

Francisco J Amaro-Gahete

List of Publications by Citations

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103
papers

705
citations

14
h-index

19
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110
ext. papers

1,108
ext. citations

4.4
avg, IF

4.6
L-index

#	Paper	IF	Citations
103	Activating brown adipose tissue through exercise (ACTIBATE) in young adults: Rationale, design and methodology. <i>Contemporary Clinical Trials</i> , 2015 , 45, 416-425	2.3	65
102	Exercise training as S-Klotho protein stimulator in sedentary healthy adults: Rationale, design, and methodology. <i>Contemporary Clinical Trials Communications</i> , 2018 , 11, 10-19	1.8	50
101	Accuracy and Validity of Resting Energy Expenditure Predictive Equations in Middle-Aged Adults. <i>Nutrients</i> , 2018 , 10,	6.7	22
100	Changes in Physical Fitness After 12 Weeks of Structured Concurrent Exercise Training, High Intensity Interval Training, or Whole-Body Electromyostimulation Training in Sedentary Middle-Aged Adults: A Randomized Controlled Trial. <i>Frontiers in Physiology</i> , 2019 , 10, 451	4.6	21
99	Assessment of maximal fat oxidation during exercise: A systematic review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 910-921	4.6	21
98	Whole-Body Electromyostimulation Improves Performance-Related Parameters in Runners. <i>Frontiers in Physiology</i> , 2018 , 9, 1576	4.6	18
97	Diurnal Variation of Maximal Fat-Oxidation Rate in Trained Male Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 14, 1140-1146	3.5	16
96	Exercise training increases the S-Klotho plasma levels in sedentary middle-aged adults: A randomised controlled trial. The FIT-AGEING study. <i>Journal of Sports Sciences</i> , 2019 , 37, 2175-2183	3.6	16
95	Exercise training improves sleep quality: A randomized controlled trial. <i>European Journal of Clinical Investigation</i> , 2020 , 50, e13202	4.6	16
94	Commentary: Contextualising Maximal Fat Oxidation During Exercise: Determinants and Normative Values. <i>Frontiers in Physiology</i> , 2018 , 9, 1460	4.6	16
93	Impact of data analysis methods for maximal fat oxidation estimation during exercise in sedentary adults. <i>European Journal of Sport Science</i> , 2019 , 19, 1230-1239	3.9	15
92	Menstrual cycle phase does not affect whole body peak fat oxidation rate during a graded exercise test. <i>Journal of Applied Physiology</i> , 2020 , 128, 681-687	3.7	15
91	Inflammation in metabolically healthy and metabolically abnormal adolescents: The HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018 , 28, 77-83	4.5	15
90	Functional Exercise Training and Undulating Periodization Enhances the Effect of Whole-Body Electromyostimulation Training on Running Performance. <i>Frontiers in Physiology</i> , 2018 , 9, 720	4.6	14
89	Body Composition and S-Klotho Plasma Levels in Middle-Aged Adults: A Cross-Sectional Study. <i>Rejuvenation Research</i> , 2019 , 22, 478-483	2.6	13
88	Congruent Validity of Resting Energy Expenditure Predictive Equations in Young Adults. <i>Nutrients</i> , 2019 , 11,	6.7	13
87	Impact of Using Different Levels of Threshold-Based Artefact Correction on the Quantification of Heart Rate Variability in Three Independent Human Cohorts. <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	13

86	Association of Objectively Measured Physical Activity With Brown Adipose Tissue Volume and Activity in Young Adults. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2019 , 104, 223-233	5.6	13
85	Effects of different exercise training programs on body composition: A randomized control trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 968-979	4.6	12
84	Diet as moderator in the association of adiposity with inflammatory biomarkers among adolescents in the HELENA study. <i>European Journal of Nutrition</i> , 2019 , 58, 1947-1960	5.2	12
83	Energy expenditure differences across lying, sitting, and standing positions in young healthy adults. <i>PLoS ONE</i> , 2019 , 14, e0217029	3.7	11
82	Inter- and intra-researcher reproducibility of heart rate variability parameters in three human cohorts. <i>Scientific Reports</i> , 2020 , 10, 11399	4.9	10
81	Association between Sleep Quality and Body Composition in Sedentary Middle-Aged Adults. <i>Medicina (Lithuania)</i> , 2018 , 54,	3.1	10
80	Methodological issues related to maximal fat oxidation rate during exercise : Comment on: Change in maximal fat oxidation in response to different regimes of periodized high-intensity interval training (HIIT). <i>European Journal of Applied Physiology</i> , 2018 , 118, 2029-2031	3.4	10
79	Metabolic rate in sedentary adults, following different exercise training interventions: The FIT-AGEING randomized controlled trial. <i>Clinical Nutrition</i> , 2020 , 39, 3230-3240	5.9	9
78	Cardiorespiratory Fitness May Influence Metabolic Inflexibility During Exercise in Obese Persons. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2019 , 104, 5780-5790	5.6	9
77	Anxiety and Depression in Patients with Obstructive Sleep Apnoea before and after Continuous Positive Airway Pressure: The ADIPOSA Study. <i>Journal of Clinical Medicine</i> , 2019 , 8,	5.1	9
76	Alcohol consumption and S-Klotho plasma levels in sedentary healthy middle-aged adults: A cross sectional study. <i>Drug and Alcohol Dependence</i> , 2019 , 194, 107-111	4.9	9
75	Adherence to the Mediterranean diet, dietary factors, and S-Klotho plasma levels in sedentary middle-aged adults. <i>Experimental Gerontology</i> , 2019 , 119, 25-32	4.5	8
74	Concurrent validity of supraclavicular skin temperature measured with iButtons and infrared thermography as a surrogate marker of brown adipose tissue. <i>Journal of Thermal Biology</i> , 2019 , 82, 186-196	2.9	8
73	Association of physical activity and fitness with S-Klotho plasma levels in middle-aged sedentary adults: The FIT-AGEING study. <i>Maturitas</i> , 2019 , 123, 25-31	5	8
72	Association of sedentary and physical activity time with maximal fat oxidation during exercise in sedentary adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 1605-1614	4.6	8
71	Sleep duration and quality are not associated with brown adipose tissue volume or activity-as determined by 18F-FDG uptake, in young, sedentary adults. <i>Sleep</i> , 2019 , 42,	1.1	7
70	Interdisciplinary Weight Loss and Lifestyle Intervention for Obstructive Sleep Apnoea in Adults: Rationale, Design and Methodology of the INTERAPNEA Study. <i>Nutrients</i> , 2019 , 11,	6.7	7
69	Study of the association of DHEAS, testosterone and cortisol with S-Klotho plasma levels in healthy sedentary middle-aged adults. <i>Experimental Gerontology</i> , 2019 , 121, 55-61	4.5	7

68	Role of Exercise on S-Klotho Protein Regulation: A Systematic Review. <i>Current Aging Science</i> , 2018 , 11, 100-107	2.2	7
67	An analysis of two styles of arm action in the vertical countermovement jump. <i>Sports Biomechanics</i> , 2014 , 13, 135-43	2.2	7
66	Association of basal metabolic rate and fuel oxidation in basal conditions and during exercise, with plasma S-klotho: the FIT-AGEING study. <i>Aging</i> , 2019 , 11, 5319-5333	5.6	7
65	Relationship between plasma S-Klotho and cardiometabolic risk in sedentary adults. <i>Aging</i> , 2020 , 12, 2698-2710	5.6	7
64	Exercise Training as a Treatment for Cardiometabolic Risk in Sedentary Adults: Are Physical Activity Guidelines the Best Way to Improve Cardiometabolic Health? The FIT-AGEING Randomized Controlled Trial. <i>Journal of Clinical Medicine</i> , 2019 , 8,	5.1	7
63	Estimation of non-shivering thermogenesis and cold-induced nutrient oxidation rates: Impact of method for data selection and analysis. <i>Clinical Nutrition</i> , 2019 , 38, 2168-2174	5.9	7
62	Caffeine increases whole-body fat oxidation during 1 h of cycling at Fatmax. <i>European Journal of Nutrition</i> , 2021 , 60, 2077-2085	5.2	7
61	Relationships between cardiorespiratory fitness/muscular strength and F-fluorodeoxyglucose uptake in brown adipose tissue after exposure to cold in young, sedentary adults. <i>Scientific Reports</i> , 2019 , 9, 11314	4.9	6
60	Inflammation and insulin resistance according to body composition in European adolescents: the HELENA study. <i>Nutricion Hospitalaria</i> , 2017 , 34, 1033-1043	1	6
59	Evidence of high F-fluorodeoxyglucose uptake in the subcutaneous adipose tissue of the dorsocervical area in young adults. <i>Experimental Physiology</i> , 2019 , 104, 168-173	2.4	6
58	Could superimposed electromyostimulation be an effective training to improve aerobic and anaerobic capacity? Methodological considerations for its development. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1513-1515	3.4	5
57	Beer or Ethanol Effects on the Body Composition Response to High-Intensity Interval Training. The BEER-HIIT Study. <i>Nutrients</i> , 2019 , 11,	6.7	5
56	Dietary Inflammatory Index and S-Klotho Plasma Levels in Middle-Aged Adults. <i>Nutrients</i> , 2020 , 12,	6.7	5
55	Impacto de dos modalidades de entrenamiento con electroestimulaci3n global de cuerpo completo sobre la composici3n corporal en corredores recreacionales durante periodos de desentrenamiento deportivo. [Impact of two whole-body electromyostimulation training modalities on body composition in recreational runners during endurance training cessation]. <i>RIEJDE Revista</i>	1.5	5
54	Caffeine increases maximal fat oxidation during a graded exercise test: is there a diurnal variation?. <i>Journal of the International Society of Sports Nutrition</i> , 2021 , 18, 5	4.5	5
53	Role of physical activity and fitness on sleep in sedentary middle-aged adults: the FIT-AGEING study. <i>Scientific Reports</i> , 2021 , 11, 539	4.9	5
52	Influence of daily beer or ethanol consumption on physical fitness in response to a high-intensity interval training program. The BEER-HIIT study. <i>Journal of the International Society of Sports Nutrition</i> , 2020 , 17, 29	4.5	4
51	Association between sleep quality and time with energy metabolism in sedentary adults. <i>Scientific Reports</i> , 2020 , 10, 4598	4.9	4

50	Impact of the Method Used to Select Gas Exchange Data for Estimating the Resting Metabolic Rate, as Supplied by Breath-by-Breath Metabolic Carts. <i>Nutrients</i> , 2020 , 12,	6.7	4
49	Optimizing Maximal Fat Oxidation Assessment by a Treadmill-Based Graded Exercise Protocol: When Should the Test End?. <i>Frontiers in Physiology</i> , 2019 , 10, 909	4.6	4
48	Is Sleep Associated with the S-Klotho Anti-Aging Protein in Sedentary Middle-Aged Adults? The FIT-AGEING Study. <i>Antioxidants</i> , 2020 , 9,	7.1	4
47	Cardiovascular Risk Factors and Heart Rate Variability: Impact of the Level of the Threshold-Based Artefact Correction Used to Process the Heart Rate Variability Signal. <i>Journal of Medical Systems</i> , 2020 , 45, 2	5.1	4
46	Brown Adipose Tissue and Skeletal Muscle F-FDG Activity After a Personalized Cold Exposure Is Not Associated With Cold-Induced Thermogenesis and Nutrient Oxidation Rates in Young Healthy Adults. <i>Frontiers in Physiology</i> , 2018 , 9, 1577	4.6	4
45	Resting Oxygen Uptake Value of 1 Metabolic Equivalent of Task in Older Adults: A Systematic Review and Descriptive Analysis. <i>Sports Medicine</i> , 2021 , 1	10.6	4
44	Predictors of Sexual Desire and Sexual Function in Sedentary Middle-Aged Adults: The Role of Lean Mass Index and S-Klotho Plasma Levels. The FIT-AGEING Study. <i>Journal of Sexual Medicine</i> , 2020 , 17, 665-677	11	3
43	Maximal fat oxidation capacity is associated with cardiometabolic risk factors in healthy young adults. <i>European Journal of Sport Science</i> , 2021 , 21, 907-917	3.9	3
42	Relationship between 1,25-Dihydroxyvitamin D and Body Composition in Middle-Aged Sedentary Adults: The FIT-AGEING Study. <i>Nutrients</i> , 2019 , 11,	6.7	3
41	Assessment of autonomous nerve system through non-linear heart rate variability outcomes in sedentary healthy adults. <i>PeerJ</i> , 2020 , 8, e10178	3.1	3
40	Association between brown adipose tissue and bone mineral density in humans. <i>International Journal of Obesity</i> , 2019 , 43, 1516-1525	5.5	3
39	Effect of an Interdisciplinary Weight Loss and Lifestyle Intervention on Obstructive Sleep Apnea Severity: The INTERAPNEA Randomized Clinical Trial.. <i>JAMA Network Open</i> , 2022 , 5, e228212	10.4	3
38	Supraclavicular skin temperature measured by iButtons and F-fluorodeoxyglucose uptake by brown adipose tissue in adults. <i>Journal of Thermal Biology</i> , 2019 , 82, 178-185	2.9	2
37	Body Composition Impact on Sleep in Young Adults: The Mediating Role of Sedentariness, Physical Activity, and Diet. <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	2
36	Selecting studies (not reports) as the unit of interest of systematic reviews and meta-analyses: an essential practice. <i>International Journal of Obesity</i> , 2020 , 44, 1536-1538	5.5	2
35	Contribuci3n segmentaria de los saltos con contramovimiento en vertical y en horizontal. [Segmental contribution on countermovement vertical and horizontal jumps].. <i>RICYDE Revista Internacional De Ciencias Del Deporte</i> , 2014 , 10, 289-304	1.5	2
34	Uncertain association between maximal fat oxidation during exercise and cardiometabolic risk factors in healthy sedentary adults. <i>European Journal of Sport Science</i> , 2021 , 1-11	3.9	2
33	Relationship between dietary factors and S-Klotho plasma levels in young sedentary healthy adults. <i>Mechanisms of Ageing and Development</i> , 2021 , 194, 111435	5.6	2

32	The effects of three types of exercise training on steroid hormones in physically inactive middle-aged adults: a randomized controlled trial. <i>European Journal of Applied Physiology</i> , 2021 , 121, 2193-2206	3.4	2
31	The influence of age, sex and cardiorespiratory fitness on maximal fat oxidation rate. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021 , 46, 1241-1247	3	2
30	Deciphering the constrained total energy expenditure model in humans by associating accelerometer-measured physical activity from wrist and hip. <i>Scientific Reports</i> , 2021 , 11, 12302	4.9	2
29	Association between dietary factors and brown adipose tissue volume/F-FDG uptake in young adults. <i>Clinical Nutrition</i> , 2021 , 40, 1997-2008	5.9	2
28	Dietary differences between metabolically healthy overweight-obese and metabolically unhealthy overweight-obese adults. <i>British Journal of Nutrition</i> , 2019 , 122, 1113-1119	3.6	1
27	Exercise training increases levels of the anti-ageing Klotho protein: health-related cardiometabolic implications. The FIT-AGEING randomised controlled trial (PhD Academy Award). <i>British Journal of Sports Medicine</i> , 2020 , 54, 1233-1234	10.3	1
26	Honey intake for preventing cancer: Angel or demon: Comment on: Honey and cancer: A mechanistic review. <i>Clinical Nutrition</i> , 2020 , 39, 1623-1624	5.9	1
25	Methodological Issues Related to Exercise Interventions during Fasted or Fed State. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 2053	1.2	1
24	Relationships between diet and basal fat oxidation and maximal fat oxidation during exercise in sedentary adults. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1087-1101	4.5	1
23	Acute effect of HIIT on testosterone and cortisol levels in healthy individuals: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 1722-1744	4.6	1
22	Impact of different exercise training modalities on energy and nutrient intake and food consumption in sedentary middle-aged adults: a randomised controlled trial. <i>Journal of Human Nutrition and Dietetics</i> , 2020 , 33, 86-97	3.1	1
21	Effect of a 12-Week Concurrent Training Intervention on Cardiometabolic Health in Obese Men: A Pilot Study. <i>Frontiers in Physiology</i> , 2021 , 12, 630831	4.6	1
20	Caffeine ingestion attenuates diurnal variation of lower-body ballistic performance in resistance-trained women.. <i>European Journal of Sport Science</i> , 2022 , 1-23	3.9	0
19	Is there a relationship between the overhead press and split jerk maximum performance? Influence of sex. <i>International Journal of Sports Science and Coaching</i> , 174795412110204	1.8	0
18	Heart rate rather than heart rate variability is better associated with cardiorespiratory fitness in adults. <i>European Journal of Sport Science</i> , 2021 , 1-10	3.9	0
17	1,25-Dihydroxyvitamin D and S-Klotho Plasma Levels: The Relationship Between Two Renal Antiaging Biomarkers Mediated by Bone Mineral Density in Middle-Aged Sedentary Adults. <i>Rejuvenation Research</i> , 2021 , 24, 227-233	2.6	0
16	Accelerometer-measured physical activity and sedentary time are associated with maximal fat oxidation in young adults. <i>European Journal of Sport Science</i> , 2021 , 1-10	3.9	0
15	Effects of post-tetanic potentiation induced by whole-body electrostimulation and post-activation potentiation on maximum isometric strength.. <i>Biology of Sport</i> , 2022 , 39, 451-461	4.3	0

14	Effect of Different Exercise Training Modalities on Fasting Levels of Oxylipins and Endocannabinoids in Middle-Aged Sedentary Adults: A Randomized Controlled Trial.. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022 , 1-10	4.4	○
13	Biomarkers and genetic polymorphisms associated with maximal fat oxidation during physical exercise: implications for metabolic health and sports performance.. <i>European Journal of Applied Physiology</i> , 2022 , 1	3.4	○
12	Effectiveness of Fixed-Dose Combination Therapy (Polypill) Versus Exercise to Improve the Blood-Lipid Profile: A Network Meta-analysis. <i>Sports Medicine</i> , 2021 , 52, 1161	10.6	○
11	No diurnal variation is present in maximal fat oxidation during exercise in young healthy women: a cross-over study.. <i>European Journal of Sport Science</i> , 2022 , 1-12	3.9	○
10	Caffeine increases exercise intensity and energy expenditure but does not modify substrate oxidation during 1 h of self-paced cycling.. <i>European Journal of Nutrition</i> , 2022 , 1	5.2	○
9	A Systematic Review and Meta-Analysis on the Association and Differences between Aerobic Threshold and Point of Optimal Fat Oxidation. <i>International Journal of Environmental Research and Public Health</i> , 2022 , 19, 6479	4.6	○
8	Response to Comment on "Resting Oxygen Uptake Value of 1 Metabolic Equivalent of Task in Older Adults: A Systematic Review and Descriptive Analysis".. <i>Sports Medicine</i> , 2022 , 1	10.6	
7	1,25-dihydroxyvitamin D and cardiometabolic risk in healthy sedentary adults: The FIT-AGEING study. <i>International Journal of Cardiology</i> , 2021 , 344, 192-198	3.2	
6	Effect of Exercise Training on 1,25(OH)D Levels: The FIT-AGEING Randomized Controlled Trial. <i>Sports Health</i> , 2021 , 19417381211050033	4.7	
5	Energy Expenditure and Macronutrient Oxidation in Response to an Individualized Nonshivering Cooling Protocol. <i>Obesity</i> , 2020 , 28, 2175-2183	8	
4	Reply to Dutheil et al. <i>Journal of Applied Physiology</i> , 2020 , 129, 2	3.7	
3	Relationship of sedentary time, physical activity and fitness with 1,25-dihydroxyvitamin D in middle-aged sedentary adults: The FIT-AGEING study. <i>Experimental Gerontology</i> , 2021 , 152, 111458	4.5	
2	Association of Energy and Macronutrients Intake with S-Klotho Plasma Levels in Middle-Aged Sedentary Adults: A Cross-Sectional Study.. <i>Journal of Nutrition, Health and Aging</i> , 2022 , 26, 360-366	5.2	
1	Different exercise training modalities similarly improve heart rate variability in sedentary middle-aged adults: the FIT-AGEING randomized controlled trial.. <i>European Journal of Applied Physiology</i> , 2022 , 1	3.4	