

# Robert U Newton

## List of Publications by Citations

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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.

447 papers	17,896 citations	71 h-index	120 g-index
477 ext. papers	20,802 ext. citations	3.2 avg, IF	6.92 L-index

#	Paper	IF	Citations
447	American College of Sports Medicine position stand. Progression models in resistance training for healthy adults. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 364-80	1.2	928
446	Combined resistance and aerobic exercise program reverses muscle loss in men undergoing androgen suppression therapy for prostate cancer without bone metastases: a randomized controlled trial. <i>Journal of Clinical Oncology</i> , <b>2010</b> , 28, 340-7	2.2	456
445	Review of exercise intervention studies in cancer patients. <i>Journal of Clinical Oncology</i> , <b>2005</b> , 23, 899-909	2.2	426
444	The Importance of Muscular Strength in Athletic Performance. <i>Sports Medicine</i> , <b>2016</b> , 46, 1419-49	10.6	387
443	Reliability of measures obtained during single and repeated countermovement jumps. <i>International Journal of Sports Physiology and Performance</i> , <b>2008</b> , 3, 131-44	3.5	330
442	Developing maximal neuromuscular power: part 2 - training considerations for improving maximal power production. <i>Sports Medicine</i> , <b>2011</b> , 41, 125-46	10.6	328
441	Developing maximal neuromuscular power: Part 1--biological basis of maximal power production. <i>Sports Medicine</i> , <b>2011</b> , 41, 17-38	10.6	303
440	Effects of heavy-resistance training on hormonal response patterns in younger vs. older men. <i>Journal of Applied Physiology</i> , <b>1999</b> , 87, 982-92	3.7	300
439	The optimal training load for the development of dynamic athletic performance. <i>Medicine and Science in Sports and Exercise</i> , <b>1993</b> , 25, 1279-1286	1.2	288
438	Effects and moderators of exercise on quality of life and physical function in patients with cancer: An individual patient data meta-analysis of 34 RCTs. <i>Cancer Treatment Reviews</i> , <b>2017</b> , 52, 91-104	14.4	272
437	Kinematics, Kinetics, and Muscle Activation during Explosive Upper Body Movements. <i>Journal of Applied Biomechanics</i> , <b>1996</b> , 12, 31-43	1.2	248
436	Adaptations in athletic performance after ballistic power versus strength training. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 1582-98	1.2	243
435	Influence of load and stretch shortening cycle on the kinematics, kinetics and muscle activation that occurs during explosive upper-body movements. <i>European Journal of Applied Physiology</i> , <b>1997</b> , 75, 333-42	3.4	235
434	Resistance training and reduction of treatment side effects in prostate cancer patients. <i>Medicine and Science in Sports and Exercise</i> , <b>2006</b> , 38, 2045-52	1.2	217
433	The Importance of Muscular Strength: Training Considerations. <i>Sports Medicine</i> , <b>2018</b> , 48, 765-785	10.6	208
432	Australian Association for Exercise and Sport Science position stand: optimising cancer outcomes through exercise. <i>Journal of Science and Medicine in Sport</i> , <b>2009</b> , 12, 428-34	4.4	206
431	Evaluation of a lower-body compression garment. <i>Journal of Sports Sciences</i> , <b>2003</b> , 21, 601-10	3.6	197

430	Changes in muscle, fat and bone mass after 36 weeks of maximal androgen blockade for prostate cancer. <i>BJU International</i> , <b>2008</b> , 102, 44-7	5.6	189
429	Comparison of lower body strength, power, acceleration, speed, agility, and sprint momentum to describe and compare playing rank among professional rugby league players. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 153-8	3.2	182
428	Can supervised exercise prevent treatment toxicity in patients with prostate cancer initiating androgen-deprivation therapy: a randomised controlled trial. <i>BJU International</i> , <b>2015</b> , 115, 256-66	5.6	176
427	Effects of ballistic training on preseason preparation of elite volleyball players. <i>Medicine and Science in Sports and Exercise</i> , <b>1999</b> , 31, 323-30	1.2	161
426	Does plyometric training improve strength performance? A meta-analysis. <i>Journal of Science and Medicine in Sport</i> , <b>2010</b> , 13, 513-22	4.4	149
425	Training-specific muscle architecture adaptation after 5-wk training in athletes. <i>Medicine and Science in Sports and Exercise</i> , <b>2003</b> , 35, 2013-22	1.2	147
424	The Exercise and Sports Science Australia position statement: Exercise medicine in cancer management. <i>Journal of Science and Medicine in Sport</i> , <b>2019</b> , 22, 1175-1199	4.4	143
423	Effect of resistance training on women's strength/power and occupational performances. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, 1011-25	1.2	143
422	Contribution of strength characteristics to change of direction and agility performance in female basketball athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2415-23	3.2	142
421	Influence of strength on magnitude and mechanisms of adaptation to power training. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 1566-81	1.2	142
420	A multicentre year-long randomised controlled trial of exercise training targeting physical functioning in men with prostate cancer previously treated with androgen suppression and radiation from TROG 03.04 RADAR. <i>European Urology</i> , <b>2014</b> , 65, 856-64	10.2	141
419	Mixed-methods resistance training increases power and strength of young and older men. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 1367-75	1.2	137
418	A systematic review of pre-surgical exercise intervention studies with cancer patients. <i>Surgical Oncology</i> , <b>2013</b> , 22, 92-104	2.5	133
417	The effects of short-term resistance training on endocrine function in men and women. <i>European Journal of Applied Physiology</i> , <b>1998</b> , 78, 69-76	3.4	132
416	Relationship between strength, power, speed, and change of direction performance of female softball players. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 885-95	3.2	129
415	Physiological and performance responses to tournament wrestling. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, 1367-78	1.2	127
414	Changes in the eccentric phase contribute to improved stretch-shorten cycle performance after training. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 1731-44	1.2	125
413	Hormonal responses of multiset versus single-set heavy-resistance exercise protocols. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>1997</b> , 22, 244-55		124

412	Relative importance of strength, power, and anthropometric measures to jump performance of elite volleyball players. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 758-65	3.2	124
411	The influence of direct supervision of resistance training on strength performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2000</b> , 32, 1175-84	1.2	124
410	Relationship between the number of repetitions and selected percentages of one repetition maximum in free weight exercises in trained and untrained men. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 819-23	3.2	121
409	Effect of strength on plant foot kinetics and kinematics during a change of direction task. <i>European Journal of Sport Science</i> , <b>2013</b> , 13, 646-52	3.9	120
408	Determination of functional strength imbalance of the lower extremities. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 971-7	3.2	120
407	Which exercise prescriptions improve quality of life and physical function in patients with cancer during and following treatment? A systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 505-513	10.3	118
406	Low-volume circuit versus high-volume periodized resistance training in women. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, 635-43	1.2	118
405	Mechanical Determinants of Faster Change of Direction and Agility Performance in Female Basketball Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 2205-14	3.2	115
404	Influence of exercise training on physiological and performance changes with weight loss in men. <i>Medicine and Science in Sports and Exercise</i> , <b>1999</b> , 31, 1320-9	1.2	115
403	Changes in exercise performance and hormonal concentrations over a big ten soccer season in starters and nonstarters. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 121-8	3.2	114
402	Physiological changes with periodized resistance training in women tennis players. <i>Medicine and Science in Sports and Exercise</i> , <b>2003</b> , 35, 157-68	1.2	113
401	Reliability of performance measurements derived from ground reaction force data during countermovement jump and the influence of sampling frequency. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 874-82	3.2	107
400	Neuromuscular and endocrine responses of elite players to an Australian rules football match. <i>International Journal of Sports Physiology and Performance</i> , <b>2008</b> , 3, 359-74	3.5	107
399	Does performance of hang power clean differentiate performance of jumping, sprinting, and changing of direction?. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 412-8	3.2	106
398	Relationships between force-time characteristics of the isometric midhigh pull and dynamic performance in professional rugby league players. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 3070-5	3.2	103
397	Neuromuscular and endocrine responses of elite players during an Australian rules football season. <i>International Journal of Sports Physiology and Performance</i> , <b>2008</b> , 3, 439-53	3.5	97
396	Acute hormonal responses to heavy resistance exercise in younger and older men. <i>European Journal of Applied Physiology</i> , <b>1998</b> , 77, 206-11	3.4	96
395	Exercise Preserves Physical Function in Prostate Cancer Patients with Bone Metastases. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 393-399	1.2	94

394	Is it safe and efficacious for women with lymphedema secondary to breast cancer to lift heavy weights during exercise: a randomised controlled trial. <i>Journal of Cancer Survivorship</i> , <b>2013</b> , 7, 413-24	5.1	93
393	Reliability of traditional and fractal dimension measures of quiet stance center of pressure in young, healthy people. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2005</b> , 86, 2034-40	2.8	93
392	Changes in muscle hypertrophy in women with periodized resistance training. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 697-708	1.2	93
391	The effect of heavy resistance exercise on the circadian rhythm of salivary testosterone in men. <i>European Journal of Applied Physiology</i> , <b>2001</b> , 84, 13-8	3.4	90
390	The relationship between vertical jump power estimates and weightlifting ability: a field-test approach. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 534-9	3.2	90
389	Exercise in prevention and management of cancer. <i>Current Treatment Options in Oncology</i> , <b>2008</b> , 9, 135-46	3.4	88
388	Effects of Different Exercise Modalities on Fatigue in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy: A Year-long Randomised Controlled Trial. <i>European Urology</i> , <b>2017</b> , 72, 293-299	10.2	87
387	Resistance training in patients with peripheral arterial disease: effects on myosin isoforms, fiber type distribution, and capillary supply to skeletal muscle. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2001</b> , 56, B302-10	6.4	86
386	Change of Direction and Agility Tests: Challenging Our Current Measures of Performance. <i>Strength and Conditioning Journal</i> , <b>2018</b> , 40, 26-38	2	85
385	Relationships between ground reaction impulse and sprint acceleration performance in team sport athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 568-73	3.2	82
384	Weightlifting Exercises Enhance Athletic Performance That Requires High-Load Speed Strength. <i>Strength and Conditioning Journal</i> , <b>2005</b> , 27, 50-55	2	82
383	Effects of heavy resistance/power training on maximal strength, muscle morphology, and hormonal response patterns in 60-75-year-old men and women. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2002</b> , 27, 213-31		82
382	Training for Muscular Power. <i>Physical Medicine and Rehabilitation Clinics of North America</i> , <b>2000</b> , 11, 341-368	3.68	82
381	Effects of concurrent resistance and aerobic training on load-bearing performance and the Army physical fitness test. <i>Military Medicine</i> , <b>2004</b> , 169, 994-9	1.3	78
380	Determining the optimal load for jump squats: a review of methods and calculations. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 668-74	3.2	77
379	Influence of a compression garment on repetitive power output production before and after different types of muscle fatigue. <i>Research in Sports Medicine</i> , <b>1998</b> , 8, 163-184		73
378	Assessing the force-velocity characteristics of the leg extensors in well-trained athletes: the incremental load power profile. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 1320-6	3.2	72
377	Muscle fiber characteristics in patients with peripheral arterial disease. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, 2016-21	1.2	72

376	Effect of knee and trunk angle on kinetic variables during the isometric midhigh pull: test-retest reliability. <i>International Journal of Sports Physiology and Performance</i> , <b>2015</b> , 10, 58-63	3.5	71
375	Continuous Compression as an Effective Therapeutic Intervention in Treating Eccentric-Exercise-Induced Muscle Soreness. <i>Journal of Sport Rehabilitation</i> , <b>2001</b> , 10, 11-23	1.7	71
374	Compliance to exercise-oncology guidelines in prostate cancer survivors and associations with psychological distress, unmet supportive care needs, and quality of life. <i>Psycho-Oncology</i> , <b>2015</b> , 24, 1241-1249	3.9	69
373	Evaluation of resistance training to improve muscular strength and body composition in cancer patients undergoing neoadjuvant and adjuvant therapy: a meta-analysis. <i>Journal of Cancer Survivorship</i> , <b>2017</b> , 11, 339-349	5.1	68
372	Misuse of "Power" and Other Mechanical Terms in Sport and Exercise Science Research. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 292-300	3.2	68
371	A biomechanical evaluation of resistance: fundamental concepts for training and sports performance. <i>Sports Medicine</i> , <b>2010</b> , 40, 303-26	10.6	67
370	Optimal loading for the development of peak power output in professional rugby players. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 43-7	3.2	67
369	Muscle CSA, Force Production, and Activation of Leg Extensors during Isometric and Dynamic Actions in Middle-Aged and Elderly Men and Women. <i>Journal of Aging and Physical Activity</i> , <b>1998</b> , 6, 232-247	1.6	67
368	A Comparison of Strength and Power Characteristics Between Power Lifters, Olympic Lifters, and Sprinters. <i>Journal of Strength and Conditioning Research</i> , <b>1999</b> , 13, 58	3.2	65
367	Eight weeks of resistance training can significantly alter body composition in children who are overweight or obese. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 80-5	3.2	64
366	Comparison of four different methods to measure power output during the hang power clean and the weighted jump squat. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 314-20	3.2	64
365	Functional benefits are sustained after a program of supervised resistance exercise in cancer patients with bone metastases: longitudinal results of a pilot study. <i>Supportive Care in Cancer</i> , <b>2014</b> , 22, 1537-48	3.9	62
364	The effects of improved strength on obstacle negotiation in community-living older adults. <i>Gait and Posture</i> , <b>2003</b> , 17, 273-83	2.6	62
363	Musculoskeletal Asymmetry in Football Athletes: A Product of Limb Function over Time. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 1379-87	1.2	59
362	Isometric Assessment of Muscular Function: The Effect of Joint Angle. <i>Journal of Applied Biomechanics</i> , <b>1995</b> , 11, 205-215	1.2	57
361	Influence of Compression Garments on Vertical Jump Performance in NCAA Division I Volleyball Players. <i>Journal of Strength and Conditioning Research</i> , <b>1996</b> , 10, 180	3.2	57
360	Changes in strength over a 2-year period in professional rugby union players. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 2538-46	3.2	56
359	Resistance training combined with bench-step aerobics enhances women's health profile. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, 259-69	1.2	56

358	Changes in muscle architecture and performance during a competitive season in female softball players. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 2655-66	3.2	55
357	Intense Exercise for Survival among Men with Metastatic Castrate-Resistant Prostate Cancer (INTERVAL-GAP4): a multicentre, randomised, controlled phase III study protocol. <i>BMJ Open</i> , <b>2018</b> , 8, e022899	3	55
356	Supervised physical exercise improves VO2max, quality of life, and health in early stage breast cancer patients: a randomized controlled trial. <i>Breast Cancer Research and Treatment</i> , <b>2015</b> , 153, 371-82	4.4	54
355	Effects of weighted sled towing on ground reaction force during the acceleration phase of sprint running. <i>Journal of Sports Sciences</i> , <b>2014</b> , 32, 1139-45	3.6	53
354	Greater Strength Gains after Training with Accentuated Eccentric than Traditional Isoinertial Loads in Already Strength-Trained Men. <i>Frontiers in Physiology</i> , <b>2016</b> , 7, 149	4.6	53
353	Performance, biochemical, and endocrine changes during a competitive football game. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 1845-53	1.2	52
352	1,1,1-trichloro-2,2-bis (p-chlorophenyl)-ethane (DDT) and reduced bone mineral density. <i>Archives of Environmental Health</i> , <b>2000</b> , 55, 177-80		52
351	The effect, moderators, and mediators of resistance and aerobic exercise on health-related quality of life in older long-term survivors of prostate cancer. <i>Cancer</i> , <b>2015</b> , 121, 2821-30	6.4	51
350	The effects of amino acid supplementation on hormonal responses to resistance training overreaching. <i>Metabolism: Clinical and Experimental</i> , <b>2006</b> , 55, 282-91	12.7	50
349	The effect of assisted jumping on vertical jump height in high-performance volleyball players. <i>Journal of Science and Medicine in Sport</i> , <b>2011</b> , 14, 85-9	4.4	49
348	Long-term training-induced changes in sprinting speed and sprint momentum in elite rugby union players. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2724-31	3.2	47
347	Effect of androgen deprivation therapy on muscle attenuation in men with prostate cancer. <i>Journal of Medical Imaging and Radiation Oncology</i> , <b>2014</b> , 58, 223-8	1.7	46
346	Effects of weighted sled towing with heavy versus light load on sprint acceleration ability. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2738-45	3.2	46
345	Lower-body muscle structure and its role in jump performance during squat, countermovement, and depth drop jumps. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 722-9	3.2	46
344	Methods to Increase the Effectiveness of Maximal Power Training for the Upper Body. <i>Strength and Conditioning Journal</i> , <b>2005</b> , 27, 24-32	2	45
343	Effects of morning versus evening combined strength and endurance training on physical performance, muscle hypertrophy, and serum hormone concentrations. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2016</b> , 41, 1285-1294	3	44
342	Four weeks of optimal load ballistic resistance training at the end of season attenuates declining jump performance of women volleyball players. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 955-61	3.2	44
341	Inhomogeneous Quadriceps Femoris Hypertrophy in Response to Strength and Power Training. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 2389-97	1.2	43

340	Influence of exercise order in a resistance-training exercise session. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 141-4	3.2	43
339	Effects and moderators of exercise on muscle strength, muscle function and aerobic fitness in patients with cancer: a meta-analysis of individual patient data. <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 812	10.3	43
338	Acute versus chronic exposure to androgen suppression for prostate cancer: impact on the exercise response. <i>Journal of Urology</i> , <b>2011</b> , 186, 1291-7	2.5	42
337	Exercise Improves V̇O <sub>2</sub> max and Body Composition in Androgen Deprivation Therapy-treated Prostate Cancer Patients. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 1503-1510	1.2	41
336	The potential role of exercise in neuro-oncology. <i>Frontiers in Oncology</i> , <b>2015</b> , 5, 85	5.3	41
335	Exercise Mode Specificity for Preserving Spine and Hip Bone Mineral Density in Prostate Cancer Patients. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 607-614	1.2	41
334	Effect of exercise intensity on bone density, strength, and calcium turnover in older women. <i>Medicine and Science in Sports and Exercise</i> , <b>2000</b> , 32, 1043-50	1.2	40
333	The Current State of Subjective Training Load Monitoring-a Practical Perspective and Call to Action. <i>Sports Medicine - Open</i> , <b>2018</b> , 4, 58	6.1	39
332	A phase III clinical trial of exercise modalities on treatment side-effects in men receiving therapy for prostate cancer. <i>BMC Cancer</i> , <b>2009</b> , 9, 210	4.8	38
331	The impact of velocity of movement on performance factors in resistance exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 760-6	3.2	38
330	Neither heavy nor light load resistance exercise acutely exacerbates lymphedema in breast cancer survivor. <i>Integrative Cancer Therapies</i> , <b>2013</b> , 12, 423-32	3	37
329	Influence of muscle-tendon unit structure on rate of force development during the squat, countermovement, and drop jumps. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 340-7	3.2	37
328	Successful feed-forward strategies following ACL injury and reconstruction. <i>Journal of Electromyography and Kinesiology</i> , <b>2009</b> , 19, 988-97	2.5	37
327	Comparison of Different Methods of Determining Power Output in Weightlifting Exercises. <i>Strength and Conditioning Journal</i> , <b>2006</b> , 28, 34-40	2	37
326	Changes in myosin heavy chain composition with heavy resistance training in 60- to 75-year-old men and women. <i>European Journal of Applied Physiology</i> , <b>2001</b> , 84, 127-32	3.4	37
325	Application of Strength Diagnosis. <i>Strength and Conditioning Journal</i> , <b>2002</b> , 24, 50-59	2	37
324	Effects of physical conditioning on intercollegiate golfer performance. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 62-72	3.2	37
323	The effects of plasma cortisol elevation on total and differential leukocyte counts in response to heavy-resistance exercise. <i>European Journal of Applied Physiology and Occupational Physiology</i> , <b>1996</b> , 73, 93-7		36

322	Men's help-seeking in the first year after diagnosis of localised prostate cancer. <i>European Journal of Cancer Care</i> , <b>2017</b> , 26, e12497	2.4	34
321	Twelve-month training-induced changes in elite international volleyball players. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 2096-101	3.2	34
320	The relationship between lower body strength and obstructed gait in community-dwelling older adults. <i>Journal of the American Geriatrics Society</i> , <b>2002</b> , 50, 468-73	5.6	34
319	Testosterone responses after resistance exercise in women: influence of regional fat distribution. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2001</b> , 11, 451-65	4.4	34
318	Periodization Strategies in Older Adults: Impact on Physical Function and Health. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 2426-2436	1.2	34
317	Interventions for prostate cancer survivorship: A systematic review of reviews. <i>Psycho-Oncology</i> , <b>2018</b> , 27, 2339-2348	3.9	34
316	Exercise medicine for advanced prostate cancer. <i>Current Opinion in Supportive and Palliative Care</i> , <b>2017</b> , 11, 247-257	2.6	33
315	Efficacy and safety of a modular multi-modal exercise program in prostate cancer patients with bone metastases: a randomized controlled trial. <i>BMC Cancer</i> , <b>2011</b> , 11, 517	4.8	32
314	Rationale, design and methods for a community-based study of clustering and cumulative effects of chronic disease processes and their effects on ageing: the Busselton healthy ageing study. <i>BMC Public Health</i> , <b>2013</b> , 13, 936	4.1	31
313	Fitness and lean mass increases during combined training independent of loading order. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 1758-68	1.2	31
312	Mediators of the resistance and aerobic exercise intervention effect on physical and general health in men undergoing androgen deprivation therapy for prostate cancer. <i>Cancer</i> , <b>2014</b> , 120, 294-301	6.4	30
311	Acute effect on power output of alternating an agonist and antagonist muscle exercise during complex training. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 202-5	3.2	30
310	Female collegiate windmill pitchers: influences to injury incidence. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 426-31	3.2	30
309	Offensive and defensive agility: a sex comparison of lower body kinematics and ground reaction forces. <i>Journal of Applied Biomechanics</i> , <b>2014</b> , 30, 514-20	1.2	29
308	Predicting Optimal cAnCER Rehabilitation and Supportive care (POLARIS): rationale and design for meta-analyses of individual patient data of randomized controlled trials that evaluate the effect of physical activity and psychosocial interventions on health-related quality of life in cancer survivors. <i>Systematic Reviews</i> , <b>2013</b> , 2, 75	3	29
307	An In-Depth Sports Medicine Profile of Women College Tennis Players. <i>Journal of Sport Rehabilitation</i> , <b>1995</b> , 4, 79-98	1.7	29
306	Electromyographical and Perceptual Responses to Different Resistance Intensities in a Squat Protocol: Does Performing Sets to Failure With Light Loads Produce the Same Activity?. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 792-9	3.2	29
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