

David G Behm

List of Publications by Year in descending order

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333
papers

13,577
citations

20815

60
h-index

33889

99
g-index

340
all docs

340
docs citations

340
times ranked

6372
citing authors

#	ARTICLE	IF	CITATIONS
1	A review of the acute effects of static and dynamic stretching on performance. <i>European Journal of Applied Physiology</i> , 2011, 111, 2633-2651.	2.5	430
2	Acute effects of muscle stretching on physical performance, range of motion, and injury incidence in healthy active individuals: a systematic review. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 1-11.	1.9	425
3	Intended rather than actual movement velocity determines velocity-specific training response. <i>Journal of Applied Physiology</i> , 1993, 74, 359-368.	2.5	304
4	Velocity Specificity of Resistance Training. <i>Sports Medicine</i> , 1993, 15, 374-388.	6.5	300
5	An Acute Bout of Static Stretching: Effects on Force and Jumping Performance. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1389-1396.	0.4	275
6	An Acute Bout of Self-Myofascial Release Increases Range of Motion Without a Subsequent Decrease in Muscle Activation or Force. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 812-821.	2.1	267
7	Effect of Acute Static Stretching on Force, Balance, Reaction Time, and Movement Time. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1397-1402.	0.4	262
8	Muscle inactivation: assessment of interpolated twitch technique. <i>Journal of Applied Physiology</i> , 1996, 81, 2267-2273.	2.5	250
9	Factors Affecting Force Loss With Prolonged Stretching. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2001, 26, 262-272.	1.7	241
10	Canadian Society for Exercise Physiology position paper: resistance training in children and adolescents. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 547-561.	1.9	233
11	Foam Rolling for Delayed-Onset Muscle Soreness and Recovery of Dynamic Performance Measures. <i>Journal of Athletic Training</i> , 2015, 50, 5-13.	1.8	224
12	The use of instability to train the core musculature. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010, 35, 91-108.	1.9	217
13	Foam Rolling as a Recovery Tool after an Intense Bout of Physical Activity. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 131-142.	0.4	205
14	Trunk Muscle Activity Increases With Unstable Squat Movements. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2005, 30, 33-45.	1.7	197
15	The Impact of Instability Resistance Training on Balance and Stability. <i>Sports Medicine</i> , 2005, 35, 43-53.	6.5	169
16	Maintenance of EMG Activity and Loss of Force Output With Instability. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 637.	2.1	158
17	Effects of Resistance Training in Youth Athletes on Muscular Fitness and Athletic Performance: A Conceptual Model for Long-Term Athlete Development. <i>Frontiers in Physiology</i> , 2016, 7, 164.	2.8	147
18	Effectiveness of Traditional Strength vs. Power Training on Muscle Strength, Power and Speed with Youth: A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2017, 8, 423.	2.8	147

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19	Trunk Muscle Electromyographic Activity With Unstable and Unilateral Exercises. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 193.	2.1	144
20	Effects of differing intensities of static stretching on jump performance. <i>European Journal of Applied Physiology</i> , 2007, 101, 587-594.	2.5	140
21	Motor Unit Number Estimates in Masters Runners. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1644-1650.	0.4	129
22	Intermuscle differences in activation. <i>Muscle and Nerve</i> , 2002, 25, 236-243.	2.2	122
23	Neuromuscular Implications and Applications of Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 1995, 9, 264.	2.1	121
24	The Role of Instability With Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 716.	2.1	120
25	Roller-Massager Application to the Quadriceps and Knee-Joint Range of Motion and Neuromuscular Efficiency During a Lunge. <i>Journal of Athletic Training</i> , 2015, 50, 133-140.	1.8	119
26	Effects of fatigue duration and muscle type on voluntary and evoked contractile properties. <i>Journal of Applied Physiology</i> , 1997, 82, 1654-1661.	2.5	115
27	Do Self-Myofascial Release Devices Release Myofascia? Rolling Mechanisms: A Narrative Review. <i>Sports Medicine</i> , 2019, 49, 1173-1181.	6.5	115
28	Comparison of interpolation and central activation ratios as measures of muscle inactivation. <i>Muscle and Nerve</i> , 2001, 24, 925-934.	2.2	114
29	Roller-massager application to the hamstrings increases sit-and-reach range of motion within five to ten seconds without performance impairments. <i>International Journal of Sports Physical Therapy</i> , 2013, 8, 228-36.	1.3	114
30	Canadian Society for Exercise Physiology position stand: The use of instability to train the core in athletic and nonathletic conditioning. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010, 35, 109-112.	1.9	113
31	Muscle force and activation under stable and unstable conditions. <i>Journal of Strength and Conditioning Research</i> , 2002, 16, 416-22.	2.1	112
32	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.	2.9	104
33	Effect of Warm-Ups Involving Static or Dynamic Stretching on Agility, Sprinting, and Jumping Performance in Trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2001-2011.	2.1	101
34	Motor Unit Survival in Lifelong Runners Is Muscle Dependent. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1235-1242.	0.4	99
35	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.	6.5	98
36	Roller massager improves range of motion of plantar flexor muscles without subsequent decreases in force parameters. <i>International Journal of Sports Physical Therapy</i> , 2014, 9, 92-102.	1.3	97

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37	An acute session of roller massage prolongs voluntary torque development and diminishes evoked pain. <i>European Journal of Applied Physiology</i> , 2017, 117, 109-117.	2.5	93
38	Diurnal Variation in Wingate-Test Performance and Associated Electromyographic Parameters. <i>Chronobiology International</i> , 2011, 28, 706-713.	2.0	92
39	Not All Instability Training Devices Enhance Muscle Activation in Highly Resistance-Trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 1360-1370.	2.1	89
40	The Effect of Training at the Same Time of Day and Tapering Period on the Diurnal Variation of Short Exercise Performances. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 697-708.	2.1	89
41	Unilateral static and dynamic hamstrings stretching increases contralateral hip flexion range of motion. <i>Clinical Physiology and Functional Imaging</i> , 2017, 37, 23-29.	1.2	85
42	Muscle Force and Activation Under Stable and Unstable Conditions. <i>Journal of Strength and Conditioning Research</i> , 2002, 16, 416.	2.1	85
43	The effectiveness of resistance training using unstable surfaces and devices for rehabilitation. <i>International Journal of Sports Physical Therapy</i> , 2012, 7, 226-41.	1.3	85
44	Acute Effects of Foam Rolling on Range of Motion in Healthy Adults: A Systematic Review with Multilevel Meta-analysis. <i>Sports Medicine</i> , 2020, 50, 387-402.	6.5	84
45	Olympic Weightlifting and Plyometric Training With Children Provides Similar or Greater Performance Improvements Than Traditional Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1483-1496.	2.1	81
46	Effect of Instability and Resistance on Unintentional Squat-Lifting Kinetics. <i>International Journal of Sports Physiology and Performance</i> , 2007, 2, 400-413.	2.3	79
47	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.	2.1	79
48	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.	1.0	79
49	Capillary and Venous Samples of Total Creatine Kinase Are Similar After Eccentric Exercise. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 3471-3475.	2.1	78
50	Force Maintenance With Submaximal Fatiguing Contractions. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2004, 29, 274-290.	1.7	77
51	Non-local muscle fatigue: effects and possible mechanisms. <i>European Journal of Applied Physiology</i> , 2015, 115, 2031-2048.	2.5	77
52	Should Static Stretching Be Used During a Warm-Up for Strength and Power Activities?. <i>Strength and Conditioning Journal</i> , 2002, 24, 33-37.	1.4	75
53	Relationship Between Hockey Skating Speed and Selected Performance Measures. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 326.	2.1	75
54	The effects of varying time under tension and volume load on acute neuromuscular responses. <i>European Journal of Applied Physiology</i> , 2006, 98, 402-410.	2.5	73

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55	Trunk Muscle Activation During Dynamic Weight-Training Exercises and Isometric Instability Activities. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 1108.	2.1	72
56	The Combination of Plyometric and Balance Training Improves Sprint and Shuttle Run Performances More Often Than Plyometric-Only Training With Children. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 401-412.	2.1	70
57	Massage and stretching reduce spinal reflex excitability without affecting twitch contractile properties. <i>Journal of Electromyography and Kinesiology</i> , 2013, 23, 1215-1221.	1.7	69
58	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.	10.9	69
59	Specific and cross over effects of massage for muscle soreness: randomized controlled trial. <i>International Journal of Sports Physical Therapy</i> , 2014, 9, 82-91.	1.3	69
60	Effects and Dose-Response Relationship of Balance Training on Balance Performance in Youth: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2018, 48, 2067-2089.	6.5	66
61	Acute Effects of Static Stretching on Muscle Strength and Power: An Attempt to Clarify Previous Caveats. <i>Frontiers in Physiology</i> , 2019, 10, 1468.	2.8	65
62	Effects of running, static stretching and practice jumps on explosive force production and jumping performance. <i>Journal of Sports Medicine and Physical Fitness</i> , 2003, 43, 21-7.	0.7	65
63	Factors affecting force loss with prolonged stretching. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2001, 26, 261-72.	1.7	64
64	Instability Resistance Training Across the Exercise Continuum. <i>Sports Health</i> , 2013, 5, 500-503.	2.7	62
65	Post-activation potentiation (PAP) in endurance sports: A review. <i>European Journal of Sport Science</i> , 2018, 18, 595-610.	2.7	62
66	Acute bouts of upper and lower body static and dynamic stretching increase non-local joint range of motion. <i>European Journal of Applied Physiology</i> , 2016, 116, 241-249.	2.5	59
67	No Effect of Muscle Stretching within a Full, Dynamic Warm-up on Athletic Performance. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 1258-1266.	0.4	58
68	Short-Duration Massage at the Hamstrings Musculotendinous Junction Induces Greater Range of Motion. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1917-1924.	2.1	57
69	The Effect of Warm-Ups Incorporating Different Volumes of Dynamic Stretching on 10- and 20-m Sprint Performance in Highly Trained Male Athletes. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 63-72.	2.1	56
70	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.	2.1	56
71	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.	2.8	55
72	The effects of different durations of static stretching within a comprehensive warm-up on voluntary and evoked contractile properties. <i>European Journal of Applied Physiology</i> , 2018, 118, 1427-1445.	2.5	53

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73	Roller massage decreases spinal excitability to the soleus. <i>Journal of Applied Physiology</i> , 2018, 124, 950-959.	2.5	53
74	Mechanisms underlying performance impairments following prolonged static stretching without a comprehensive warm-up. <i>European Journal of Applied Physiology</i> , 2021, 121, 67-94.	2.5	53
75	Effects of surface instability on neuromuscular performance during drop jumps and landings. <i>European Journal of Applied Physiology</i> , 2013, 113, 2943-2951.	2.5	52
76	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.	2.9	52
77	Conflicting Effects of Fatigue and Potentiation on Voluntary Force. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 365.	2.1	51
78	Training Adaptations Associated With an 8-Week Instability Resistance Training Program With Recreationally Active Individuals. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1931-1941.	2.1	50
79	Static Stretching Can Impair Explosive Performance for At Least 24 Hours. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 140-146.	2.1	50
80	The Construct Validity of Session RPE During an Intensive Camp in Young Male Taekwondo Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2011, 6, 252-263.	2.3	49
81	Unilateral isometric muscle fatigue decreases force production and activation of contralateral knee extensors but not elbow flexors. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 1338-1344.	1.9	49
82	Ten Minutes of Dynamic Stretching Is Sufficient to Potentiate Vertical Jump Performance Characteristics. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2453-2463.	2.1	48
83	Pacing strategies during repeated maximal voluntary contractions. <i>European Journal of Applied Physiology</i> , 2014, 114, 1413-1420.	2.5	47
84	A New Taxonomy for Postactivation Potentiation in Sport. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 1197-1200.	2.3	47
85	Aerobic activity before and following short-duration static stretching improves range of motion and performance vs. a traditional warm-up. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010, 35, 679-690.	1.9	46
86	Exercise intensity progression for exercises performed on unstable and stable platforms based on ankle muscle activation. <i>Gait and Posture</i> , 2014, 39, 404-409.	1.4	46
87	Muscle activation comparisons between elastic and isoinertial resistance: A meta-analysis. <i>Clinical Biomechanics</i> , 2016, 39, 52-61.	1.2	45
88	The Progression of Paraspinal Muscle Recruitment Intensity in Localized and Global Strength Training Exercises Is Not Based on Instability Alone. <i>Archives of Physical Medicine and Rehabilitation</i> , 2011, 92, 1875-1883.	0.9	44
89	The Acute Effect of Different Half Squat Set Configurations on Jump Potentiation. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2059-2066.	2.1	43
90	Knee extension fatigue attenuates repeated force production of the elbow flexors. <i>European Journal of Sport Science</i> , 2014, 14, 823-829.	2.7	43

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91	Correlation of Throwing Velocity to the Results of Lower-Body Field Tests in Male College Baseball Players. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 902-908.	2.1	42
92	Muscle Activation Is Enhanced With Multi- and Uni-Articular Bilateral Versus Unilateral Contractions. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2003, 28, 38-52.	1.7	41
93	Acute Effects of Massage or Active Exercise in Relieving Muscle Soreness. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 3352-3359.	2.1	41
94	Foam Rolling of Quadriceps Decreases Biceps Femoris Activation. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2238-2245.	2.1	39
95	Foam Rolling Prescription: A Clinical Commentary. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3301-3308.	2.1	39
96	Fixed foot balance training increases rectus femoris activation during landing and jump height in recreationally active women. <i>Journal of Sports Science and Medicine</i> , 2006, 5, 138-48.	1.6	39
97	Volume, intensity, and timing of muscle power potentiation are variable. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011, 36, 736-747.	1.9	38
98	The Effect of a Complex Agonist and Antagonist Resistance Training Protocol on Volume Load, Power Output, Electromyographic Responses, and Efficiency. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1782-1789.	2.1	37
99	Determining the Activation of Gluteus Medius and the Validity of the Single Leg Stance Test in Chronic, Nonspecific Low Back Pain. <i>Archives of Physical Medicine and Rehabilitation</i> , 2014, 95, 1969-1976.	0.9	37
100	The effect of stimulus anticipation on the interpolated twitch technique. <i>Journal of Sports Science and Medicine</i> , 2008, 7, 520-4.	1.6	37
101	Second Wave of COVID-19 Global Pandemic and Athletes's™ Confinement: Recommendations to Better Manage and Optimize the Modified Lifestyle. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8385.	2.6	36
102	Changes in manual dexterity following short-term hand and forearm immersion in 10 degrees C water. <i>Aviation, Space, and Environmental Medicine</i> , 2003, 74, 990-3.	0.5	36
103	Agonist-Antagonist Paired Set Resistance Training: A Brief Review. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2873-2882.	2.1	35
104	Neuromuscular Characteristics of Drop and Hurdle Jumps With Different Types of Landings. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 3011-3020.	2.1	35
105	“You're Only as Strong as Your Weakest Link”: A Current Opinion about the Concepts and Characteristics of Functional Training. <i>Frontiers in Physiology</i> , 2017, 8, 643.	2.8	35
106	Non-local Acute Passive Stretching Effects on Range of Motion in Healthy Adults: A Systematic Review with Meta-analysis. <i>Sports Medicine</i> , 2021, 51, 945-959.	6.5	35
107	Comparison of Static Balance and the Role of Vision in Elite Athletes. <i>Journal of Human Kinetics</i> , 2014, 41, 33-41.	1.5	34
108	Elbow flexor fatigue modulates central excitability of the knee extensors. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015, 40, 924-930.	1.9	34

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109	Effects of dynamic and static stretching within general and activity specific warm-up protocols. <i>Journal of Sports Science and Medicine</i> , 2012, 11, 279-85.	1.6	34
110	Stretch and sprint training reduces stretch-induced sprint performance deficits in 13- to 15-year-old youth. <i>European Journal of Applied Physiology</i> , 2008, 104, 515-522.	2.5	33
111	Does Performing Drop Jumps With Additional Eccentric Loading Improve Jump Performance?. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2314-2323.	2.1	33
112	The Science and Physiology of Flexibility and Stretching. , 0, , .		33
113	Construct and concurrent validation of a new resistance intensity scale for exercise with theraband® elastic bands. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 758-66.	1.6	33
114	Bilateral Knee Extensor Fatigue Modulates Force and Responsiveness of the Corticospinal Pathway in the Non-fatigued, Dominant Elbow Flexors. <i>Frontiers in Human Neuroscience</i> , 2016, 10, 18.	2.0	32
115	High tempo music prolongs high intensity exercise. <i>PeerJ</i> , 2019, 6, e6164.	2.0	32
116	Flexibility is not Related to Stretch-Induced Deficits in Force or Power. <i>Journal of Sports Science and Medicine</i> , 2006, 5, 33-42.	1.6	32
117	Influence of Pelvis Position on the Activation of Abdominal and Hip Flexor Muscles. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 1563-1569.	2.1	31
118	The Role of Instability Rehabilitative Resistance Training for the Core Musculature. <i>Strength and Conditioning Journal</i> , 2011, 33, 72-81.	1.4	31
119	Effect of Sequencing Strength and Endurance Training in Young Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 841-850.	2.1	31
120	The Effect of an Upper-Body Agonist-Antagonist Resistance Training Protocol on Volume Load and Efficiency. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2632-2640.	2.1	30
121	Unilateral elbow flexion fatigue modulates corticospinal responsiveness in non-fatigued contralateral biceps brachii. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2016, 26, 1301-1312.	2.9	30
122	How physical activity behavior affected well-being, anxiety and sleep quality during COVID-19 restrictions in Iran.. <i>European Review for Medical and Pharmacological Sciences</i> , 2021, 25, 7847-7857.	0.7	30
123	Effects of agonist-antagonist complex resistance training on upper body strength and power development. <i>Journal of Sports Sciences</i> , 2009, 27, 1617-1625.	2.0	29
124	Time-Motion Analysis of Elite Male Kickboxing Competition. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 3537-3543.	2.1	29
125	Knee extensors neuromuscular fatigue changes the corticospinal pathway excitability in biceps brachii muscle. <i>Neuroscience</i> , 2017, 340, 477-486.	2.3	29
126	The effects of different sit- and curl-up positions on activation of abdominal and hip flexor musculature. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 888-895.	1.9	28

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127	Trunk muscle activation during moderate- and high-intensity running. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 1008-1016.	1.9	28
128	Neuromuscular fatigue of the knee extensors during repeated maximal intensity intermittent sprints on a cycle ergometer. <i>Muscle and Nerve</i> , 2015, 51, 569-579.	2.2	28
129	Reliability of electromyographic and force measures during prone isometric back extension in subjects with and without low back pain. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 52-60.	1.9	27
130	Relative static stretch-induced impairments and dynamic stretch-induced enhancements are similar in young and middle-aged men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011, 36, 790-797.	1.9	27
131	The effect of 5, 10, and 20 repetition maximums on the recovery of voluntary and evoked contractile properties. <i>Journal of Strength and Conditioning Research</i> , 2002, 16, 209-18.	2.1	27
132	Prepubescent males are less susceptible to neuromuscular fatigue following resistance exercise. <i>European Journal of Applied Physiology</i> , 2014, 114, 825-835.	2.5	26
133	Muscle Force and Activation Under Stable and Unstable Conditions. <i>Journal of Strength and Conditioning Research</i> , 2002, 16, 416-422.	2.1	25
134	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.	1.4	25
135	Fatigue characteristics following ankle fractures. <i>Medicine and Science in Sports and Exercise</i> , 1997, 29, 1115-1123.	0.4	25
136	Foam Rolling Training Effects on Range of Motion: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2022, 52, 2523-2535.	6.5	25
137	Neuromuscular Implications and Applications of Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 1995, 9, 264-274.	2.1	24
138	The Effects of Strength Training and Disuse on the Mechanisms of Fatigue. <i>Sports Medicine</i> , 1998, 25, 173-189.	6.5	24
139	Eight weeks of dynamic stretching during warm-ups improves jump power but not repeated or single sprint performance. <i>European Journal of Sport Science</i> , 2014, 14, 19-27.	2.7	24
140	Effects of 22°C muscle temperature on voluntary and evoked muscle properties during and after high-intensity exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2007, 32, 1043-1051.	1.9	23
141	Physical Performance and Electromyographic Responses to an Acute Bout of Paired Set Strength Training Versus Traditional Strength Training. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1237-1245.	2.1	23
142	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.	2.9	23
143	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. <i>Sports Medicine</i> , 2021, 51, 65-79.	6.5	23
144	Acute effects of two massage techniques on ankle joint flexibility and power of the plantar flexors. <i>Journal of Sports Science and Medicine</i> , 2007, 6, 498-504.	1.6	23

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145	Muscle Activation during Push-Ups with Different Suspension Training Systems. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 502-10.	1.6	23
146	A comparison of a single bout of stretching or foam rolling on range of motion in healthy adults. <i>European Journal of Applied Physiology</i> , 2022, 122, 1545-1557.	2.5	23
147	Autonomy: A Missing Ingredient of a Successful Program?. <i>Strength and Conditioning Journal</i> , 2018, 40, 18-25.	1.4	22
148	The effect of rolling massage on the excitability of the corticospinal pathway. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018, 43, 317-323.	1.9	22
149	Kinetic analysis of push-up exercises: a systematic review with practical recommendations. <i>Sports Biomechanics</i> , 2018, 21, 1-40.	1.6	22
150	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.	2.8	22
151	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.	6.5	22
152	A comparison of topical menthol to ice on pain, evoked tetanic and voluntary force during delayed onset muscle soreness. <i>International Journal of Sports Physical Therapy</i> , 2012, 7, 314-22.	1.3	22
153	Effect of differing intensities of fatiguing dynamic contractions on contralateral homologous muscle performance. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 836-45.	1.6	22
154	A Comparison of Assisted and Unassisted Proprioceptive Neuromuscular Facilitation Techniques and Static Stretching. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1238-1244.	2.1	21
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