

# David G Behm

## List of Publications by Citations

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321  
papers

9,733  
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54  
h-index

85  
g-index

340  
ext. papers

11,238  
ext. citations

3.1  
avg, IF

6.63  
L-index

#	Paper	IF	Citations
3 <sup>21</sup>	A review of the acute effects of static and dynamic stretching on performance. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 2633-51	3.4	332
3 <sup>20</sup>	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> , <b>2016</b> , 41, 1-11	3	281
3 <sup>19</sup>	Intended rather than actual movement velocity determines velocity-specific training response. <i>Journal of Applied Physiology</i> , <b>1993</b> , 74, 359-68	3.7	244
3 <sup>18</sup>	Muscle inactivation: assessment of interpolated twitch technique. <i>Journal of Applied Physiology</i> , <b>1996</b> , 81, 2267-73	3.7	223
3 <sup>17</sup>	Velocity specificity of resistance training. <i>Sports Medicine</i> , <b>1993</b> , 15, 374-88	10.6	223
3 <sup>16</sup>	An acute bout of static stretching: effects on force and jumping performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 1389-96	1.2	213
3 <sup>15</sup>	Effect of acute static stretching on force, balance, reaction time, and movement time. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 1397-402	1.2	199
3 <sup>14</sup>	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> , <b>2013</b> , 27, 812-21	3.2	191
3 <sup>13</sup>	Canadian Society for Exercise Physiology position paper: resistance training in children and adolescents. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2008</b> , 33, 547-61	3	175
3 <sup>12</sup>	The use of instability to train the core musculature. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2010</b> , 35, 91-108	3	172
3 <sup>11</sup>	Factors Affecting Force Loss With Prolonged Stretching. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2001</b> , 26, 262-272		171
3 <sup>10</sup>	Trunk muscle activity increases with unstable squat movements. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2005</b> , 30, 33-45		162
3 <sup>09</sup>	Foam rolling as a recovery tool after an intense bout of physical activity. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 131-42	1.2	155
3 <sup>08</sup>	Foam rolling for delayed-onset muscle soreness and recovery of dynamic performance measures. <i>Journal of Athletic Training</i> , <b>2015</b> , 50, 5-13	4	153
3 <sup>07</sup>	The impact of instability resistance training on balance and stability. <i>Sports Medicine</i> , <b>2005</b> , 35, 43-53	10.6	119
3 <sup>06</sup>	Motor unit number estimates in masters runners: use it or lose it?. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 1644-50	1.2	111
3 <sup>05</sup>	Maintenance of EMG activity and loss of force output with instability. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 637-40	3.2	111

304	Effects of differing intensities of static stretching on jump performance. <i>European Journal of Applied Physiology</i> , <b>2007</b> , 101, 587-94	3.4	110
303	Comparison of interpolation and central activation ratios as measures of muscle inactivation. <i>Muscle and Nerve</i> , <b>2001</b> , 24, 925-34	3.4	106
302	Intermuscle differences in activation. <i>Muscle and Nerve</i> , <b>2002</b> , 25, 236-43	3.4	105
301	Trunk muscle electromyographic activity with unstable and unilateral exercises. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 193-201	3.2	104
300	Effects of fatigue duration and muscle type on voluntary and evoked contractile properties. <i>Journal of Applied Physiology</i> , <b>1997</b> , 82, 1654-61	3.7	101
299	Muscle force and activation under stable and unstable conditions. <i>Journal of Strength and Conditioning Research</i> , <b>2002</b> , 16, 416-22	3.2	100
298	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> , <b>2013</b> , 8, 228-36	1.4	99
297	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> , <b>2017</b> , 8, 423	4.6	98
296	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> , <b>2016</b> , 7, 164	4.6	98
295	Roller-massager application to the quadriceps and knee-joint range of motion and neuromuscular efficiency during a lunge. <i>Journal of Athletic Training</i> , <b>2015</b> , 50, 133-40	4	96
294	Motor unit survival in lifelong runners is muscle dependent. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 1235-42	1.2	82
293	The role of instability with resistance training. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 716-22	3.2	82
292	Roller massager improves range of motion of plantar flexor muscles without subsequent decreases in force parameters. <i>International Journal of Sports Physical Therapy</i> , <b>2014</b> , 9, 92-102	1.4	82
291	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> , <b>2010</b> , 35, 109-12	3	80
290	Diurnal variation in Wingate-test performance and associated electromyographic parameters. <i>Chronobiology International</i> , <b>2011</b> , 28, 706-13	3.6	77
289	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> , <b>2010</b> , 24, 2001-11	3.2	75
288	Not all instability training devices enhance muscle activation in highly resistance-trained individuals. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 1360-70	3.2	75
287	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> , <b>2016</b> , 26, 48-56	4.6	74

286	The effectiveness of resistance training using unstable surfaces and devices for rehabilitation. <i>International Journal of Sports Physical Therapy</i> , <b>2012</b> , 7, 226-41	1.4	74
285	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> , <b>2015</b> , 45, 1645-69	10.6	70
284	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> , <b>2014</b> , 28, 1483-96	3.2	69
283	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> , <b>2012</b> , 26, 697-708	3.2	69
282	Neuromuscular Implications and Applications of Resistance Training. <i>Journal of Strength and Conditioning Research</i> , <b>1995</b> , 9, 264	3.2	67
281	Unilateral static and dynamic hamstrings stretching increases contralateral hip flexion range of motion. <i>Clinical Physiology and Functional Imaging</i> , <b>2017</b> , 37, 23-29	2.4	65
280	Effect of instability and resistance on unintentional squat-lifting kinetics. <i>International Journal of Sports Physiology and Performance</i> , <b>2007</b> , 2, 400-13	3.5	65
279	Force maintenance with submaximal fatiguing contractions. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2004</b> , 29, 274-90		65
278	Specific and cross over effects of massage for muscle soreness: randomized controlled trial. <i>International Journal of Sports Physical Therapy</i> , <b>2014</b> , 9, 82-91	1.4	65
277	An acute session of roller massage prolongs voluntary torque development and diminishes evoked pain. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 109-117	3.4	63
276	Seven weeks of instability and traditional resistance training effects on strength, balance and functional performance. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 2443-50	3.2	63
275	Factors affecting force loss with prolonged stretching. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2001</b> , 26, 261-72		63
274	Should Static Stretching Be Used During a Warm-Up for Strength and Power Activities?. <i>Strength and Conditioning Journal</i> , <b>2002</b> , 24, 33-37	2	62
273	Effects of running, static stretching and practice jumps on explosive force production and jumping performance. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2003</b> , 43, 21-7	1.4	61
272	The effects of varying time under tension and volume load on acute neuromuscular responses. <i>European Journal of Applied Physiology</i> , <b>2006</b> , 98, 402-10	3.4	60
271	Non-local muscle fatigue: effects and possible mechanisms. <i>European Journal of Applied Physiology</i> , <b>2015</b> , 115, 2031-48	3.4	59
270	Do Self-Myofascial Release Devices Release Myofascia? Rolling Mechanisms: A Narrative Review. <i>Sports Medicine</i> , <b>2019</b> , 49, 1173-1181	10.6	57
269	Associations Between Balance and Muscle Strength, Power Performance in Male Youth Athletes of Different Maturity Status. <i>Pediatric Exercise Science</i> , <b>2016</b> , 28, 521-534	2	54

268	Trunk muscle activation during dynamic weight-training exercises and isometric instability activities. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 1108-12	3.2	54
267	Massage and stretching reduce spinal reflex excitability without affecting twitch contractile properties. <i>Journal of Electromyography and Kinesiology</i> , <b>2013</b> , 23, 1215-21	2.5	53
266	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> , <b>2014</b> , 28, 401-12	3.2	53
265	Sequencing Effects of Balance and Plyometric Training on Physical Performance in Youth Soccer Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 3278-3289	3.2	53
264	Relationship between hockey skating speed and selected performance measures. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 326-31	3.2	49
263	Instability resistance training across the exercise continuum. <i>Sports Health</i> , <b>2013</b> , 5, 500-3	4.7	45
262	Static stretching can impair explosive performance for at least 24 hours. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 140-6	3.2	44
261	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> , <b>2016</b> , 116, 241-9	3.4	43
260	Unilateral isometric muscle fatigue decreases force production and activation of contralateral knee extensors but not elbow flexors. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2014</b> , 39, 1338-44	3	43
259	Effects of surface instability on neuromuscular performance during drop jumps and landings. <i>European Journal of Applied Physiology</i> , <b>2013</b> , 113, 2943-51	3.4	43
258	Acute Effects of Foam Rolling on Range of Motion in Healthy Adults: A Systematic Review with Multilevel Meta-analysis. <i>Sports Medicine</i> , <b>2020</b> , 50, 387-402	10.6	43
257	Short-duration massage at the hamstrings musculotendinous junction induces greater range of motion. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 1917-24	3.2	42
256	Conflicting effects of fatigue and potentiation on voluntary force. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 365-72	3.2	42
255	Effects and Dose-Response Relationship of Balance Training on Balance Performance in Youth: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , <b>2018</b> , 48, 2067-2089	10.6	41
254	Training adaptations associated with an 8-week instability resistance training program with recreationally active individuals. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 1931-41	3.2	40
253	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> , <b>2011</b> , 92, 1875-83	2.8	39
252	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> , <b>2018</b> , 32, 3059-3069	3.2	38
251	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> , <b>2012</b> , 26, 63-72	3.2	38

250	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> , <b>2018</b> , 118, 1427-1444	2.4	37
249	Exercise intensity progression for exercises performed on unstable and stable platforms based on ankle muscle activation. <i>Gait and Posture</i> , <b>2014</b> , 39, 404-9	2.6	37
248	Knee extension fatigue attenuates repeated force production of the elbow flexors. <i>European Journal of Sport Science</i> , <b>2014</b> , 14, 823-9	3.9	37
247	Ten minutes of dynamic stretching is sufficient to potentiate vertical jump performance characteristics. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 2453-63	3.2	37
246	The construct validity of session RPE during an intensive camp in young male Taekwondo athletes. <i>International Journal of Sports Physiology and Performance</i> , <b>2011</b> , 6, 252-63	3.5	37
245	Acute Effects of Static Stretching on Muscle Strength and Power: An Attempt to Clarify Previous Caveats. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 1468	4.6	36
244	No Effect of Muscle Stretching within a Full, Dynamic Warm-up on Athletic Performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 1258-1266	1.2	35
243	Roller massage decreases spinal excitability to the soleus. <i>Journal of Applied Physiology</i> , <b>2018</b> , 124, 950-959	3.5	35
242	Changes in manual dexterity following short-term hand and forearm immersion in 10 degrees C water. <i>Aviation, Space, and Environmental Medicine</i> , <b>2003</b> , 74, 990-3		35
241	Post-activation potentiation (PAP) in endurance sports: A review. <i>European Journal of Sport Science</i> , <b>2018</b> , 18, 595-610	3.9	34
240	The effect of stimulus anticipation on the interpolated twitch technique. <i>Journal of Sports Science and Medicine</i> , <b>2008</b> , 7, 520-4	2.7	34
239	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> , <b>2006</b> , 5, 138-48	2.7	34
238	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> , <b>2010</b> , 35, 679-90	3.0	33
237	Muscle activation comparisons between elastic and isoinertial resistance: A meta-analysis. <i>Clinical Biomechanics</i> , <b>2016</b> , 39, 52-61	2.2	33
236	Muscle activation is enhanced with multi- and uni-articular bilateral versus unilateral contractions. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2003</b> , 28, 38-52		32
235	Pacing strategies during repeated maximal voluntary contractions. <i>European Journal of Applied Physiology</i> , <b>2014</b> , 114, 1413-20	3.4	31
234	The acute effect of different half squat set configurations on jump potentiation. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 2059-66	3.2	31
233	Volume, intensity, and timing of muscle power potentiation are variable. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2011</b> , 36, 736-47	3	31

232	Elbow flexor fatigue modulates central excitability of the knee extensors. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2015</b> , 40, 924-30	3	30
231	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> , <b>2013</b> , 27, 902-8	3.2	30
230	Effects of dynamic and static stretching within general and activity specific warm-up protocols. <i>Journal of Sports Science and Medicine</i> , <b>2012</b> , 11, 279-85	2.7	30
229	Construct and concurrent validation of a new resistance intensity scale for exercise with thera-band <sup>®</sup> elastic bands. <i>Journal of Sports Science and Medicine</i> , <b>2014</b> , 13, 758-66	2.7	30
228	Stretch and sprint training reduces stretch-induced sprint performance deficits in 13- to 15-year-old youth. <i>European Journal of Applied Physiology</i> , <b>2008</b> , 104, 515-22	3.4	29
227	Flexibility is not Related to Stretch-Induced Deficits in Force or Power. <i>Journal of Sports Science and Medicine</i> , <b>2006</b> , 5, 33-42	2.7	29
226	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> , <b>2014</b> , 95, 1969-76	2.8	27
225	Neuromuscular characteristics of drop and hurdle jumps with different types of landings. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 3011-20	3.2	27
224	The Role of Instability Rehabilitative Resistance Training for the Core Musculature. <i>Strength and Conditioning Journal</i> , <b>2011</b> , 33, 72-81	2	26
223	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> , <b>2010</b> , 24, 1782-9	3.2	26
222	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> , <b>2002</b> , 16, 209-18	3.2	26
221	Methodological characteristics and future directions for plyometric jump training research: A scoping review update. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 983-997	4.6	25
220	Neuromuscular fatigue of the knee extensors during repeated maximal intensity intermittent-sprints on a cycle ergometer. <i>Muscle and Nerve</i> , <b>2015</b> , 51, 569-79	3.4	25
219	Acute effects of massage or active exercise in relieving muscle soreness: randomized controlled trial. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 3352-9	3.2	25
218	Foam Rolling of Quadriceps Decreases Biceps Femoris Activation. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 2238-2245	3.2	24
217	"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> , <b>2017</b> , 8, 643	4.6	24
216	Agonist-antagonist paired set resistance training: a brief review. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 2873-82	3.2	24
215	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> , <b>2016</b> , 10, 18	3.3	24

214	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> , <b>2018</b> , 9, 1611	4.6	24
213	Does performing drop jumps with additional eccentric loading improve jump performance?. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2314-23	3.2	23
212	Knee extensors neuromuscular fatigue changes the corticospinal pathway excitability in biceps brachii muscle. <i>Neuroscience</i> , <b>2017</b> , 340, 477-486	3.9	23
211	Comparison of static balance and the role of vision in elite athletes. <i>Journal of Human Kinetics</i> , <b>2014</b> , 41, 33-41	2.6	23
210	A New Taxonomy for Postactivation Potentiation in Sport. <i>International Journal of Sports Physiology and Performance</i> , <b>2020</b> , 1-4	3.5	23
209	Prepubescent males are less susceptible to neuromuscular fatigue following resistance exercise. <i>European Journal of Applied Physiology</i> , <b>2014</b> , 114, 825-35	3.4	22
208	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> , <b>2011</b> , 36, 790-7	3	22
207	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> , <b>2008</b> , 33, 52-60	3	22
206	Trunk muscle activation during moderate- and high-intensity running. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2009</b> , 34, 1008-16	3	21
205	The effect of an upper-body agonist-antagonist resistance training protocol on volume load and efficiency. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 2632-40	3.2	21
204	Acute effects of two massage techniques on ankle joint flexibility and power of the plantar flexors. <i>Journal of Sports Science and Medicine</i> , <b>2007</b> , 6, 498-504	2.7	21
203	Effect of differing intensities of fatiguing dynamic contractions on contralateral homologous muscle performance. <i>Journal of Sports Science and Medicine</i> , <b>2014</b> , 13, 836-45	2.7	21
202	Fatigue characteristics following ankle fractures. <i>Medicine and Science in Sports and Exercise</i> , <b>1997</b> , 29, 1115-23	1.2	21
201	Unilateral elbow flexion fatigue modulates corticospinal responsiveness in non-fatigued contralateral biceps brachii. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2016</b> , 26, 1301-1312	4.6	21
200	Time-motion analysis of elite male kickboxing competition. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 3537-43	3.2	20
199	Influence of pelvis position on the activation of abdominal and hip flexor muscles. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 1563-9	3.2	20
198	Effects of 22 degrees C muscle temperature on voluntary and evoked muscle properties during and after high-intensity exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2007</b> , 32, 1043-51	3	20
197	Muscle Force and Activation Under Stable and Unstable Conditions. <i>Journal of Strength and Conditioning Research</i> , <b>2002</b> , 16, 416-422	3.2	20



196	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> , <b>2012</b> , 7, 314-22	1.4	20
195	Mechanisms underlying performance impairments following prolonged static stretching without a comprehensive warm-up. <i>European Journal of Applied Physiology</i> , <b>2021</b> , 121, 67-94	3.4	20
194	Effects of agonist-antagonist complex resistance training on upper body strength and power development. <i>Journal of Sports Sciences</i> , <b>2009</b> , 27, 1617-25	3.6	19
193	The effects of different sit- and curl-up positions on activation of abdominal and hip flexor musculature. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2008</b> , 33, 888-95	3	19
192	Muscle Activation during Push-Ups with Different Suspension Training Systems. <i>Journal of Sports Science and Medicine</i> , <b>2014</b> , 13, 502-10	2.7	19
191	Effect of Sequencing Strength and Endurance Training in Young Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 841-50	3.2	19
190	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> , <b>2010</b> , 24, 1237-45	3.2	18
189	The Science and Physiology of Flexibility and Stretching		18
188	Second Wave of COVID-19 Global Pandemic and Athletes' Confinement: Recommendations to Better Manage and Optimize the Modified Lifestyle. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	18
187	Neuromuscular Implications and Applications of Resistance Training. <i>Journal of Strength and Conditioning Research</i> , <b>1995</b> , 9, 264-274	3.2	17
186	Autonomy: A Missing Ingredient of a Successful Program?. <i>Strength and Conditioning Journal</i> , <b>2018</b> , 40, 18-25	2	16
185	Metastability in plyometric training on unstable surfaces: a pilot study. <i>BMC Sports Science, Medicine and Rehabilitation</i> , <b>2014</b> , 6, 30	2.4	16
184	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> , <b>2014</b> , 14, 19-27	3.9	16
183	The effects of strength training and disuse on the mechanisms of fatigue. <i>Sports Medicine</i> , <b>1998</b> , 25, 173-89	1.8	16
182	Unilateral Rolling of the Foot did not Affect Non-Local Range of Motion or Balance. <i>Journal of Sports Science and Medicine</i> , <b>2017</b> , 16, 209-218	2.7	16
181	Foam Rolling Prescription: A Clinical Commentary. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 3301-3308	3.2	16
180	Effect of unilateral knee extensor fatigue on force and balance of the contralateral limb. <i>European Journal of Applied Physiology</i> , <b>2015</b> , 115, 2177-87	3.4	15
179	Training specificity of hurdle vs. countermovement jump training. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 2715-20	3.2	15

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