

James Steele

List of Publications by Year in Descending Order

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Version: 2024-04-28

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

129
papers

2,007
citations

22
h-index

39
g-index

174
ext. papers

2,499
ext. citations

3.8
avg, IF

5.6
L-index

#	Paper	IF	Citations
129	Comparison of the effects of velocity-based vs. traditional resistance training methods on adaptations in strength, power, and sprint speed: A systematic review, meta-analysis, and quality of evidence appraisal.. <i>Journal of Sports Sciences</i> , 2022 , 1-15	3.6	3
128	Short-term supervised virtual training maintains intensity of effort and represents an efficacious alternative to traditional studio-based, supervised strength training.. <i>Physiology and Behavior</i> , 2022 , 249, 113748	3.5	1
127	Comparison of Power Training vs Traditional Strength Training on Physical Function in Older Adults: A Systematic Review and Meta-analysis.. <i>JAMA Network Open</i> , 2022 , 5, e2211623	10.4	1
126	Long-Term Time-Course of Strength Adaptation to Minimal Dose Resistance Training Through Retrospective Longitudinal Growth Modeling.. <i>Research Quarterly for Exercise and Sport</i> , 2022 , 1-18	1.9	1
125	Lighter-Load Exercise Produces Greater Acute- and Prolonged-Fatigue in Exercised and Non-Exercised Limbs. <i>Research Quarterly for Exercise and Sport</i> , 2021 , 92, 369-379	1.9	5
124	"Lift Big-Get Big": The Impact of Images of Hyper-Muscular Bodies and Training Information. <i>Research Quarterly for Exercise and Sport</i> , 2021 , 92, 500-513	1.9	0
123	Slow and Steady, or Hard and Fast? A Systematic Review and Meta-Analysis of Studies Comparing Body Composition Changes between Interval Training and Moderate Intensity Continuous Training. <i>Sports</i> , 2021 , 9,	3	3
122	Cycle ergometer training and resistance training similarly increase muscle strength in trained men. <i>Journal of Sports Sciences</i> , 2021 , 1-8	3.6	1
121	The effects of adding high-intensity of effort resistance training to routine care in persons with type II diabetes: an exploratory randomized parallel-group time-series study.. <i>Physiology and Behavior</i> , 2021 , 113677	3.5	0
120	Delivery Approaches Within Exercise Referral Schemes: A Survey of Current Practice in England. <i>Journal of Physical Activity and Health</i> , 2021 , 18, 357-373	2.5	2
119	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	10.6	7
118	The National ReferAll Database: An Open Dataset of Exercise Referral Schemes Across the UK. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	2
117	The Impact of Coronavirus (COVID-19) Related Public-Health Measures on Training Behaviours of Individuals Previously Participating in Resistance Training: A Cross-Sectional Survey Study. <i>Sports Medicine</i> , 2021 , 51, 1561-1580	10.6	7
116	Strengthening the Case for Cluster Set Resistance Training in Aged and Clinical Settings: Emerging Evidence, Proposed Benefits and Suggestions. <i>Sports Medicine</i> , 2021 , 51, 1335-1351	10.6	3
115	Implementing a system-wide cancer prehabilitation programme: The journey of Greater Manchester's 'Prehab4cancer'. <i>European Journal of Surgical Oncology</i> , 2021 , 47, 524-532	3.6	22
114	Comparison of Isolated Lumbar Extension Strength in Competitive and Noncompetitive Powerlifters, and Recreationally Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 652-658	3.2	2
113	Resistance Training Performed to Failure or Not to Failure Results in Similar Total Volume, but With Different Fatigue and Discomfort Levels. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 1372-1379	3.2	8

112	Physical activity and sedentary time in children and adolescents with asthma: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 1183-1195	4.6	3
111	Where next for the design, delivery, and evaluation of community-based physical activity prescription? Emerging lessons from the United Kingdom. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021 , 46, 1430-1434	3	
110	Resistance Training Recommendations to Maximize Muscle Hypertrophy in an Athletic Population: Position Stand of the IUSCA 2021 , 1,		4
109	The Minimum Effective Training Dose Required for 1RM Strength in Powerlifters. <i>Frontiers in Sports and Active Living</i> , 2021 , 3, 713655	2.3	2
108	Accuracy in Predicting Repetitions to Task Failure in Resistance Exercise: A Scoping Review and Exploratory Meta-analysis. <i>Sports Medicine</i> , 2021 , 1	10.6	4
107	Does increasing an athletes strength improve sports performance? A critical review with suggestions to help answer this, and other, causal questions in sport science. <i>Journal of Trainology</i> , 2020 , 9, 20	1.2	4
106	The strength-endurance continuum revisited:a critical commentary of the recommendation of different loading ranges for different muscular adaptations. <i>Journal of Trainology</i> , 2020 , 9, 1-8	1.2	9
105	Are Exercise Referral Schemes Associated With an Increase in Physical Activity? Observational Findings Using Individual Patient Data Meta-Analysis From the National Referral Database. <i>Journal of Physical Activity and Health</i> , 2020 , 17, 621-631	2.5	8
104	Evaluating the results of resistance training using ultrasound or flexed arm circumference: A case for keeping it simple?. <i>Journal of Clinical and Translational Research</i> , 2020 , 7, 61-65	1.1	1
103	A low caffeine dose improves maximal strength, but not relative muscular endurance in either heavier-or lighter-loads, or perceptions of effort or discomfort at task failure in females. <i>PeerJ</i> , 2020 , 8, e9144	3.1	5
102	Time for a causal systems map of physical activity. <i>Bulletin of the World Health Organization</i> , 2020 , 98, 224-225	8.2	1
101	Kettlebell Training for Female Ballet Dancers: Effects on Lower Limb Power and Body Balance. <i>Journal of Human Kinetics</i> , 2020 , 74, 15-22	2.6	2
100	Effect of exercise referral schemes upon health and well-being: initial observational insights using individual patient data meta-analysis from the National Referral Database. <i>Journal of Epidemiology and Community Health</i> , 2020 , 74, 32-41	5.1	20
99	The Minimum Effective Training Dose Required to Increase 1RM Strength in Resistance-Trained Men: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2020 , 50, 751-765	10.6	22
98	"Just One More Rep!" - Ability to Predict Proximity to Task Failure in Resistance Trained Persons. <i>Frontiers in Psychology</i> , 2020 , 11, 565416	3.4	4
97	Isolated Lumbar Extension Resistance Training Improves Strength, Pain, and Disability, but Not Spinal Height or Shrinkage ("Creep") in Participants with Chronic Low Back Pain. <i>Cartilage</i> , 2020 , 11, 160-168	3.1	4
96	Single joint exercises do not provide benefits in performance and anthropometric changes in recreational bodybuilders. <i>European Journal of Sport Science</i> , 2020 , 20, 72-79	3.9	3
95	Evidence of a Ceiling Effect for Training Volume in Muscle Hypertrophy and Strength in Trained Men - Less is More??. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 15, 268-277	3.5	6

94	Influence of Adding Single-Joint Exercise to a Multijoint Resistance Training Program in Untrained Young Women. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2214-2219	3.2	11
93	A mixed-studies systematic review and meta-analysis of school-based interventions to promote physical activity and/or reduce sedentary time in children. <i>Journal of Sport and Health Science</i> , 2020 , 9, 3-17	8.2	34
92	Comparisons of Resistance Training and "Cardio" Exercise Modalities as Countermeasures to Microgravity-Induced Physical Deconditioning: New Perspectives and Lessons Learned From Terrestrial Studies. <i>Frontiers in Physiology</i> , 2019 , 10, 1150	4.6	11
91	Quadriceps foam rolling and rolling massage increases hip flexion and extension passive range-of-motion. <i>Journal of Bodywork and Movement Therapies</i> , 2019 , 23, 575-580	1.6	6
90	The Effect of In-Season Traditional and Explosive Resistance Training Programs on Strength, Jump Height, and Speed in Recreational Soccer Players. <i>Research Quarterly for Exercise and Sport</i> , 2019 , 90, 95-102	1.9	8
89	Comparison of single- and multi-joint lower body resistance training upon strength increases in recreationally active males and females: a within-participant unilateral training study. <i>European Journal of Translational Myology</i> , 2019 , 29, 8052	2.1	4
88	Men exhibit greater fatigue resistance than women in alternated bench press and leg press exercises. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019 , 59, 238-245	1.4	7
87	Neither repetition duration nor number of muscle actions affect strength increases, body composition, muscle size, or fasted blood glucose in trained males and females. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019 , 44, 200-207	3	5
86	Effects of Different Between Test Rest Intervals in Reproducibility of the 10-Repetition Maximum Load Test: A Pilot Study with Recreationally Resistance Trained Men. <i>International Journal of Exercise Science</i> , 2019 , 12, 932-940	1.3	3
85	Heart rate, energy expenditure, and affective responses from children participating in trampoline park sessions compared with traditional extra-curricular sports clubs. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019 , 59, 1747-1755	1.4	4
84	The effects of a 4-week mesocycle of barbell back squat or barbell hip thrust strength training upon isolated lumbar extension strength. <i>PeerJ</i> , 2019 , 7, e7337	3.1	1
83	Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity interval training (HIIT). <i>British Journal of Sports Medicine</i> , 2019 , 53, 655-664	10.3	60
82	Posterior Thigh Foam Rolling Increases Knee Extension Fatigue and Passive Shoulder Range-of-Motion. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 987-994	3.2	14
81	Evidence for an Upper Threshold for Resistance Training Volume in Trained Women. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 515-522	1.2	18
80	Does change in isolated lumbar extensor muscle function correlate with good clinical outcome? A secondary analysis of data on change in isolated lumbar extension strength, pain, and disability in chronic low back pain. <i>Disability and Rehabilitation</i> , 2019 , 41, 1287-1295	2.4	10
79	A Comparison of Isolated Lumbar Extension Strength Between Healthy Asymptomatic Participants and Chronic Low Back Pain Participants Without Previous Lumbar Spine Surgery. <i>Spine</i> , 2018 , 43, E1232-E1237	3.3	3
78	The relationship between balance performance, lumbar extension strength, trunk extension endurance, and pain in participants with chronic low back pain, and those without. <i>Clinical Biomechanics</i> , 2018 , 53, 22-30	2.2	15
77	Comment on: Volume for Muscle Hypertrophy and Health Outcomes: The Most Effective Variable in Resistance Training. <i>Sports Medicine</i> , 2018 , 48, 1281-1284	10.6	8

76	Programming and supervision of resistance training leads to positive effects on strength and body composition: results from two randomised trials of community fitness programmes. <i>BMC Public Health</i> , 2018 , 18, 420	4.1	11
75	Using velocity loss for monitoring resistance training effort in a real-world setting. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 833-837	3	10
74	Effects of Exercise Modality During Additional "High-Intensity Interval Training" on Aerobic Fitness and Strength in Powerlifting and Strongman Athletes. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 450-457	3.2	8
73	Effect of resistance training set volume on upper body muscle hypertrophy: are more sets really better than less?. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 727-732	2.4	10
72	Effort, Discomfort, Group III/IV Afferents, Bioenergetics, and Motor Unit Recruitment. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 1718	1.2	6
71	Phase Angle as an Indicator of Health and Fitness in Patients Entering an Exercise Referral Scheme. <i>Journal of the American Medical Directors Association</i> , 2018 , 19, 809-810	5.9	1
70	Similar acute physiological responses from effort and duration matched leg press and recumbent cycling tasks. <i>PeerJ</i> , 2018 , 6, e4403	3.1	7
69	Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. <i>PeerJ</i> , 2018 , 6, e5020	3.1	7
68	Does the addition of single joint exercises to a resistance training program improve changes in performance and anthropometric measures in untrained men?. <i>European Journal of Translational Myology</i> , 2018 , 28, 7827	2.1	7
67	Fatigue and perceptual responses of heavier- and lighter-load isolated lumbar extension resistance exercise in males and females. <i>PeerJ</i> , 2018 , 6, e4523	3.1	19
66	Heavier- and lighter-load isolated lumbar extension resistance training produce similar strength increases, but different perceptual responses, in healthy males and females. <i>PeerJ</i> , 2018 , 6, e6001	3.1	5
65	Effects of Adding Single Joint Exercises to a Resistance Training Programme in Trained Women. <i>Sports</i> , 2018 , 6,	3	5
64	Periodization for optimizing strength and hypertrophy; the forgotten variables. <i>Journal of Trainology</i> , 2018 , 7, 10-15	1.2	5
63	The effects of exercise referral schemes in the United Kingdom in those with cardiovascular, mental health, and musculoskeletal disorders: a preliminary systematic review. <i>BMC Public Health</i> , 2018 , 18, 949	4.1	33
62	Reduced Volume 'Daily Max' Training Compared to Higher Volume Periodized Training in Powerlifters Preparing for Competition-A Pilot Study. <i>Sports</i> , 2018 , 6,	3	16
61	Acute effects of different resistance training loads on cardiac autonomic modulation in hypertensive postmenopausal women. <i>Journal of Translational Medicine</i> , 2018 , 16, 240	8.5	13
60	Greater electromyographic responses do not imply greater motor unit recruitment and 'hypertrophic potential' cannot be inferred. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, e1-e4 ²	3.2	24
59	High intensity interval training does not impair strength gains in response to resistance training in premenopausal women. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1257-1265	3.4	8

58	Dose-Response of 1, 3, and 5 Sets of Resistance Exercise on Strength, Local Muscular Endurance, and Hypertrophy. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, e5-e7	3.2	1
57	Why intensity is not a bad word - Benefits and practical aspects of high effort resistance training to the older. <i>Clinical Nutrition</i> , 2017 , 36, 1454-1455	5.9	11
56	Acute fatigue, and perceptual responses to resistance exercise. <i>Muscle and Nerve</i> , 2017 , 56, E141-E146	3.4	12
55	Heavier and lighter load resistance training to momentary failure produce similar increases in strength with differing degrees of discomfort. <i>Muscle and Nerve</i> , 2017 , 56, 797-803	3.4	50
54	Clarity in reporting terminology and definitions of set endpoints in resistance training. <i>Muscle and Nerve</i> , 2017 , 56, 368-374	3.4	113
53	Authors' Reply to Ribeiro et al.: "A Review of the Acute Effects and Long-Term Adaptations of Single- and Multi-Joint Exercises During Resistance Training". <i>Sports Medicine</i> , 2017 , 47, 795-798	10.6	
52	There are no no-responders to low or high resistance training volumes among older women. <i>Experimental Gerontology</i> , 2017 , 99, 18-26	4.5	48
51	A minimal dose approach to resistance training for the older adult; the prophylactic for aging. <i>Experimental Gerontology</i> , 2017 , 99, 80-86	4.5	55
50	The Effects of 6 Months of Progressive High Effort Resistance Training Methods upon Strength, Body Composition, Function, and Wellbeing of Elderly Adults. <i>BioMed Research International</i> , 2017 , 2017, 2541090	3	26
49	Six weeks of knee extensor isometric training improves soccer related skills in female soccer players. <i>Journal of Trainology</i> , 2017 , 6, 52-56	1.2	7
48	Ability to predict repetitions to momentary failure is not perfectly accurate, though improves with resistance training experience. <i>PeerJ</i> , 2017 , 5, e4105	3.1	21
47	Variability in Strength, Pain, and Disability Changes in Response to an Isolated Lumbar Extension Resistance Training Intervention in Participants with Chronic Low Back Pain. <i>Healthcare (Switzerland)</i> , 2017 , 5,	3.4	3
46	A higher effort-based paradigm in physical activity and exercise for public health: making the case for a greater emphasis on resistance training. <i>BMC Public Health</i> , 2017 , 17, 300	4.1	66
45	The role of volume-load in strength and absolute endurance adaptations in adolescent's performing high- or low-load resistance training. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 193-201	3	9
44	Reliability of meta-analyses to evaluate resistance training programmes. <i>Journal of Sports Sciences</i> , 2017 , 35, 1982-1984	3.6	10
43	High- and Low-Load Resistance Training: Interpretation and Practical Application of Current Research Findings. <i>Sports Medicine</i> , 2017 , 47, 393-400	10.6	64
42	A Review of the Acute Effects and Long-Term Adaptations of Single- and Multi-Joint Exercises during Resistance Training. <i>Sports Medicine</i> , 2017 , 47, 843-855	10.6	58
41	An evolutionary hypothesis to explain the role of deconditioning in low back pain prevalence in humans. <i>Journal of Evolution and Health</i> , 2017 , 2,	0	2

40	Is There Any Practical Application of Meta-Analytical Results in Strength Training?. <i>Frontiers in Physiology</i> , 2017 , 8, 1	4.6	189
39	Physiological and Perceptual Responses to Nordic Walking in a Natural Mountain Environment. <i>International Journal of Environmental Research and Public Health</i> , 2017 , 14,	4.6	9
38	The Blingshot Can enhance volume-loads during performance of bench press using unaided maximal loads. <i>Journal of Trainology</i> , 2017 , 6, 47-51	1.2	2
37	A Randomized Controlled Trial of the Effects of Isolated Lumbar Extension Exercise on Lumbar Kinematic Pattern Variability During Gait in Chronic Low Back Pain. <i>PM and R</i> , 2016 , 8, 105-14	2.2	17
36	Surface electromyography and force production of a novel strength training method suitable for microgravity. <i>Journal of Trainology</i> , 2016 , 5, 46-52	1.2	1
35	The effects of muscle action, repetition duration, and loading strategies of a whole-body, progressive resistance training programme on muscular performance and body composition in trained males and females. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016 , 41, 1064-1070	3	9
34	A comparison of volume-equated knee extensions to failure, or not to failure, upon rating of perceived exertion and strength adaptations. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016 , 41, 168-74	3	17
33	Determining the reliability of a custom built seated stadiometry set-up for measuring spinal height in participants with chronic low back pain. <i>Applied Ergonomics</i> , 2016 , 53 Pt A, 203-8	4.2	4
32	Comparison of upper body strength gains between men and women after 10 weeks of resistance training. <i>PeerJ</i> , 2016 , 4, e1627	3.1	20
31	A neck strengthening protocol in adolescent males and females for athletic injury prevention. <i>Journal of Trainology</i> , 2016 , 5, 13-17	1.2	2
30	A comparison of low volume 'high-intensity-training' and high volume traditional resistance training methods on muscular performance, body composition, and subjective assessments of training. <i>Biology of Sport</i> , 2016 , 33, 241-9	4.3	21
29	Differentiation between perceived effort and discomfort during resistance training in older adults: Reliability of trainee ratings of effort and discomfort, and reliability and validity of trainer ratings of trainee effort. <i>Journal of Trainology</i> , 2016 , 6, 1-8	1.2	27
28	Associations between Trunk Extension Endurance and Isolated Lumbar Extension Strength in Both Asymptomatic Participants and Those with Chronic Low Back Pain. <i>Healthcare (Switzerland)</i> , 2016 , 4,	3.4	20
27	A Comparison of the Effect of Kettlebell Swings and Isolated Lumbar Extension Training on Acute Torque Production of the Lumbar Extensors. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 1189-95	3.2	12
26	The Effects of Breakdown Set Resistance Training on Muscular Performance and Body Composition in Young Men and Women. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 1425-32	3.2	10
25	The effects of low-volume resistance training with and without advanced techniques in trained subjects. <i>Journal of Sports Medicine and Physical Fitness</i> , 2016 , 56, 249-58	1.4	13
24	A review of the clinical value of isolated lumbar extension resistance training for chronic low back pain. <i>PM and R</i> , 2015 , 7, 169-87	2.2	33
23	The effects of adding single-joint exercises to a multi-joint exercise resistance training program on upper body muscle strength and size in trained men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 822-6	3	37

22	Can specific loading through exercise impart healing or regeneration of the intervertebral disc?. <i>Spine Journal</i> , 2015 , 15, 2117-21	4	19
21	Reply to "Discussion of 'The effects of pre-exhaustion, exercise order, and rest intervals in a full-body resistance training intervention'--Pre-exhaustion exercise and neuromuscular adaptations: an inefficient method?". <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 852-3	3	
20	A review of the specificity of exercises designed for conditioning the lumbar extensors. <i>British Journal of Sports Medicine</i> , 2015 , 49, 291-7	10.3	34
19	The effects of set volume during isolated lumbar extension resistance training in recreationally trained males. <i>PeerJ</i> , 2015 , 3, e878	3.1	5
18	Scientific rigour: a heavy or light load to carry?. <i>Sports Medicine</i> , 2014 , 44, 141-2	10.6	7
17	Lumbar kinematic variability during gait in chronic low back pain and associations with pain, disability and isolated lumbar extension strength. <i>Clinical Biomechanics</i> , 2014 , 29, 1131-8	2.2	27
16	The effects of pre-exhaustion, exercise order, and rest intervals in a full-body resistance training intervention. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 1265-70	3	19
15	Strength Gains as a Result of Brief, Infrequent Resistance Exercise in Older Adults. <i>Hindawi Publishing Corporation</i> , 2014 , 2014, 731890	2	14
14	Questioning the Resistance/Aerobic Training Dichotomy: A commentary on physiological adaptations determined by effort rather than exercise modality. <i>Journal of Human Kinetics</i> , 2014 , 44, 137-42	2.6	13
13	A reappraisal of the deconditioning hypothesis in low back pain: review of evidence from a triumvirate of research methods on specific lumbar extensor deconditioning. <i>Current Medical Research and Opinion</i> , 2014 , 30, 865-911	2.5	65
12	Intensity; in-ten-si-ty; noun. 1. Often used ambiguously within resistance training. 2. Is it time to drop the term altogether?. <i>British Journal of Sports Medicine</i> , 2014 , 48, 1586-8	10.3	50
11	Primum non nocere: A commentary on avoidable injuries and safe resistance training techniques. <i>Journal of Trainology</i> , 2014 , 3, 31-34	1.2	4
10	Regarding to the article 'effect of lumbar stabilization and dynamic lumbar strengthening exercises in patients with chronic low back pain'. <i>Annals of Rehabilitation Medicine</i> , 2014 , 38, 876-8	1.7	
9	Re: Willeminck MJ, van Es HW, Helmhout PH, et al. The effects of dynamic isolated lumbar extensor training on lumbar multifidus functional cross-sectional area and functional status of patients with chronic non specific low back pain. <i>Spine</i> 2012;37: E16518. <i>Spine</i> , 2013 , 38, 1609-10	3.3	4
8	A randomized controlled trial of limited range of motion lumbar extension exercise in chronic low back pain. <i>Spine</i> , 2013 , 38, 1245-52	3.3	38
7	Steiger et al. 2011: relationships and specificity in CLBP rehabilitation through exercise. <i>European Spine Journal</i> , 2012 , 21, 1887; author reply 1888-9	2.7	7
6	Evidence-Based Resistance Training Recommendations. <i>Medicina Sportiva</i> , 2011 , 15, 147-162		81
5	What is (perception of) effort? Objective and subjective effort during attempted task performance		13

4	Are changes in cardiorespiratory fitness resulting from physical activity interventions related to changes in executive function and academic performance in children and adolescents? A systematic review and meta-regression.	2
3	The National Referral Database: An initial overview	4
2	Non-local muscle fatigue effects on muscle strength, power, and endurance in healthy individuals: A systematic review and meta-analysis	4
1	Long-term time-course of strength adaptation to minimal dose resistance training: Retrospective longitudinal growth modelling of a large cohort through training records	2