sports Medicine</i> , 2020, 50, 987-1007.	3.1	27
100	Effects of Resistance Training on Change-of-Direction Speed in Youth and Young Physically Active and Athletic Adults: A Systematic Review with Meta-Analysis. <i>Sports Medicine</i> , 2020, 50, 1483-1499.	3.1	27
101	Small and inconsistent effects of whole body vibration on athletic performance: a systematic review and meta-analysis. <i>European Journal of Applied Physiology</i> , 2015, 115, 1605-1625.	1.2	26
102	Effects of Plyometric Training on Components of Physical Fitness in Prepuberal Male Soccer Athletes: The Role of Surface Instability. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 3295-3304.	1.0	26
103	Effects of Soccer Training on Anthropometry, Body Composition, and Physical Fitness during a Soccer Season in Female Elite Young Athletes: A Prospective Cohort Study. <i>Frontiers in Physiology</i> , 2017, 8, 1093.	1.3	26
104	The Effect of a Neuromuscular vs. Dynamic Warm-up on Physical Performance in Young Tennis Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2776-2784.	1.0	26
105	How to Use Global Positioning Systems (GPS) Data to Monitor Training Load in the "Real World" of Elite Soccer. <i>Frontiers in Physiology</i> , 2020, 11, 944.	1.3	26
106	Validation of two accelerometers to determine mechanical loading of physical activities in children. <i>Journal of Sports Sciences</i> , 2015, 33, 1702-1709.	1.0	25
107	The long-term use of foot orthoses affects walking kinematics and kinetics of children with flexible flat feet: A randomized controlled trial. <i>PLoS ONE</i> , 2018, 13, e0205187.	1.1	25
108	Effects of a six-week period of congested match play on plasma volume variations, hematological parameters, training workload and physical fitness in elite soccer players. <i>PLoS ONE</i> , 2019, 14, e0219692.	1.1	25

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109	Ground reaction forces and muscle activity while walking on sand versus stable ground in individuals with pronated feet compared with healthy controls. <i>PLoS ONE</i> , 2019, 14, e0223219.	1.1	25
110	Effects of Balance Training on Physical Fitness in Youth and Young Athletes: A Narrative Review. <i>Strength and Conditioning Journal</i> , 2020, 42, 35-44.	0.7	25
111	The Interaction between Mobility Status and Exercise Specificity in Older Adults. <i>Exercise and Sport Sciences Reviews</i> , 2021, 49, 15-22.	1.6	25
112	The impact of aerobic and resistance training intensity on markers of neuroplasticity in health and disease. <i>Ageing Research Reviews</i> , 2022, 80, 101698.	5.0	25
113	Effects of anti-pronation shoes on lower limb kinematics and kinetics in female runners with pronated feet: The role of physical fatigue. <i>PLoS ONE</i> , 2019, 14, e0216818.	1.1	24
114	Balance task difficulty affects postural sway and cortical activity in healthy adolescents. <i>Experimental Brain Research</i> , 2020, 238, 1323-1333.	0.7	24
115	Effects of drop height and surface instability on neuromuscular activation during drop jumps. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 1090-1098.	1.3	23
116	A Meta-Analysis to Determine Strength Training Related Dose-Response Relationships for Lower-Limb Muscle Power Development in Young Athletes. <i>Frontiers in Physiology</i> , 2018, 9, 1155.	1.3	23
117	Effects of Physical Exercise Training in the Workplace on Physical Fitness: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2019, 49, 1903-1921.	3.1	23
118	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. <i>Sports Medicine</i> , 2021, 51, 65-79.	3.1	23
119	Combined Resistance and Plyometric Training Is More Effective Than Plyometric Training Alone for Improving Physical Fitness of Pubertal Soccer Players. <i>Frontiers in Physiology</i> , 2019, 10, 1026.	1.3	22
120	Non-local Muscle Fatigue Effects on Muscle Strength, Power, and Endurance in Healthy Individuals: A Systematic Review with Meta-analysis. <i>Sports Medicine</i> , 2021, 51, 1893-1907.	3.1	22
121	Ginkgo biloba special extract LI 1370 improves dual-task walking in patients with MCI: a randomised, double-blind, placebo-controlled exploratory study. <i>Aging Clinical and Experimental Research</i> , 2017, 29, 609-619.	1.4	21
122	Plyometric Training Improves Not Only Measures of Linear Speed, Power, and Change-of-Direction Speed But Also Repeated Sprint Ability in Young Female Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2230-2235.	1.0	21
123	Effects of a Strength-Dominated Exercise Program on Physical Fitness and Cognitive Performance in Preschool Children. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 983-990.	1.0	21
124	Metastability in plyometric training on unstable surfaces: a pilot study. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2014, 6, 30.	0.7	20
125	Global Training Effects of Trained and Untrained Muscles With Youth Can be Maintained During 4 Weeks of Detraining. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2788-2800.	1.0	20
126	Effects of a 12-Week Change-of-Direction Sprints Training Program on Selected Physical and Physiological Parameters in Professional Basketball Male Players. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8214.	1.2	20

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127	Effects of Heavy-Resistance Strength and Balance Training on Unilateral and Bilateral Leg Strength Performance in Old Adults. PLoS ONE, 2015, 10, e0118535.	1.1	19
128	A comparison of running kinetics in children with and without genu varus: A cross sectional study. PLoS ONE, 2017, 12, e0185057.	1.1	19
129	Behavioral and Neural Correlates of Cognitive-Motor Interference during Multitasking in Young and Old Adults. Neural Plasticity, 2019, 2019, 1-19.	1.0	19
130	Effects of Increasing Balance Task Difficulty on Postural Sway and Muscle Activity in Healthy Adolescents. Frontiers in Physiology, 2019, 10, 1135.	1.3	19
131	Effects of Drop Height on Jump Performance in Male and Female Elite Adolescent Handball Players. International Journal of Sports Physiology and Performance, 2019, 14, 674-680.	1.1	19
132	Within Session Sequence of Balance and Plyometric Exercises Does Not Affect Training Adaptations with Youth Soccer Athletes. Journal of Sports Science and Medicine, 2017, 16, 125-136.	0.7	19
133	Relationships Between Trunk Muscle Strength, Spinal Mobility, and Balance Performance in Older Adults. Journal of Aging and Physical Activity, 2014, 22, 490-498.	0.5	18
134	Effects of an Eccentric Hamstrings Training on Components of Physical Performance in Young Female Handball Players. International Journal of Sports Physiology and Performance, 2020, 15, 91-97.	1.1	18
135	Effects of strength training on physical fitness and sport-specific performance in recreational, sub-elite, and elite rowers: A systematic review with meta-analysis. Journal of Sports Sciences, 2020, 38, 1186-1195.	1.0	18
136	The effects of plyometric jump training on jump and sport-specific performances in prepubertal female swimmers. Journal of Exercise Science and Fitness, 2021, 19, 25-31.	0.8	18
137	Effects of Bilateral and Unilateral Resistance Training on Horizontally Orientated Movement Performance: A Systematic Review and Meta-analysis. Sports Medicine, 2021, 51, 225-242.	3.1	18
138	Effects of Equal Volume But Different Plyometric Jump Training Intensities on Components of Physical Fitness in Physically Active Young Males. Journal of Strength and Conditioning Research, 2021, 35, 1916-1923.	1.0	18
139	Stable, Unstable and Metastable States of Equilibrium: Definitions and Applications to Human Movement. Journal of Sports Science and Medicine, 2015, 14, 885-7.	0.7	18
140	Unilateral Rolling of the Foot did not Affect Non-Local Range of Motion or Balance. Journal of Sports Science and Medicine, 2017, 16, 209-218.	0.7	18
141	Sex-Specific Effects of Surface Instability on Drop Jump and Landing Biomechanics. International Journal of Sports Medicine, 2014, 36, 75-81.	0.8	17
142	Postural Control in Dual-Task Situations: Does Whole-Body Fatigue Matter?. PLoS ONE, 2016, 11, e0147392.	1.1	17
143	The Increased Effectiveness of Loaded Versus Unloaded Plyometric Jump Training in Improving Muscle Power, Speed, Change of Direction, and Kicking-Distance Performance in Prepubertal Male Soccer Players. International Journal of Sports Physiology and Performance, 2020, 15, 189-195.	1.1	17
144	Association of balance, strength, and power measures in young adults. Journal of Strength and Conditioning Research, 2013, 27, 582-9.	1.0	17

#	ARTICLE	IF	CITATIONS
145	Effects of Resisted vs. Conventional Sprint Training on Physical Fitness in Young Elite Tennis Players. <i>Journal of Human Kinetics</i> , 2020, 73, 181-192.	0.7	17
146	Intrasession and Intersession Reliability in Maximal and Explosive Isometric Torque Production of the Elbow Flexors. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1771-1777.	1.0	16
147	Performance - and health-related benefits of youth resistance training. <i>Sports Orthopaedics and Traumatology</i> , 2020, 36, 231-240.	0.1	16
148	The effects of plyometric jump training on lower-limb stiffness in healthy individuals: A meta-analytical comparison. <i>Journal of Sport and Health Science</i> , 2023, 12, 236-245.	3.3	16
149	Postactivation Potentiation of the Plantar Flexors Does Not Directly Translate to Jump Performance in Female Elite Young Soccer Players. <i>Frontiers in Physiology</i> , 2018, 9, 276.	1.3	15
150	Change-of-Direction Performance in Elite Soccer Players: Preliminary Analysis According to Their Playing Positions. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8360.	1.2	15
151	Do you Play or Do you Train? Insights From Individual Sports for Training Load and Injury Risk Management in Team Sports Based on Individualization. <i>Frontiers in Physiology</i> , 2020, 11, 995.	1.3	15
152	Effects of Combined Balance and Strength Training on Measures of Balance and Muscle Strength in Older Women With a History of Falls. <i>Frontiers in Physiology</i> , 2020, 11, 619016.	1.3	15
153	The acute effects of mental fatigue on balance performance in healthy young and older adults – A systematic review and meta-analysis. <i>Acta Psychologica</i> , 2022, 225, 103540.	0.7	15
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