Marcel B Lanza

List of Publications by Year
in descending order

31 papers	319 citations	1039880 9 h-index	940416 16 g-index
33 all docs	33 docs citations	33 times ranked	305 citing authors

#	Article	IF	Citations
1	Equalization of Training Protocols by Time Under Tension Determines the Magnitude of Changes in Strength and Muscular Hypertrophy. Journal of Strength and Conditioning Research, 2022, 36, 1770-1780.	1.0	8
2	The effect of different resistance training protocols equalized by time under tension on the forceâ€position relationship after 10 weeks of training period. European Journal of Sport Science, 2022, 22, 846-856.	1.4	1
3	Does the Muscle Action Duration Induce Different Regional Muscle Hypertrophy in Matched Resistance Training Protocols?. Journal of Strength and Conditioning Research, 2022, 36, 2371-2380.	1.0	10
4	Systematic Review of the Importance of Hip Muscle Strength, Activation, and Structure in Balance and Mobility Tasks. Archives of Physical Medicine and Rehabilitation, 2022, 103, 1651-1662.	0.5	5
5	Effect of longâ€term maximum strength training on explosive strength, neural, and contractile properties. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 685-697.	1.3	6
6	Muscle volume vs. anatomical cross-sectional area: Different muscle assessment does not affect the muscle size-strength relationship. Journal of Biomechanics, 2022, 132, 110956.	0.9	3
7	Ultrasound measures of muscle thickness and subcutaneous tissue from the hip abductors: Inter- and intra-rater reliability. Musculoskeletal Science and Practice, 2022, 62, 102612.	0.6	2
8	Acute physiological responses with varying load or time under tension during a squat exercise: A randomized cross-over design. Journal of Science and Medicine in Sport, 2021, 24, 171-176.	0.6	5
9	The Muscle Morphology of Elite Sprint Running. Medicine and Science in Sports and Exercise, 2021, 53, 804-815.	0.2	38
10	Resistance training with different repetition duration to failure: effect on hypertrophy, strength and muscle activation. PeerJ, 2021, 9, e10909.	0.9	9
11	Corticospinal excitability and motor representation after longâ€term resistance training. European Journal of Neuroscience, 2021, 53, 3416-3432.	1.2	7
12	Resistance training intervention performed with different muscle action durations influences the maximal dynamic strength without promoting joint-angle specific strength gains. Journal of Sports Sciences, 2021, 39, 1-7.	1.0	2
13	Strength Training to Prevent Falls in Older Adults: A Systematic Review with Meta-Analysis of Randomized Controlled Trials. Journal of Clinical Medicine, 2021, 10, 3184.	1.0	15
14	Neural adaptations to long-term resistance training: evidence for the confounding effect of muscle size on the interpretation of surface electromyography. Journal of Applied Physiology, 2021, 131, 702-715.	1.2	17
15	Behavior of motor units during submaximal isometric contractions in chronically strength-trained individuals. Journal of Applied Physiology, 2021, 131, 1584-1598.	1.2	11
16	Hip Abductor and Adductor Rate of Torque Development and Muscle Activation, but Not Muscle Size, Are Associated With Functional Performance. Frontiers in Physiology, 2021, 12, 744153.	1.3	8
17	Hip Abductor Power and Velocity. Journal of Strength and Conditioning Research, 2021, Publish Ahead of Print, .	1.0	1
18	Peak of neuromuscular activation and angle where it occurs during bench press exercise performed with different repetition number and duration in resistance trained individuals. Journal of Biomechanics, 2020, 98, 109465.	0.9	2

#	Article	IF	Citations
19	Kinetic, muscle structure, and neuromuscular determinants of weight transfer phase prior to a lateral choice reaction step in older adults. Journal of Electromyography and Kinesiology, 2020, 55, 102484.	0.7	7
20	Intramuscular Fat Influences Neuromuscular Activation of the Gluteus Medius in Older Adults. Frontiers in Physiology, 2020, 11, 614415.	1.3	8
21	Hip Abductors And Adductors Explosive Capacity Correlate With Step Reaction Time In Older Adults. Medicine and Science in Sports and Exercise, 2020, 52, 177-177.	0.2	3
22	Neural adaptations after 4 years vs 12 weeks of resistance training vs untrained. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 348-359.	1.3	42
23	Is the joint-angle specificity of isometric resistance training real? And if so, does it have a neural basis?. European Journal of Applied Physiology, 2019, 119, 2465-2476.	1.2	14
24	Explosive strength: effect of knee-joint angle on functional, neural, and intrinsicÂcontractile properties. European Journal of Applied Physiology, 2019, 119, 1735-1746.	1.2	26
25	An objective criterion for stimulation intensity may be necessary to properly assess muscle contractile properties. Journal of Neurophysiology, 2018, 120, 3287-3287.	0.9	1
26	The Lack of Electromyography Normalization May Limit the Conclusions in: Traditional vs. Suspended Push-up Muscle Activation in Athletes and Sedentary Women. Journal of Strength and Conditioning Research, 2018, 32, e58-e58.	1.0	2
27	Does normalization of voluntary <scp>EMG</scp> amplitude to <scp>M_{MAX}</scp> account for the influence of electrode location and adiposity?. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2558-2566.	1.3	31
28	Does Joint-angle Specificity After Short-term Isometric Strength Training Have A Neural Basis?. Medicine and Science in Sports and Exercise, 2018, 50, 51.	0.2	0
29	Do changes in neuromuscular activation contribute to the knee extensor angleâ€“torque relationship?. Experimental Physiology, 2017, 102, 962-973.	0.9	32
30	Acute neuromuscular response during eccentric overload protocol by using a mechanical device to increase the load. Revista Brasileira De Cineantropometria E Desempenho Humano, 2017, 19, 375.	0.5	1
31	MMAX Normalisation of Voluntary EMG Removes the Confounding Influences of Electrode Location and Body Fat.. Medicine and Science in Sports and Exercise, 2017, 49, 779.	0.2	2