

Antonio Paoli

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.

190
papers

4,602
citations

33
h-index

61
g-index

209
ext. papers

5,978
ext. citations

3.4
avg, IF

6.13
L-index

#	Paper	IF	Citations
190	Beyond weight loss: a review of the therapeutic uses of very-low-carbohydrate (ketogenic) diets. <i>European Journal of Clinical Nutrition</i> , 2013 , 67, 789-96	5.2	453
189	Effects of eight weeks of time-restricted feeding (16/8) on basal metabolism, maximal strength, body composition, inflammation, and cardiovascular risk factors in resistance-trained males. <i>Journal of Translational Medicine</i> , 2016 , 14, 290	8.5	255
188	Signalling pathways regulating muscle mass in ageing skeletal muscle: the role of the IGF1-Akt-mTOR-FoxO pathway. <i>Biogerontology</i> , 2013 , 14, 303-23	4.5	219
187	Is There Any Practical Application of Meta-Analytical Results in Strength Training?. <i>Frontiers in Physiology</i> , 2017 , 8, 1	4.6	189
186	Impact of sedentarism due to the COVID-19 home confinement on neuromuscular, cardiovascular and metabolic health: Physiological and pathophysiological implications and recommendations for physical and nutritional countermeasures. <i>European Journal of Sport Science</i> , 2021 , 21, 614-635	3.9	161
185	Ketogenic diet for obesity: friend or foe?. <i>International Journal of Environmental Research and Public Health</i> , 2014 , 11, 2092-107	4.6	145
184	Time-restricted feeding in young men performing resistance training: A randomized controlled trial. <i>European Journal of Sport Science</i> , 2017 , 17, 200-207	3.9	131
183	Ketosis, ketogenic diet and food intake control: a complex relationship. <i>Frontiers in Psychology</i> , 2015 , 6, 27	3.4	124
182	Ketogenic diet in neuromuscular and neurodegenerative diseases. <i>BioMed Research International</i> , 2014 , 2014, 474296	3	119
181	Long term successful weight loss with a combination biphasic ketogenic Mediterranean diet and Mediterranean diet maintenance protocol. <i>Nutrients</i> , 2013 , 5, 5205-17	6.7	103
180	The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting. <i>Nutrients</i> , 2019 , 11,	6.7	101
179	Ketogenic diet does not affect strength performance in elite artistic gymnasts. <i>Journal of the International Society of Sports Nutrition</i> , 2012 , 9, 34	4.5	96
178	Effects of high-intensity circuit training, low-intensity circuit training and endurance training on blood pressure and lipoproteins in middle-aged overweight men. <i>Lipids in Health and Disease</i> , 2013 , 12, 131	4.4	85
177	Ketogenic Diet and Microbiota: Friends or Enemies?. <i>Genes</i> , 2019 , 10,	4.2	78
176	Nutrition and acne: therapeutic potential of ketogenic diets. <i>Skin Pharmacology and Physiology</i> , 2012 , 25, 111-7	3	76
175	Time-restricted feeding plus resistance training in active females: a randomized trial. <i>American Journal of Clinical Nutrition</i> , 2019 , 110, 628-640	7	67
174	It's a Matter of Mind! Cognitive Functioning Predicts the Athletic Performance in Ultra-Marathon Runners. <i>PLoS ONE</i> , 2015 , 10, e0132943	3.7	63

173	High-Intensity Interval Resistance Training (HIRT) influences resting energy expenditure and respiratory ratio in non-dieting individuals. <i>Journal of Translational Medicine</i> , 2012 , 10, 237	8.5	59
172	The effect of stance width on the electromyographical activity of eight superficial thigh muscles during back squat with different bar loads. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 246-302	3.2	59
171	Effects of a ketogenic diet in overweight women with polycystic ovary syndrome. <i>Journal of Translational Medicine</i> , 2020 , 18, 104	8.5	51
170	The Ketogenic Diet and Sport: A Possible Marriage?. <i>Exercise and Sport Sciences Reviews</i> , 2015 , 43, 153-62.7	6.7	51
169	EMG amplitude of the biceps femoris during jumping compared to landing movements. <i>SpringerPlus</i> , 2013 , 2, 520		49
168	A systematic review to determine reliability and usefulness of the field-based test batteries for the assessment of physical fitness in adolescents - The ASSO Project. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2015 , 28, 445-78	1.5	49
167	Effects of local vibrations on skeletal muscle trophism in elderly people: mechanical, cellular, and molecular events. <i>International Journal of Molecular Medicine</i> , 2009 , 24, 503-12	4.4	49
166	Effect of ketogenic Mediterranean diet with phytoextracts and low carbohydrates/high-protein meals on weight, cardiovascular risk factors, body composition and diet compliance in Italian council employees. <i>Nutrition Journal</i> , 2011 , 10, 112	4.3	48
165	Effects of n-3 polyunsaturated fatty acids (E3) supplementation on some cardiovascular risk factors with a ketogenic Mediterranean diet. <i>Marine Drugs</i> , 2015 , 13, 996-1009	6	46
164	Protein supplementation in strength and conditioning adepts: knowledge, dietary behavior and practice in Palermo, Italy. <i>Journal of the International Society of Sports Nutrition</i> , 2011 , 8, 25	4.5	45
163	Effects of Pilates exercise programs in people with chronic low back pain: a systematic review. <i>Medicine (United States)</i> , 2015 , 94, e383	1.8	42
162	Equivalence of information from single frequency v. bioimpedance spectroscopy in bodybuilders. <i>British Journal of Nutrition</i> , 2007 , 97, 182-92	3.6	39
161	Resistance Training with Single vs. Multi-joint Exercises at Equal Total Load Volume: Effects on Body Composition, Cardiorespiratory Fitness, and Muscle Strength. <i>Frontiers in Physiology</i> , 2017 , 8, 11054.6	4.6	37
160	Cocoa Polyphenols and Gut Microbiota Interplay: Bioavailability, Prebiotic Effect, and Impact on Human Health. <i>Nutrients</i> , 2020 , 12,	6.7	36
159	Improved VO2 uptake kinetics and shift in muscle fiber type in high-altitude trekkers. <i>Journal of Applied Physiology</i> , 2011 , 111, 1597-605	3.7	35
158	Isokinetic Dynamometry and 1RM Tests Produce Conflicting Results for Assessing Alterations in Muscle Strength. <i>Journal of Human Kinetics</i> , 2017 , 56, 19-27	2.6	29
157	Lift weights to fight overweight. <i>Clinical Physiology and Functional Imaging</i> , 2015 , 35, 1-6	2.4	27
156	Nutrition, Pharmacological and Training Strategies Adopted by Six Bodybuilders: Case Report and Critical Review. <i>European Journal of Translational Myology</i> , 2017 , 27, 6247	2.1	27

155	A Review of Countermovement and Squat Jump Testing Methods in the Context of Public Health Examination in Adolescence: Reliability and Feasibility of Current Testing Procedures. <i>Frontiers in Physiology</i> , 2019 , 10, 1384	4.6	27
154	The involvement of MMP-2 and MMP-9 in heart exercise-related angiogenesis. <i>Journal of Translational Medicine</i> , 2013 , 11, 283	8.5	27
153	Exercising fasting or fed to enhance fat loss? Influence of food intake on respiratory ratio and excess postexercise oxygen consumption after a bout of endurance training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2011 , 21, 48-54	4.4	27
152	Effects of Twenty Days of the Ketogenic Diet on Metabolic and Respiratory Parameters in Healthy Subjects. <i>Lung</i> , 2015 , 193, 939-45	2.9	25
151	The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion. <i>International Journal of Sports Medicine</i> , 2018 , 39, 243-254	3.6	25
150	Not all exercises are created equal. <i>American Journal of Cardiology</i> , 2012 , 109, 305	3	25
149	Effects of an adapted physical activity program on psychophysical health in elderly women. <i>Clinical Interventions in Aging</i> , 2016 , 11, 1009-15	4	25
148	Pain Perception and Stabilometric Parameters in People With Chronic Low Back Pain After a Pilates Exercise Program: A Randomized Controlled Trial. <i>Medicine (United States)</i> , 2016 , 95, e2414	1.8	22
147	Motor and cognitive growth following a Football Training Program. <i>Frontiers in Psychology</i> , 2015 , 6, 1627-4	3.4	22
146	The sit up test to exhaustion as a test for muscular endurance evaluation. <i>SpringerPlus</i> , 2015 , 4, 309		20
145	Comparison of upper body strength gains between men and women after 10 weeks of resistance training. <i>PeerJ</i> , 2016 , 4, e1627	3.1	20
144	Changes in spinal range of motion after a flexibility training program in elderly women. <i>Clinical Interventions in Aging</i> , 2014 , 9, 653-60	4	19
143	Improved postural control after dynamic balance training in older overweight women. <i>Aging Clinical and Experimental Research</i> , 2011 , 23, 378-85	4.8	19
142	Resistance training: the multifaceted side of exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2012 , 302, E387	6	19
141	Static and Dynamic Postural Changes after a Mountain Ultra-Marathon of 80 km and 5500 D. <i>PLoS ONE</i> , 2016 , 11, e0155085	3.7	19
140	Evidence for an Upper Threshold for Resistance Training Volume in Trained Women. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 515-522	1.2	18
139	Time-restricted eating effects on performance, immune function, and body composition in elite cyclists: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2020 , 17, 65	4.5	17
138	Differential effects of attentional focus strategies during long-term resistance training. <i>European Journal of Sport Science</i> , 2018 , 18, 705-712	3.9	17

137	Medium term effects of a ketogenic diet and a Mediterranean diet on resting energy expenditure and respiratory ratio. <i>BMC Proceedings</i> , 2012 , 6,	2.3	17
136	Evaluation of fitness levels of children with a diagnosis of acute leukemia and lymphoma after completion of chemotherapy and autologous hematopoietic stem cell transplantation. <i>Cancer Medicine</i> , 2014 , 3, 385-9	4.8	17
135	Supraphysiological doses of performance enhancing anabolic-androgenic steroids exert direct toxic effects on neuron-like cells. <i>Frontiers in Cellular Neuroscience</i> , 2013 , 7, 69	6.1	17
134	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. <i>BioMed Research International</i> , 2020 , 2020, 3292916	3	17
133	The dark side of the spoon - glucose, ketones and COVID-19: a possible role for ketogenic diet?. <i>Journal of Translational Medicine</i> , 2020 , 18, 441	8.5	17
132	Effects of Rapid Weight Loss on Judo Athletes: A Systematic Review. <i>Nutrients</i> , 2020 , 12,	6.7	16
131	Effects of a dynamic balance training protocol on podalic support in older women. Pilot Study. <i>Aging Clinical and Experimental Research</i> , 2010 , 22, 406-11	4.8	16
130	Motor and cognitive development: the role of karate. <i>Muscles, Ligaments and Tendons Journal</i> , 2014 , 4, 114-20	1.9	16
129	Early myocardial dysfunction after chronic use of anabolic androgenic steroids: combined pulsed-wave tissue Doppler imaging and ultrasonic integrated backscatter cyclic variations analysis. <i>Journal of the American Society of Echocardiography</i> , 2010 , 23, 516-22	5.8	15
128	Stay fit, don't quit: Geriatric Exercise Prescription in COVID-19 Pandemic. <i>Aging Clinical and Experimental Research</i> , 2020 , 32, 1209-1210	4.8	15
127	Selective Activation of Shoulder, Trunk, and Arm Muscles: A Comparative Analysis of Different Push-Up Variants. <i>Journal of Athletic Training</i> , 2015 , 50, 1126-32	4	14
126	Changes in Body Composition and Neuromuscular Performance Through Preparation, 2 Competitions, and a Recovery Period in an Experienced Female Physique Athlete. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 1823-1839	3.2	14
125	High intensity interval resistance training (HIIRT) in older adults: Effects on body composition, strength, anabolic hormones and blood lipids. <i>Experimental Gerontology</i> , 2017 , 98, 91-98	4.5	14
124	Myosin isoforms and contractile properties of single fibers of human Latissimus Dorsi muscle. <i>BioMed Research International</i> , 2013 , 2013, 249398	3	14
123	Is karate effective in improving postural control?. <i>Archives of Budo</i> , 8 , 203-206		14
122	Postural control and balance in a cohort of healthy people living in Europe: An observational study. <i>Medicine (United States)</i> , 2018 , 97, e13835	1.8	14
121	Protein supplementation increases postexercise plasma myostatin concentration after 8 weeks of resistance training in young physically active subjects. <i>Journal of Medicinal Food</i> , 2015 , 18, 137-43	2.8	13
120	Evaluation of knee joint proprioception and balance of young female volleyball players: a pilot study. <i>Journal of Physical Therapy Science</i> , 2015 , 27, 437-40	1	13

119	Postural stability in subjects with whiplash injury symptoms: results of a pilot study. <i>Acta Oto-Laryngologica</i> , 2014 , 134, 947-51	1.6	13
118	What Is Fitness Training? Definitions and Implications: A Systematic Review Article. <i>Iranian Journal of Public Health</i> , 2015 , 44, 602-14	0.7	13
117	Effects of Two Months of Very Low Carbohydrate Ketogenic Diet on Body Composition, Muscle Strength, Muscle Area, and Blood Parameters in Competitive Natural Body Builders. <i>Nutrients</i> , 2021 , 13,	6.7	13
116	The effects of physical training without equipment on pain perception and balance in the elderly: A randomized controlled trial. <i>Work</i> , 2017 , 57, 23-30	1.6	12
115	Hyperbaric oxygen therapy modulates serum OPG/RANKL in femoral head necrosis patients. <i>Journal of Enzyme Inhibition and Medicinal Chemistry</i> , 2017 , 32, 707-711	5.6	12
114	Effects of repetitive exposure to anesthetics and analgesics in the Tg2576 mouse Alzheimer ^Q model. <i>Neurotoxicity Research</i> , 2014 , 26, 414-21	4.3	12
113	Group fitness activities for the elderly: an innovative approach to reduce falls and injuries. <i>Aging Clinical and Experimental Research</i> , 2014 , 26, 147-52	4.8	12
112	Effects of hypoxia on nocturnal erection quality: a case report from the Manaslu expedition. <i>Journal of Sexual Medicine</i> , 2011 , 8, 2386-90	1.1	12
111	A Prospective Analysis of the Injury Incidence of Young Male Professional Football Players on Artificial Turf. <i>Asian Journal of Sports Medicine</i> , 2016 , 7, e28425	1.4	12
110	Resting sympatho-vagal balance is related to 10 km running performance in master endurance athletes. <i>European Journal of Translational Myology</i> , 2018 , 28, 7051	2.1	12
109	Comparison of elbow flexor isokinetic peak torque and fatigue index between men and women of different training level. <i>European Journal of Translational Myology</i> , 2017 , 27, 7070	2.1	11
108	Muscle Dismorphia and its Associated Psychological Features in Three Groups of Recreational Athletes. <i>Scientific Reports</i> , 2018 , 8, 8877	4.9	11
107	Protein supplementation and dietary behaviours of resistance trained men and women attending commercial gyms: a comparative study between the city centre and the suburbs of Palermo, Italy. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 30	4.5	11
106	When COVID-19 affects muscle: effects of quarantine in older adults. <i>European Journal of Translational Myology</i> , 2020 , 30, 9069	2.1	11
105	Body Water Content and Morphological Characteristics Modify Bioimpedance Vector Patterns in Volleyball, Soccer, and Rugby Players. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	11
104	Protein Supplementation Does Not Further Increase Latissimus Dorsi Muscle Fiber Hypertrophy after Eight Weeks of Resistance Training in Novice Subjects, but Partially Counteracts the Fast-to-Slow Muscle Fiber Transition. <i>Nutrients</i> , 2016 , 8,	6.7	11
103	Ketogenic Diet and Skeletal Muscle Hypertrophy: A Frenemy Relationship?. <i>Journal of Human Kinetics</i> , 2019 , 68, 233-247	2.6	11
102	One repetition maximum bench press performance: a new approach for its evaluation in inexperienced males and females: a pilot study. <i>Journal of Bodywork and Movement Therapies</i> , 2015 , 19, 362-9	1.6	10

101	Using velocity loss for monitoring resistance training effort in a real-world setting. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 833-837	3	10
100	The effects of rapid weight loss on skeletal muscle in judo athletes. <i>Journal of Translational Medicine</i> , 2020 , 18, 142	8.5	10
99	Physiological and Perceptual Responses to Nordic Walking in a Natural Mountain Environment. <i>International Journal of Environmental Research and Public Health</i> , 2017 , 14,	4.6	9
98	Latissimus dorsi fine needle muscle biopsy: a novel and efficient approach to study proximal muscles of upper limbs. <i>Journal of Surgical Research</i> , 2010 , 164, e257-63	2.5	9
97	Type 2 diabetes family histories, body composition and fasting glucose levels: a cross-section analysis in healthy sedentary male and female. <i>Iranian Journal of Public Health</i> , 2013 , 42, 681-90	0.7	9
96	Effects of Rapid Weight Loss on Kidney Function in Combat Sport Athletes. <i>Medicina (Lithuania)</i> , 2021 , 57,	3.1	9
95	The influence of the stomatognathic system on explosive strength: a pilot study. <i>Journal of Physical Therapy Science</i> , 2016 , 28, 72-5	1	9
94	Betaine Supplementation Does Not Improve Muscle Hypertrophy or Strength Following 6 Weeks of Cross-Fit Training. <i>Nutrients</i> , 2020 , 12,	6.7	8
93	Effects of 6 Weeks of Traditional Resistance Training or High Intensity Interval Resistance Training on Body Composition, Aerobic Power and Strength in Healthy Young Subjects: A Randomized Parallel Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	8
92	Effects of the Ketogenic diet in overweight divers breathing Enriched Air Nitrox. <i>Scientific Reports</i> , 2018 , 8, 2655	4.9	8
91	Affective response to acute resistance exercise: a comparison among machines and free weights. <i>Sport Sciences for Health</i> , 2018 , 14, 283-288	1.3	8
90	Effects of Exercise Modality During Additional "High-Intensity Interval Training" on Aerobic Fitness and Strength in Powerlifting and Strongman Athletes. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 450-457	3.2	8
89	Determination of a strength index for upper body local endurance strength in sedentary individuals: a cross sectional analysis. <i>SpringerPlus</i> , 2015 , 4, 734		8
88	PPAR β gene variants as predicted performance-enhancing polymorphisms in professional Italian soccer players. <i>Open Access Journal of Sports Medicine</i> , 2014 , 5, 273-8	2.9	8
87	Influence of different ranges of motion on selective recruitment of shoulder muscles in the sitting military press: an electromyographic study. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 1578-83	3.3	8
86	Motor and cognitive development: the role of karate. <i>Muscles, Ligaments and Tendons Journal</i> ,	1.9	8
85	When COVID-19 affects muscle: effects of quarantine in older adults. <i>European Journal of Translational Myology</i> , 2020 , 30, 219-222	2.1	8
84	A Fitness Index model for Italian adolescents living in Southern Italy: the ASSO project. <i>Journal of Sports Medicine and Physical Fitness</i> , 2016 , 56, 1279-1288	1.4	8

83	The Effects of Different High-Protein Low-Carbohydrates Proprietary Foods on Blood Sugar in Healthy Subjects. <i>Journal of Medicinal Food</i> , 2016 , 19, 1085-1095	2.8	7
82	The evaluation of dual-task conditions on static postural control in the older adults: a systematic review and meta-analysis protocol. <i>Systematic Reviews</i> , 2019 , 8, 188	3	7
81	Biomechanical Comparison of Shorts With Different Pads: An Insight into the Perineum Protection Issue. <i>Medicine (United States)</i> , 2015 , 94, e1186	1.8	7
80	The relationship between type 2 diabetes family history, body composition and blood basal glycemia in sedentary people. <i>Acta Diabetologica</i> , 2014 , 51, 79-84	3.9	7
79	Training the Vertical Jump to Head the Ball in Soccer. <i>Strength and Conditioning Journal</i> , 2012 , 34, 80-85	2	7
78	Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. <i>PeerJ</i> , 2018 , 6, e5020	3.1	7
77	Moderate treadmill run worsened static but not dynamic postural stability of healthy individuals. <i>European Journal of Applied Physiology</i> , 2019 , 119, 841-846	3.4	7
76	Cardiovascular Responses to Muscle Stretching: A Systematic Review and Meta-analysis. <i>International Journal of Sports Medicine</i> , 2021 , 42, 481-493	3.6	7
75	Does the addition of single joint exercises to a resistance training program improve changes in performance and anthropometric measures in untrained men?. <i>European Journal of Translational Myology</i> , 2018 , 28, 7827	2.1	7
74	Validity and Internal Consistency of the Preschool-FLAT, a New Tool for the Assessment of Food Literacy in Young Children from the Training-To-Health Project. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	6
73	Different intensities of basketball drills affect jump shot accuracy of expert and junior players. <i>PeerJ</i> , 2018 , 6, e4250	3.1	6
72	Hypothermia attenuates NO production in anesthetized rats with endotoxemia. <i>Naunyn-Schmiedeberg's Archives of Pharmacology</i> , 2014 , 387, 659-65	3.4	6
71	Sports massage with ozonised oil or non-ozonised oil: Comparative effects on recovery parameters after maximal effort in cyclists. <i>Physical Therapy in Sport</i> , 2013 , 14, 240-5	3	6
70	New chitosan salt in gastro-resistant oral formulation could interfere with enteric bile salts emulsification of diet fats: preliminary laboratory observations and physiologic rationale. <i>Journal of Medicinal Food</i> , 2014 , 17, 723-9	2.8	6
69	Body metabolic rate and electromyographic activities of antigravitational muscles in supine and standing postures. <i>European Journal of Applied Physiology</i> , 2012 , 112, 2045-50	3.4	6
68	Differences in electromyographic activity of biceps brachii and brachioradialis while performing three variants of curl. <i>PeerJ</i> , 2018 , 6, e5165	3.1	6
67	Oxidative Stress and Inflammation, MicroRNA, and Hemoglobin Variations after Administration of Oxygen at Different Pressures and Concentrations: A Randomized Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	6
66	The effects of a calisthenics training intervention on posture, strength and body composition. <i>Isokinetics and Exercise Science</i> , 2017 , 25, 215-222	0.6	5

65	Mind-muscle connection: effects of verbal instructions on muscle activity during bench press exercise. <i>European Journal of Translational Myology</i> , 2019 , 29, 8250	2.1	5
64	The execution of the Grooved Pegboard test in a Dual-Task situation: A pilot study. <i>Heliyon</i> , 2020 , 6, e04678	5.78	5
63	Booster Ketones: Battling Hunger. <i>Obesity</i> , 2018 , 26, 252-253	8	5
62	Expertise level influences postural balance control in young gymnasts. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019 , 59, 593-599	1.4	5
61	Body Composition and Endocrine Adaptations to High-Altitude Trekking in the Himalayas. <i>Advances in Experimental Medicine and Biology</i> , 2019 , 1211, 61-68	3.6	5
60	Rowing on a Boat Versus Rowing on an Ergo-meter: A Biomechanical and Electromyographical Preliminary Study. <i>Procedia Engineering</i> , 2015 , 112, 461-466		5
59	Hypoxia: the third wheel between nerve and muscle. <i>Neurological Research</i> , 2008 , 30, 149-54	2.7	5
58	Weight cycling in combat sports: revisiting 25 years of scientific evidence.. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021 , 13, 154	2.4	5
57	Percentile values of the standing broad jump in children and adolescence aged 6-18 years old. <i>European Journal of Translational Myology</i> , 2020 , 30, 240-246	2.1	5
56	Effects of Aerobic and Anaerobic Fatigue Exercises on Postural Control and Recovery Time in Female Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
55	Optimizing Microbiota Profiles for Athletes. <i>Exercise and Sport Sciences Reviews</i> , 2021 , 49, 42-49	6.7	5
54	Effects of Adding Single Joint Exercises to a Resistance Training Programme in Trained Women. <i>Sports</i> , 2018 , 6,	3	5
53	Comparison of single- and multi-joint lower body resistance training upon strength increases in recreationally active males and females: a within-participant unilateral training study. <i>European Journal of Translational Myology</i> , 2019 , 29, 8052	2.1	4
52	Protein supplements consumption: a comparative study between the city centre and the suburbs of Palermo, Italy. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2014 , 6, 29	2.4	4
51	Alcohol consumption and hormonal alterations related to muscle hypertrophy: a review. <i>Nutrition and Metabolism</i> , 2014 , 11, 26	4.6	4
50	Personal genetics: sports utility vehicle?. <i>Recent Patents on DNA & Gene Sequences</i> , 2012 , 6, 209-15		4
49	The importance of standard operating procedures in physical fitness assessment: a brief review. <i>Sport Sciences for Health</i> , 1	1.3	4
48	Ketonemia and Glycemia Affect Appetite Levels and Executive Functions in Overweight Females During Two Ketogenic Diets. <i>Obesity</i> , 2020 , 28, 1868-1877	8	4

47	The effect of resistance training programs on lean body mass in postmenopausal and elderly women: a meta-analysis of observational studies. <i>Aging Clinical and Experimental Research</i> , 2021 , 33, 2941-2952	4.8	4
46	Food literacy predictors and associations with physical and emergent literacy in pre-schoolers: results from the Training-to-Health Project. <i>Public Health Nutrition</i> , 2020 , 23, 356-365	3.3	4
45	The Effects of Resistance Exercise Selection on Muscle Size and Strength in Trained Women. <i>International Journal of Sports Medicine</i> , 2021 , 42, 371-376	3.6	4
44	Nutrition and Physical Activity-Induced Changes in Gut Microbiota: Possible Implications for Human Health and Athletic Performance.. <i>Foods</i> , 2021 , 10,	4.9	4
43	Sex Hormones Response to Physical Hyperoxic and Hyperbaric Stress in Male Scuba Divers: A Pilot Study. <i>Advances in Experimental Medicine and Biology</i> , 2019 , 1176, 53-62	3.6	3
42	A method for the analysis of cyclist shorts with different pads for perineal area protection: comparison between drum and road tests. <i>Procedia Engineering</i> , 2010 , 2, 2831-2835		3
41	A Single Assistive Profile Applied by a Passive Hip Flexion Device Can Reduce the Energy Cost of Walking in Older Adults. <i>Applied Sciences (Switzerland)</i> , 2021 , 11, 2851	2.6	3
40	Do lower limb previous injuries affect balance performance? An observational study in volleyball players. <i>Physical Therapy in Sport</i> , 2019 , 37, 49-53	3	3
39	Effects of intermittent fasting combined with resistance training on body composition: a systematic review and meta-analysis. <i>Physiology and Behavior</i> , 2021 , 237, 113453	3.5	3
38	Commentaries on Viewpoint: A time for exercise: the exercise window. <i>Journal of Applied Physiology</i> , 2017 , 122, 210-213	3.7	2
37	Protein supplement consumption is linked to time spent exercising and high-protein content foods: A multicentric observational study. <i>Heliyon</i> , 2019 , 5, e01508	3.6	2
36	Kettlebell Training for Female Ballet Dancers: Effects on Lower Limb Power and Body Balance. <i>Journal of Human Kinetics</i> , 2020 , 74, 15-22	2.6	2
35	The Relationship between Clinical Tests, Ultrasound Findings and Selected Field-Based Wheelchair Skills Tests in a Cohort of Quadriplegic Wheelchair Rugby Athletes: A Pilot Study. <i>Applied Sciences (Switzerland)</i> , 2021 , 11, 4162	2.6	2
34	Ketogenic diets, physical activity, and body composition: A review. <i>British Journal of Nutrition</i> , 2021 , 1-68, 6	3.6	2
33	Training session intensity affects plasma redox status in amateur rhythmic gymnasts. <i>Journal of Sport and Health Science</i> , 2019 , 8, 561-566	8.2	2
32	Exercise-induced arousal affects free-choices to inhibit. <i>Psychology of Sport and Exercise</i> , 2018 , 35, 89-97, 4.2	4.2	2
31	Twelve Months of Time-restricted Eating and Resistance Training Improves Inflammatory Markers and Cardiometabolic Risk Factors. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 2577-2585	1.2	2
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