

David G Behm

List of Publications by Year in Descending Order

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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.

321
papers

9,733
citations

54
h-index

85
g-index

340
ext. papers

11,238
ext. citations

3.1
avg, IF

6.63
L-index

#	Paper	IF	Citations
321	The Effects of Trunk Muscle Training on Physical Fitness and Sport-Specific Performance in Young and Adult Athletes: A Systematic Review and Meta-Analysis.. <i>Sports Medicine</i> , 2022 , 1	10.6	1
320	Kinetic analysis of push-up exercises: a systematic review with practical recommendations. <i>Sports Biomechanics</i> , 2022 , 21, 1-40	2.2	13
319	Reliability and validity of a modified Illinois change-of-direction test with ball dribbling speed in young soccer players.. <i>Biology of Sport</i> , 2022 , 39, 295-306	4.3	2
318	Core Muscle Activation With Foam Rolling and Static Planks.. <i>Frontiers in Physiology</i> , 2022 , 13, 852094	4.6	0
317	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 , 1	3.4	3
316	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
315	Effects of Acute and Chronic Stretching on Pain Control. <i>Bioengineered</i> , 2021 , 10, 150-159	5.7	3
314	Unilateral Quadriceps Fatigue Induces Greater Impairments of Ipsilateral versus Contralateral Elbow Flexors and Plantar Flexors Performance in Physically Active Young Adults. <i>Journal of Sports Science and Medicine</i> , 2021 , 20, 300-309	2.7	0
313	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
312	Lack of Evidence for Non-Local Muscle Fatigue and Performance Enhancement in Young Adults. <i>Journal of Sports Science and Medicine</i> , 2021 , 20, 339-348	2.7	1
311	Effects of Plyometric Jump Training on Electromyographic Activity and Its Relationship to Strength and Jump Performance in Healthy Trained and Untrained Populations: A Systematic Review of Randomized Controlled Trials. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 2053-2065	3.2	2
310	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	12	14
309	Novel thoraco-lumbo-sacral corset design increases Biering-Sorensen back endurance and alters knee and ankle angles during a box lifting task. <i>International Journal of Industrial Ergonomics</i> , 2021 , 83, 103139	2.9	
308	Post-activation performance enhancement of dynamic stretching and heavy load warm-up strategies in elite tennis players. <i>Journal of Back and Musculoskeletal Rehabilitation</i> , 2021 , 34, 413-423	1.4	2
307	Effect of an inverted seated position with upper arm blood flow restriction on measures of elbow flexors neuromuscular performance. <i>PLoS ONE</i> , 2021 , 16, e0245311	3.7	1
306	Mechanical Percussion Devices: A Survey of Practice Patterns Among Healthcare Professionals.. <i>International Journal of Sports Physical Therapy</i> , 2021 , 16, 766-777	1.4	1
305	The effects of fatigue on knee kinematics during unanticipated change of direction in adolescent girl athletes: a comparison between dominant and non-dominant legs. <i>Sports Biomechanics</i> , 2021 , 1-10	2.2	1

304	The Role of Trunk Training for Physical Fitness and Sport-Specific Performance. Protocol for a Meta-Analysis. <i>Frontiers in Sports and Active Living</i> , 2021 , 3, 625098	2.3	1
303	Empathetic Factors and Influences on Physical Performance: A Topical Review. <i>Frontiers in Psychology</i> , 2021 , 12, 686262	3.4	0
302	Mechanisms underlying performance impairments following prolonged static stretching without a comprehensive warm-up. <i>European Journal of Applied Physiology</i> , 2021 , 121, 67-94	3.4	20
301	More on "listening to music while running alters ground reaction forces": why women and men pound the ground differently?. <i>European Journal of Applied Physiology</i> , 2021 , 121, 351-352	3.4	
300	Foam rolling during a simulated half-time attenuates subsequent soccer-specific performance decrements. <i>Journal of Bodywork and Movement Therapies</i> , 2021 , 26, 193-200	1.6	2
299	Periscapular activity in subjects with scapular dyskinesis during push-ups on stable and unstable support surfaces. <i>Isokinetics and Exercise Science</i> , 2021 , 29, 21-29	0.6	0
298	Effects of Bilateral and Unilateral Resistance Training on Horizontally Orientated Movement Performance: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2021 , 51, 225-242	10.6	6
297	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. <i>Sports Medicine</i> , 2021 , 51, 65-79	10.6	8
296	Menthol-Based Topical Analgesic Induces Similar Upper and Lower Body Pain Pressure Threshold Values: A Randomized Trial. <i>Journal of Sport Rehabilitation</i> , 2021 , 1-7	1.7	
295	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	10.6	11
294	Eccentric Resistance Training in Youth: A Survey of Perceptions and Current Practices by Strength and Conditioning Coaches. <i>Journal of Functional Morphology and Kinesiology</i> , 2021 , 6,	2.4	3
293	Response to the Comment on "A New Taxonomy for Postactivation Potentiation in Sport". <i>International Journal of Sports Physiology and Performance</i> , 2021 , 16, 164	3.5	0
292	Non-local acute stretching effects on strength performance in healthy young adults. <i>European Journal of Applied Physiology</i> , 2021 , 121, 1517-1529	3.4	1
291	Effects of Stretching on Injury Risk Reduction and Balance. <i>Bioengineered</i> , 2021 , 10, 106-116	5.7	3
290	Acute Hemodynamic Responses to Three Types of Hamstrings Stretching in Senior Athletes.. <i>Journal of Sports Science and Medicine</i> , 2021 , 20, 690-698	2.7	
289	10 km performance prediction by metabolic and mechanical variables: influence of performance level and post-submaximal running jump potentiation. <i>Journal of Sports Sciences</i> , 2021 , 39, 1114-1126	3.6	1
288	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	2.9	2
287	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	2	10

286	Performance - and health-related benefits of youth resistance training. <i>Sports Orthopaedics and Traumatology</i> , 2020 , 36, 231-240	0.4	6
285	Listening to Preferred Music Improved Running Performance without Changing the Pacing Pattern during a 6 Minute Run Test with Young Male Adults. <i>Sports</i> , 2020 , 8,	3	5
284	Functional Training and Blood Flow Restriction: A Perspective View on the Integration of Techniques. <i>Frontiers in Physiology</i> , 2020 , 11, 817	4.6	2
283	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	4.6	25
282	A New Taxonomy for Postactivation Potentiation in Sport. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 1-4	3.5	23
281	Effects of a 12-Week Chronic Stretch Training Program at Different Intensities on Joint and Muscle Mechanical Responses: A Randomized Clinical Trial. <i>Journal of Sport Rehabilitation</i> , 2020 , 29, 904-912	1.7	5
280	Unilateral Elbow Flexion and Leg Press Training Induce Cross-Education But Not Global Training Gains in Children. <i>Pediatric Exercise Science</i> , 2020 , 32, 36-47	2	0
279	The Reliability and Validity of a Novel Sport-Specific Balance Test to Differentiate Performance Levels in Elite Curling Players. <i>Journal of Sports Science and Medicine</i> , 2020 , 19, 337-346	2.7	3
278	Push-Ups vs. Bench Press Differences in Repetitions and Muscle Activation between Sexes. <i>Journal of Sports Science and Medicine</i> , 2020 , 19, 289-297	2.7	2
277	Taekwondo Anaerobic Intermittent Kick Test: Discriminant Validity and an Update with the Gold-Standard Wingate Test. <i>Journal of Human Kinetics</i> , 2020 , 71, 229-242	2.6	9
276	Effects of Maturation on Physical Fitness Adaptations to Plyometric Drop Jump Training in Male Youth Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2760-2768	3.2	4
275	The effects of positive and negative verbal feedback on repeated force production. <i>Physiology and Behavior</i> , 2020 , 225, 113086	3.5	0
274	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> , 2020 , 17,	4.6	18
273	Effect of Exercise-Related Factors on the Perception of Time. <i>Frontiers in Physiology</i> , 2020 , 11, 770	4.6	4
272	Foam Rolling Prescription: A Clinical Commentary. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 3301-3308	3.2	16
271	Cycling Performance Enhancement After Drop Jumps May Be Attributed to Postactivation Potentiation and Increased Anaerobic Capacity. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2465-2475	3.2	6
270	Effects of Resistance Exercise with Instability on Cognitive Function (REI Study): A Proof-Of-Concept Randomized Controlled Trial in Older Adults with Cognitive Complaints. <i>Journal of Alzheimer's Disease</i> , 2020 , 77, 227-239	4.3	4
269	Muscle activity in asymmetric bench press among resistance-trained individuals. <i>European Journal of Applied Physiology</i> , 2020 , 120, 2517-2524	3.4	5

268	Characterization of Hormonal, Metabolic, and Inflammatory Responses in CrossFit [®] Training: A Systematic Review. <i>Frontiers in Physiology</i> , 2020 , 11, 1001	4.6	3
267	Static Stretching Intensity Does Not Influence Acute Range of Motion, Passive Torque, and Muscle Architecture. <i>Journal of Sport Rehabilitation</i> , 2020 , 29, 1-6	1.7	13
266	Can the Use of Unstable Surfaces and Instruction for Conscious Abdominal Contraction Increase the EMG Activity of the Periscapular Muscles During the Dynamic Push-Up?. <i>Journal of Sport Rehabilitation</i> , 2020 , 29, 225-230	1.7	3
265	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	10.6	43
264	Periodized versus Non-periodized Stretch Training on Gymnasts Flexibility and Performance. <i>International Journal of Sports Medicine</i> , 2019 , 40, 779-788	3.6	3
263	Different volumes and intensities of static stretching affect the range of motion and muscle force output in well-trained subjects. <i>Sports Biomechanics</i> , 2019 , 1-10	2.2	9
262	Dominant and nondominant leg press training induce similar contralateral and ipsilateral limb training adaptations with children. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019 , 44, 973-984	3	6
261	Dynamic stretching alone can impair slower velocity isokinetic performance of young male handball players for at least 24 hours. <i>PLoS ONE</i> , 2019 , 14, e0210318	3.7	2
260	Effects of functional and traditional training in body composition and muscle strength components in older women: A randomized controlled trial. <i>Archives of Gerontology and Geriatrics</i> , 2019 , 84, 103902	4	11
259	Complexity: A Novel Load Progression Strategy in Strength Training. <i>Frontiers in Physiology</i> , 2019 , 10, 839	4.6	11
258	Unilateral hamstrings static stretching can impair the affected and contralateral knee extension force but improve unilateral drop jump height. <i>European Journal of Applied Physiology</i> , 2019 , 119, 1943-1949	3.4	8
257	Acute Effects of Stretching on Flexibility and Performance: A Narrative Review. <i>Journal of Science in Sport and Exercise</i> , 2019 , 1, 29-37	1	8
256	Unilateral Knee and Ankle Joint Fatigue Induce Similar Impairment to Bipedal Balance in Judo Athletes. <i>Journal of Human Kinetics</i> , 2019 , 66, 7-18	2.6	5
255	High tempo music prolongs high intensity exercise. <i>PeerJ</i> , 2019 , 6, e6164	3.1	14
254	The short- and long-term effects of resistance training with different stability requirements. <i>PLoS ONE</i> , 2019 , 14, e0214302	3.7	7
253	Expert [®] Choice: 2018 [®] Most Exciting Research in the Field of Pediatric Exercise Science. <i>Pediatric Exercise Science</i> , 2019 , 31, 1-27	2	7
252	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
251	Global Training Effects of Trained and Untrained Muscles With Youth Can be Maintained During 4 Weeks of Detraining. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 2788-2800	3.2	12

250	Order Effects of Resistance and Stretching Exercises on Heart Rate Variability and Blood Pressure in Healthy Adults. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 2684-2693	3.2	8
249	Test-retest reliability and criterion validity of a new Taekwondo Anaerobic Intermittent Kick Test. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019 , 59, 230-237	1.4	5
248	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	4.6	13
247	Do Self-Myofascial Release Devices Release Myofascia? Rolling Mechanisms: A Narrative Review. <i>Sports Medicine</i> , 2019 , 49, 1173-1181	10.6	57
246	Effect of 24-week strength training on unstable surfaces on mobility, balance, and concern about falling in older adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 1805-1812	4.6	10
245	Transcutaneous electrical nerve stimulation improves fatigue performance of the treated and contralateral knee extensors. <i>European Journal of Applied Physiology</i> , 2019 , 119, 2745-2755	3.4	1
244	Prior Band-Resisted Squat Jumps Improves Running and Neuromuscular Performance in Middle-Distance Runners. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 301-315	2.7	3
243	Topical Analgesic Improved or Maintained Ballistic Hip Flexion Range of Motion with Treated and Untreated Legs. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 552-558	2.7	3
242	Cross Education Training Effects are Evident with Twice Daily, Self-Administered Band Stretch Training. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 544-551	2.7	2
241	Functional Training Induces Greater Variety and Magnitude of Training Improvements than Traditional Resistance Training in Elderly Women. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 789-797	2.7	2
240	Differences in Trunk Strength Between Weightlifters and Wrestlers. <i>Journal of Human Kinetics</i> , 2019 , 67, 5-15	2.6	4
239	Acute Effects of Unilateral Self-Administered Static Stretching on Contralateral Limb Performance 2019 , 3,		3
238	Acute Effects of Static Stretching on Muscle Strength and Power: An Attempt to Clarify Previous Caveats. <i>Frontiers in Physiology</i> , 2019 , 10, 1468	4.6	36
237	Core Endurance Relationships With Athletic and Functional Performance in Inactive People. <i>Frontiers in Physiology</i> , 2019 , 10, 1490	4.6	2
236	Eccentric Resistance Training in Youth: Perspectives for Long-Term Athletic Development. <i>Journal of Functional Morphology and Kinesiology</i> , 2019 , 4,	2.4	4
235	Ten Important Facts About Core Training. <i>ACSM's Health and Fitness Journal</i> , 2019 , 23, 16-21	0.9	4
234	Effects of Drop Height on Jump Performance in Male and Female Elite Adolescent Handball Players. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 14, 674-680	3.5	12
233	The effect of dominant first dorsal interosseous fatigue on the force production of a contralateral homologous and heterologous muscle. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019 , 44, 704-712	3	7

232	Impact of 10-Minute Interval Roller Massage on Performance and Active Range of Motion. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 1512-1523	3.2	15
231	Post-activation potentiation (PAP) in endurance sports: A review. <i>European Journal of Sport Science</i> , 2018 , 18, 595-610	3.9	34
230	Autonomy: A Missing Ingredient of a Successful Program?. <i>Strength and Conditioning Journal</i> , 2018 , 40, 18-25	2	16
229	Neuromuscular Physiology, Exercise, and Training During Youth-The Year That Was 2017. <i>Pediatric Exercise Science</i> , 2018 , 30, 35-37	2	1
228	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	1.2	35
227	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, 1427-1444	2.4	37
226	Effects of resistance training using known vs unknown loads on eccentric-phase adaptations and concentric velocity. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 407-417	4.6	6
225	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	3.2	38
224	Evidence of homologous and heterologous effects after unilateral leg training in youth. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 282-291	3	11
223	The effect of rolling massage on the excitability of the corticospinal pathway. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 317-323	3	14
222	Roller massage decreases spinal excitability to the soleus. <i>Journal of Applied Physiology</i> , 2018 , 124, 950-959	3.9	35
221	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	10.6	41
220	Stretch-Shortening Cycle Exercises in Young Elite Handball Players: Empirical Findings for Performance Improvement, Injury Prevention, and Practical Recommendations 2018 , 537-550		1
219	Effects of Static Versus Ballistic Stretching on Hamstring:Quadriceps Strength Ratio and Jump Performance in Ballet Dancers and Resistance Trained Women. <i>Journal of Dance Medicine and Science</i> , 2018 , 22, 160-167	0.7	6
218	Dynamic Stretching Can Impair performance Of Adolescent Male handball Players For at Least 24 Hours. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 527	1.2	
217	NO EFFECT OF KINESIOLOGY TAPE ON PASSIVE TENSION, STRENGTH OR QUADRICEPS MUSCLE ACTIVATION OF DURING MAXIMAL VOLUNTARY ISOMETRIC CONTRACTIONS IN RESISTANCE TRAINED MEN. <i>International Journal of Sports Physical Therapy</i> , 2018 , 13, 661-667	1.4	1
216	FOUR WEEKS OF ROLLER MASSAGE TRAINING DID NOT IMPACT RANGE OF MOTION, PAIN PRESSURE THRESHOLD, VOLUNTARY CONTRACTILE PROPERTIES OR JUMP PERFORMANCE. <i>International Journal of Sports Physical Therapy</i> , 2018 , 13, 835-845	1.4	6
215	The Addition of Transcutaneous Electrical Nerve Stimulation with Roller Massage Alone or in Combination Did Not Increase Pain Tolerance or Range of Motion. <i>Journal of Sports Science and Medicine</i> , 2018 , 17, 525-532	2.7	2

214	NO EFFECT OF KINESIOLOGY TAPE ON PASSIVE TENSION, STRENGTH OR QUADRICEPS MUSCLE ACTIVATION OF DURING MAXIMAL VOLUNTARY ISOMETRIC CONTRACTIONS IN RESISTANCE TRAINED MEN. <i>International Journal of Sports Physical Therapy</i> , 2018 , 13, 661-667	1.4	3
213	FOUR WEEKS OF ROLLER MASSAGE TRAINING DID NOT IMPACT RANGE OF MOTION, PAIN PRESSURE THRESHOLD, VOLUNTARY CONTRACTILE PROPERTIES OR JUMP PERFORMANCE. <i>International Journal of Sports Physical Therapy</i> , 2018 , 13, 835-845	1.4	11
212	Mechanisms underlying acute changes in range of motion 2018 , 48-75		1
211	Recommendations for stretching prescription 2018 , 81-94		
210	Effects of Drop-height and Surface Instability on Jump Performance and Knee Kinematics. <i>International Journal of Sports Medicine</i> , 2018 , 39, 50-57	3.6	8
209	Balance and Lower Limb Muscle Activation between In-Line and Traditional Lunge Exercises. <i>Journal of Human Kinetics</i> , 2018 , 62, 15-22	2.6	8
208	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	4.6	24
207	Superior Training-Specific Adaptations With an 8-Week Yoak Push-up Training Program. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 2409-2418	3.2	1
206	Unilateral static and dynamic hamstrings stretching increases contralateral hip flexion range of motion. <i>Clinical Physiology and Functional Imaging</i> , 2017 , 37, 23-29	2.4	65
205	Slower but not faster unilateral fatiguing knee extensions alter contralateral limb performance without impairment of maximal torque output. <i>European Journal of Applied Physiology</i> , 2017 , 117, 323-334	3.4	12
204	The effect of prior knowledge of test endpoint on non-local muscle fatigue. <i>European Journal of Applied Physiology</i> , 2017 , 117, 651-663	3.4	10
203	Intrasession and Intersession Reliability of Quadriceps and Hamstrings Electromyography During a Standardized Hurdle Jump Test With Single Leg Landing. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 1601-1609	3.2	8
202	Foam Rolling of Quadriceps Decreases Biceps Femoris Activation. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2238-2245	3.2	24
201	Evidence of nonlocal muscle fatigue in male youth. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 229-237	3	11
200	Knee extensors neuromuscular fatigue changes the corticospinal pathway excitability in biceps brachii muscle. <i>Neuroscience</i> , 2017 , 340, 477-486	3.9	23
199	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	3.4	63
198	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	4.6	14
197	Knowledge of Repetition Range Does Not Affect Maximal Force Production Strategies of Adolescent Females. <i>Pediatric Exercise Science</i> , 2017 , 29, 109-115	2	4

196	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	4.6	98
195	"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	4.6	24
194	Within Session Sequence of Balance and Plyometric Exercises Does Not Affect Training Adaptations with Youth Soccer Athletes. <i>Journal of Sports Science and Medicine</i> , 2017 , 16, 125-136	2.7	15
193	Unilateral Rolling of the Foot did not Affect Non-Local Range of Motion or Balance. <i>Journal of Sports Science and Medicine</i> , 2017 , 16, 209-218	2.7	16
192	Static stretching of the pectoralis major decreases triceps brachii activation during a maximal isometric bench press. <i>Gazzetta Medica Italiana Archivio Per Le Scienze Mediche</i> , 2017 , 176,	0.6	3
191	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	2	54
190	Effect of an Ankle Compression Garment on Fatigue and Performance. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 326-35	3.2	11
189	Effect of participants' static stretching knowledge or deception on the responses to prolonged stretching. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016 , 41, 1052-1056	3	8
188	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	4.6	74
187	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	3	281
186	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, 241-9	3.4	43
185	Can Pacing Be Regulated by Post-Activation Potentiation? Insights from a Self-Paced 30 km Trial in Half-Marathon Runners. <i>PLoS ONE</i> , 2016 , 11, e0150679	3.7	8
184	The Interaction of Fatigue and Potentiation Following an Acute Bout of Unilateral Squats. <i>Journal of Sports Science and Medicine</i> , 2016 , 15, 625-632	2.7	9
183	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	3.3	24
182	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	4.6	98
181	Effect of Sequencing Strength and Endurance Training in Young Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 841-50	3.2	19
180	Kinesiology Tape or Compression Sleeve Applied to the Thigh Does Not Improve Balance or Muscle Activation Before or Following Fatigue. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 1992-2000	3.2	12
179	External Responsiveness and Intrasession Reliability of the Rope-Climbing Test. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2952-8	3.2	4

178	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	4.6	21
177	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	3.2	53
176	Resistance-training exercises with different stability requirements: time course of task specificity. <i>European Journal of Applied Physiology</i> , 2016 , 116, 2247-2256	3.4	13
175	Muscle activation comparisons between elastic and isoinertial resistance: A meta-analysis. <i>Clinical Biomechanics</i> , 2016 , 39, 52-61	2.2	33
174	Knowledge of Repetition Range Does Not Affect the Maximal Force Production Strategies of Adolescent Females. <i>Pediatric Exercise Science</i> , 2016 ,	2	1
173	Trunk extensor fatigue decreases jump height similarly under stable and unstable conditions with experienced jumpers. <i>European Journal of Applied Physiology</i> , 2015 , 115, 285-94	3.4	6
172	Driving performance on the descending limb of blood alcohol concentration (BAC) in undergraduate students: a pilot study. <i>PLoS ONE</i> , 2015 , 10, e0118348	3.7	2
171	Effect of unilateral knee extensor fatigue on force and balance of the contralateral limb. <i>European Journal of Applied Physiology</i> , 2015 , 115, 2177-87	3.4	15
170	Non-local muscle fatigue: effects and possible mechanisms. <i>European Journal of Applied Physiology</i> , 2015 , 115, 2031-48	3.4	59
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