# Antonio Paoli

List of Publications by Year
in descending order

Source: https://exaly.com/author-pdf/7407760/publications.pdf

Version: 2024-02-01

| 201 | 7,439 | 94269 37 | 71532 76 |
|---|---|---|---|
| papers | citations | h-index | g-index |

| 209 | 209 | 209 | 8982 |
|---|---|---|---|
| all docs | docs citations | times ranked | citing authors |

| # | Article | IF | Citations |
|---|---|---|---|
| 1 | Beyond weight loss: a review of the therapeutic uses of very-low-carbohydrate (ketogenic) diets. European Journal of Clinical Nutrition, 2013, 67, 789-796. | 1.3 | 612 |
| 2 | 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. Journal of Translational Medicine, 2016, 14, 290. | 1.8 | 433 |
| 3 | Is There Any Practical Application of Meta-Analytical Results in Strength Training?. Frontiers in Physiology, 2017, 8, 1. | 1.3 | 360 |
| 4 | Impact of sedentarism due to the COVIDâ€19 home confinement on neuromuscular, cardiovascular and metabolic health: Physiological and pathophysiological implications and recommendations for physical and nutritional countermeasures. European Journal of Sport Science, 2021, 21, 614-635. | 1.4 | 287 |
| 5 | Signalling pathways regulating muscle mass in ageing skeletal muscle. The role of the IGF1-Akt-mTOR-FoxO pathway. Biogerontology, 2013, 14, 303-323. | 2.0 | 274 |
| 6 | Ketogenic Diet for Obesity: Friend or Foe?. International Journal of Environmental Research and Public Health, 2014, 11, 2092-2107. | 1.2 | 228 |
| 7 | The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting. Nutrients, 2019, 11, 719. | 1.7 | 218 |
| 8 | Timeâ€restricted feeding in young men performing resistance training: AÂrandomized controlled trial<sup>â€</sup>. European Journal of Sport Science, 2017, 17, 200-207. | 1.4 | 213 |
| 9 | Ketosis, ketogenic diet and food intake control: a complex relationship. Frontiers in Psychology, 2015, 6, 27. | 1.1 | 174 |
| 10 | Ketogenic Diet and Microbiota: Friends or Enemies?. Genes, 2019, 10, 534. | 1.0 | 166 |
| 11 | Ketogenic Diet in Neuromuscular and Neurodegenerative Diseases. BioMed Research International, 2014, 2014, 1-10. | 0.9 | 162 |
| 12 | Time-restricted feeding plus resistance training in active females: a randomized trial. American Journal of Clinical Nutrition, 2019, 110, 628-640. | 2.2 | 126 |
| 13 | Effects of a ketogenic diet in overweight women with polycystic ovary syndrome. Journal of Translational Medicine, 2020, 18, 104. | 1.8 | 125 |
| 14 | Long Term Successful Weight Loss with a Combination Biphasic Ketogenic Mediterranean Diet and Mediterranean Diet Maintenance Protocol. Nutrients, 2013, 5, 5205-5217. | 1.7 | 124 |
| 15 | Ketogenic diet does not affect strength performance in elite artistic gymnasts. Journal of the International Society of Sports Nutrition, 2012, 9, 34. | 1.7 | 118 |
| 16 | Effects of high-intensity circuit training, low-intensity circuit training and endurance training on blood pressure and lipoproteins in middle-aged overweight men. Lipids in Health and Disease, 2013, 12, 131. | 1.2 | 116 |
| 17 | Nutrition and Acne: Therapeutic Potential of Ketogenic Diets. Skin Pharmacology and Physiology, 2012, 25, 111-117. | 1.1 | 87 |
| 18 | High-Intensity Interval Resistance Training (HIRT) influences resting energy expenditure and respiratory ratio in non-dieting individuals. Journal of Translational Medicine, 2012, 10, 237. | 1.8 | 86 |

| # | Article | IF | Citations |
|---|---|---|---|
| 19 | Cocoa Polyphenols and Gut Microbiota Interplay: Bioavailability, Prebiotic Effect, and Impact on Human Health. Nutrients, 2020, 12, 1908. | 1.7 | 84 |
| 20 | The Effect of Stance Width on the Electromyographical Activity of Eight Superficial Thigh Muscles During Back Squat With Different Bar Loads. Journal of Strength and Conditioning Research, 2009, 23, 246-250. | 1.0 | 83 |
| 21 | 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. Frontiers in Physiology, 2019, 10, 1384. | 1.3 | 77 |
| 22 | Itâ€™s a Matter of Mind! Cognitive Functioning Predicts the Athletic Performance in Ultra-Marathon Runners. PLoS ONE, 2015, 10, e0132943. | 1.1 | 76 |
| 23 | The Ketogenic Diet and Sport. Exercise and Sport Sciences Reviews, 2015, 43, 153-162. | 1.6 | 71 |
| 24 | Protein supplementation in strength and conditioning adepts: knowledge, dietary behavior and practice in Palermo, Italy. Journal of the International Society of Sports Nutrition, 2011, 8, 25. | 1.7 | 68 |
| 25 | A systematic review to determine reliability and usefulness of the field-based test batteries for the assessment of physical fitness in adolescents â€“ The ASSO Project. International Journal of Occupational Medicine and Environmental Health, 2015, 28, 445-478. | 0.6 | 68 |
| 26 | Effects of local vibrations on skeletal muscle trophism in elderly people: mechanical, cellular, and molecular events. International Journal of Molecular Medicine, 2009, 24, 503-12. | 1.8 | 66 |
| 27 | EMG amplitude of the biceps femoris during jumping compared to landing movements. SpringerPlus, 2013, 2, 520. | 1.2 | 64 |
| 28 | 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. Nutrition Journal, 2011, 10, 112. | 1.5 | 63 |
| 29 | Effects of n-3 Polyunsaturated Fatty Acids (Ï‰-3) Supplementation on Some Cardiovascular Risk Factors with a Ketogenic Mediterranean Diet. Marine Drugs, 2015, 13, 996-1009. | 2.2 | 63 |
| 30 | Effects of Pilates Exercise Programs in People With Chronic Low Back Pain. Medicine (United States), 2015, 94, e383. | 0.4 | 61 |
| 31 | The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion. International Journal of Sports Medicine, 2018, 39, 243-254. | 0.8 | 60 |
| 32 | Time-restricted eating effects on performance, immune function, and body composition in elite cyclists: a randomized controlled trial. Journal of the International Society of Sports Nutrition, 2020, 17, 65. | 1.7 | 60 |
| 33 | Elite Athletes and COVID-19 Lockdown: Future Health Concerns for an Entire Sector. Journal of Functional Morphology and Kinesiology, 2020, 5, 30. | 1.1 | 59 |
| 34 | Resistance Training with Single vs. Multi-joint Exercises at Equal Total Load Volume: Effects on Body Composition, Cardiorespiratory Fitness, and Muscle Strength. Frontiers in Physiology, 2017, 8, 1105. | 1.3 | 57 |
| 35 | Equivalence of information from single frequency v. bioimpedance spectroscopy in bodybuilders. British Journal of Nutrition, 2007, 97, 182-192. | 1.2 | 45 |
| 36 | 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. Nutrients, 2021, 13, 374. | 1.7 | 45 |

| # | Article | IF | Citations |
|---|---|---|---|
| 37 | Improved V̀‡O<sub>2</sub> uptake kinetics and shift in muscle fiber type in high-altitude trekkers. Journal of Applied Physiology, 2011, 111, 1597-1605. | 1.2 | 40 |
| 38 | Lift weights to fight overweight. Clinical Physiology and Functional Imaging, 2015, 35, 1-6. | 0.5 | 39 |
| 39 | Nutrition, pharmacological and training strategies adopted by six bodybuilders: case report and critical review. European Journal of Translational Myology, 2017, 27, 6247. | 0.8 | 39 |
| 40 | Motor and cognitive growth following a Football Training Program. Frontiers in Psychology, 2015, 6, 1627. | 1.1 | 37 |
| 41 | Pain Perception and Stabilometric Parameters in People With Chronic Low Back Pain After a Pilates Exercise Program. Medicine (United States), 2016, 95, e2414. | 0.4 | 37 |
| 42 | Twelve Months of Time-restricted Eating and Resistance Training Improves Inflammatory Markers and Cardiometabolic Risk Factors. Medicine and Science in Sports and Exercise, 2021, 53, 2577-2585. | 0.2 | 37 |
| 43 | The involvement of MMP-2 and MMP-9 in heart exercise-related angiogenesis. Journal of Translational Medicine, 2013, 11, 283. | 1.8 | 36 |
| 44 | Effects of Twenty Days of the Ketogenic Diet on Metabolic and Respiratory Parameters in Healthy Subjects. Lung, 2015, 193, 939-945. | 1.4 | 36 |
| 45 | Isokinetic Dynamometry and 1RM Tests Produce Conflicting Results for Assessing Alterations in Muscle Strength. Journal of Human Kinetics, 2017, 56, 19-27. | 0.7 | 36 |
| 46 | Effects of Rapid Weight Loss on Judo Athletes: A Systematic Review. Nutrients, 2020, 12, 1220. | 1.7 | 36 |
| 47 | 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. International Journal of Sport Nutrition and Exercise Metabolism, 2011, 21, 48-54. | 1.0 | 35 |
| 48 | The dark side of the spoon - glucose, ketones and COVID-19: a possible role for ketogenic diet?. Journal of Translational Medicine, 2020, 18, 441. | 1.8 | 34 |
| 49 | Effects of an adapted physical activity program on psychophysical health in elderly women. Clinical Interventions in Aging, 2016, Volume 11, 1009-1015. | 1.3 | 32 |
| 50 | Postural control and balance in a cohort of healthy people living in Europe. Medicine (United States), 2018, 97, e13835. | 0.4 | 31 |
| 51 | When COVID-19 affects muscle: effects of quarantine in older adults. European Journal of Translational Myology, 2020, 30, 219-222. | 0.8 | 31 |
| 52 | The sit up test to exhaustion as a test for muscular endurance evaluation. SpringerPlus, 2015, 4, 309. | 1.2 | 30 |
| 53 | Not All Exercises Are Created Equal. American Journal of Cardiology, 2012, 109, 305. | 0.7 | 29 |
| 54 | Effects of a dynamic balance training protocol on podalic support in older women. Pilot Study. Aging Clinical and Experimental Research, 2010, 22, 406-411. | 1.4 | 28 |

| # | Article | IF | Citations |
|---|---|---|---|
| 55 | Motor and cognitive development: the role of karate. Muscles, Ligaments and Tendons Journal, 0, , . | 0.1 | 28 |
| 56 | Changes in Body Composition and Neuromuscular Performance Through Preparation, 2 Competitions, and a Recovery Period in an Experienced Female Physique Athlete. Journal of Strength and Conditioning Research, 2019, 33, 1823-1839. | 1.0 | 27 |
| 57 | Early Myocardial Dysfunction After Chronic Use of Anabolic Androgenic Steroids: Combined Pulsed-Wave Tissue Doppler Imaging and Ultrasonic Integrated Backscatter Cyclic Variations Analysis. Journal of the American Society of Echocardiography, 2010, 23, 516-522. | 1.2 | 26 |
| 58 | Changes in spinal range of motion after a flexibility training program in elderly women. Clinical Interventions in Aging, 2014, 9, 653. | 1.3 | 26 |
| 59 | High intensity interval resistance training (HIIRT) in older adults: Effects on body composition, strength, anabolic hormones and blood lipids. Experimental Gerontology, 2017, 98, 91-98. | 1.2 | 26 |
| 60 | Differential effects of attentional focus strategies during longâ€term resistance training. European Journal of Sport Science, 2018, 18, 705-712. | 1.4 | 26 |
| 61 | Muscle Dysmorphia and its Associated Psychological Features in Three Groups of Recreational Athletes. Scientific Reports, 2018, 8, 8877. | 1.6 | 26 |
| 62 | Evidence for an Upper Threshold for Resistance Training Volume in Trained Women. Medicine and Science in Sports and Exercise, 2019, 51, 515-522. | 0.2 | 26 |
| 63 | Improved postural control after dynamic balance training in older overweight women. Aging Clinical and Experimental Research, 2011, 23, 378-385. | 1.4 | 25 |
| 64 | Resistance training: the multifaceted side of exercise. American Journal of Physiology - Endocrinology and Metabolism, 2012, 302, E387-E387. | 1.8 | 25 |
| 65 | Comparison of upper body strength gains between men and women after 10 weeks of resistance training. PeerJ, 2016, 4, e1627. | 0.9 | 25 |
| 66 | Hyperbaric oxygen therapy modulates serum OPG/RANKL in femoral head necrosis patients. Journal of Enzyme Inhibition and Medicinal Chemistry, 2017, 32, 707-711. | 2.5 | 25 |
| 67 | Body Water Content and Morphological Characteristics Modify Bioimpedance Vector Patterns in Volleyball, Soccer, and Rugby Players. International Journal of Environmental Research and Public Health, 2020, 17, 6604. | 1.2 | 25 |
| 68 | Is karate effective in improving postural control?. Archives of Budo, 0, 8, 203-206. | 0.0 | 25 |
| 69 | Supraphysiological doses of performance enhancing anabolic-androgenic steroids exert direct toxic effects on neuron-like cells. Frontiers in Cellular Neuroscience, 2013, 7, 69. | 1.8 | 24 |
| 70 | Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. BioMed Research International, 2020, 2020, 1-7. | 0.9 | 24 |
| 71 | A Prospective Analysis of the Injury Incidence of Young Male Professional Football Players on Artificial Turf. Asian Journal of Sports Medicine, 2016, 7, e28425. | 0.1 | 23 |
| 72 | Static and Dynamic Postural Changes after a Mountain Ultra-Marathon of 80 km and 5500 D+. PLoS ONE, 2016, 11, e0155085. | 1.1 | 23 |

| # | Article | IF | Citations |
|---|---|---|---|
| 73 | Ketogenic Diet and Skeletal Muscle Hypertrophy: a Frenemy Relationship?. Journal of Human Kinetics, 2019, 68, 233-247. | 0.7 | 23 |
| 74 | The effects of rapid weight loss on skeletal muscle in judo athletes. Journal of Translational Medicine, 2020, 18, 142. | 1.8 | 23 |
| 75 | Medium term effects of a ketogenic diet and a Mediterranean diet on resting energy expenditure and respiratory ratio. BMC Proceedings, 2012, 6, . | 1.8 | 22 |
| 76 | Evaluation of fitness levels of children with a diagnosis of acute leukemia and lymphoma after completion of chemotherapy and autologous hematopoietic stem cell transplantation. Cancer Medicine, 2014, 3, 385-389. | 1.3 | 22 |
| 77 | 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. International Journal of Environmental Research and Public Health, 2020, 17, 4093. | 1.2 | 22 |
| 78 | Oxidative Stress and Inflammation, MicroRNA, and Hemoglobin Variations after Administration of Oxygen at Different Pressures and Concentrations: A Randomized Trial. International Journal of Environmental Research and Public Health, 2021, 18, 9755. | 1.2 | 22 |
| 79 | Motor and cognitive development: the role of karate. Muscles, Ligaments and Tendons Journal, 2014, 4, 114-20. | 0.1 | 22 |
| 80 | Ketogenic diets, physical activity and body composition: a review. British Journal of Nutrition, 2022, 127, 1898-1920. | 1.2 | 21 |
| 81 | Stay fit, don't quit: Geriatric Exercise Prescription in COVID-19 Pandemic. Aging Clinical and Experimental Research, 2020, 32, 1209-1210. | 1.4 | 21 |
| 82 | Percentile values of the standing broad jump in children and adolescence aged 6-18 years old. European Journal of Translational Myology, 2020, 30, 240-246. | 0.8 | 20 |
| 83 | The effect of resistance training programs on lean body mass in postmenopausal and elderly women: a meta-analysis of observational studies. Aging Clinical and Experimental Research, 2021, 33, 2941-2952. | 1.4 | 20 |
| 84 | When COVID-19 affects muscle: effects of quarantine in older adults. European Journal of Translational Myology, 2020, 30, 9069. | 0.8 | 20 |
| 85 | Group fitness activities for the elderly: an innovative approach to reduce falls and injuries. Aging Clinical and Experimental Research, 2014, 26, 147-152. | 1.4 | 19 |
| 86 | Resting sympatho-vagal balance is related to 10 km running performance in master endurance athletes. European Journal of Translational Myology, 2018, 28, 7051. | 0.8 | 19 |
| 87 | Effects of Rapid Weight Loss on Kidney Function in Combat Sport Athletes. Medicina (Lithuania), 2021, 57, 551. | 0.8 | 19 |
| 88 | Selective Activation of Shoulder, Trunk, and Arm Muscles: A Comparative Analysis of Different Push-Up Variants. Journal of Athletic Training, 2015, 50, 1126-1132. | 0.9 | 18 |
| 89 | The effects of a calisthenics training intervention on posture, strength and body composition. Isokinetics and Exercise Science, 2017, 25, 215-222. | 0.2 | 18 |
| 90 | Time-restricted eating and age-related muscle loss. Aging, 2019, 11, 8741-8742. | 1.4 | 18 |

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|---|---|---|---|
| 91 | What Is Fitness Training? Definitions and Implications: A Systematic Review Article. Iranian Journal of Public Health, 2015, 44, 602-14. | 0.3 | 18 |
| 92 | Protein Supplementation Increases Postexercise Plasma Myostatin Concentration After 8 Weeks of Resistance Training in Young Physically Active Subjects. Journal of Medicinal Food, 2015, 18, 137-143. | 0.8 | 17 |
| 93 | The evaluation of dual-task conditions on static postural control in the older adults: a systematic review and meta-analysis protocol. Systematic Reviews, 2019, 8, 188. | 2.5 | 17 |
| 94 | Nutrition and Physical Activity-Induced Changes in Gut Microbiota: Possible Implications for Human Health and Athletic Performance. Foods, 2021, 10, 3075. | 1.9 | 17 |
| 95 | Latissimus Dorsi Fine Needle Muscle Biopsy: A Novel and Efficient Approach to Study Proximal Muscles of Upper Limbs. Journal of Surgical Research, 2010, 164, e257-e263. | 0.8 | 16 |
| 96 | Effects of Hypoxia on Nocturnal Erection Quality: A Case Report from the Manaslu Expedition. Journal of Sexual Medicine, 2011, 8, 2386-2390. | 0.3 | 16 |
| 97 | Postural stability in subjects with whiplash injury symptoms: results of a pilot study. Acta Oto-Laryngologica, 2014, 134, 947-951. | 0.3 | 16 |
| 98 | Evaluation of knee joint proprioception and balance of young female volleyball players: a pilot study. Journal of Physical Therapy Science, 2015, 27, 437-440. | 0.2 | 16 |
| 99 | The effects of physical training without equipment on pain perception and balance in the elderly: A randomized controlled trial. Work, 2017, 57, 23-30. | 0.6 | 16 |
| 100 | Affective response to acute resistance exercise: a comparison among machines and free weights. Sport Sciences for Health, 2018, 14, 283-288. | 0.4 | 16 |
| 101 | Expertise level influences postural balance control in young gymnasts. Journal of Sports Medicine and Physical Fitness, 2019, 59, 593-599. | 0.4 | 16 |
| 102 | Food literacy predictors and associations with physical and emergent literacy in pre-schoolers: results from the Training-to-Health Project. Public Health Nutrition, 2020, 23, 356-365. | 1.1 | 16 |
| 103 | Cardiovascular Responses to Muscle Stretching: A Systematic Review and Meta-analysis. International Journal of Sports Medicine, 2021, 42, 481-493. | 0.8 | 16 |
| 104 | Myosin Isoforms and Contractile Properties of Single Fibers of Human Latissimus Dorsi Muscle. BioMed Research International, 2013, 2013, 1-7. | 0.9 | 15 |
| 105 | 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. International Journal of Environmental Research and Public Health, 2020, 17, 2759. | 1.2 | 15 |
| 106 | Effects of intermittent fasting combined with resistance training on body composition: a systematic review and metaâ€analysis. Physiology and Behavior, 2021, 237, 113453. | 1.0 | 15 |
| 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. Journal of the International Society of Sports Nutrition, 2014, 11, 30. | 1.7 | 14 |
| 108 | Effects of Repetitive Exposure to Anesthetics and Analgesics in the Tg2576 Mouse Alzheimerâ€™s Model. Neurotoxicity Research, 2014, 26, 414-421. | 1.3 | 14 |

| # | Article | IF | Citations |
|---|---|---|---|
| 109 | One repetition maximum bench press performance: A new approach for its evaluation in inexperienced males and females: A pilot study. Journal of Bodywork and Movement Therapies, 2015, 19, 362-369. | 0.5 | 14 |
| 110 | Comparison of elbow flexor isokinetic peak torque and fatigue index between men and women of different training level. European Journal of Translational Myology, 2017, 27, 7070. | 0.8 | 14 |
| 111 | Differences in electromyographic activity of biceps brachii and brachioradialis while performing three variants of curl. PeerJ, 2018, 6, e5165. | 0.9 | 14 |
| 112 | Betaine Supplementation Does not Improve Muscle Hypertrophy or Strength Following 6 Weeks of Cross-Fit Training. Nutrients, 2020, 12, 1688. | 1.7 | 14 |
| 113 | Influence of Different Ranges of Motion on Selective Recruitment of Shoulder Muscles in the Sitting Military Press: An Electromyographic Study. Journal of Strength and Conditioning Research, 2010, 24, 1578-1583. | 1.0 | 13 |
| 114 | The influence of the stomatognathic system on explosive strength: a pilot study. Journal of Physical Therapy Science, 2016, 28, 72-75. | 0.2 | 13 |
| 115 | Effects of the Ketogenic diet in overweight divers breathing Enriched Air Nitrox. Scientific Reports, 2018, 8, 2655. | 1.6 | 13 |
| 116 | Does the addition of single joint exercises to a resistance training program improve changes in performance and anthropometric measures in untrained men?. European Journal of Translational Myology, 2018, 28, 7827. | 0.8 | 13 |
| 117 | Dual-Task Conditions on Static Postural Control in Older Adults: A Systematic Review and Meta-Analysis. Journal of Aging and Physical Activity, 2021, 29, 162-177. | 0.5 | 13 |
| 118 | Nutritional Support for Bariatric Surgery Patients: The Skin beyond the Fat. Nutrients, 2021, 13, 1565. | 1.7 | 13 |
| 119 | Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. PeerJ, 2018, 6, e5020. | 0.9 | 13 |
| 120 | The importance of standard operating procedures in physical fitness assessment: a brief review. Sport Sciences for Health, 0, , 1. | 0.4 | 13 |
| 121 | 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. Nutrients, 2016, 8, 331. | 1.7 | 12 |
| 122 | Using velocity loss for monitoring resistance training effort in a real-world setting. Applied Physiology, Nutrition and Metabolism, 2018, 43, 833-837. | 0.9 | 12 |
| 123 | Moderate treadmill run worsened static but not dynamic postural stability of healthy individuals. European Journal of Applied Physiology, 2019, 119, 841-846. | 1.2 | 12 |
| 124 | The execution of the Grooved Pegboard test in a Dual-Task situation: A pilot study. Heliyon, 2020, 6, e04678. | 1.4 | 12 |
| 125 | Weight cycling in combat sports: revisiting 25Âyears of scientific evidence. BMC Sports Science, Medicine and Rehabilitation, 2021, 13, 154. | 0.7 | 12 |
| 126 | A Fitness Index model for Italian adolescents living in Southern Italy: the ASSO project. Journal of Sports Medicine and Physical Fitness, 2016, 56, 1279-1288. | 0.4 | 12 |

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|---|---|---|---|
| 127 | Training the Vertical Jump to Head the Ball in Soccer. Strength and Conditioning Journal, 2012, 34, 80-85. | 0.7 | 11 |
| 128 | Physiological and Perceptual Responses to Nordic Walking in a Natural Mountain Environment. International Journal of Environmental Research and Public Health, 2017, 14, 1235. | 1.2 | 11 |
| 129 | Body Composition and Endocrine Adaptations to High-Altitude Trekking in the Himalayas. Advances in Experimental Medicine and Biology, 2019, 1211, 61-68. | 0.8 | 11 |
| 130 | Protein supplement consumption is linked to time spent exercising and high-protein content foods: A multicentric observational study. Heliyon, 2019, 5, e01508. | 1.4 | 11 |
| 131 | Optimizing Microbiota Profiles for Athletes. Exercise and Sport Sciences Reviews, 2021, 49, 42-49. | 1.6 | 11 |
| 132 | Sports massage with ozonised oil or non-ozonised oil: Comparative effects onÂrecovery parameters after maximal effort in cyclists. Physical Therapy in Sport, 2013, 14, 240-245. | 0.8 | 10 |
| 133 | PPARα gene variants as predicted performance-enhancing polymorphisms in professional Italian soccer players. Open Access Journal of Sports Medicine, 2014, 5, 273. | 0.6 | 10 |
| 134 | Biomechanical Comparison of Shorts With Different Pads. Medicine (United States), 2015, 94, e1186. | 0.4 | 10 |
| 135 | Effects of Exercise Modality During Additional â€œHigh-Intensity Interval Trainingâ€•on Aerobic Fitness and Strength in Powerlifting and Strongman Athletes. Journal of Strength and Conditioning Research, 2018, 32, 450-457. | 1.0 | 10 |
| 136 | Mind-muscle connection: effects of verbal instructions on muscle activity during bench press exercise. European Journal of Translational Myology, 2019, 29, 8250. | 0.8 | 10 |
| 137 | Type 2 diabetes family histories, body composition and fasting glucose levels: a cross-section analysis in healthy sedentary male and female. Iranian Journal of Public Health, 2013, 42, 681-90. | 0.3 | 10 |
| 138 | The Effects of Different High-Protein Low-Carbohydrates Proprietary Foods on Blood Sugar in Healthy Subjects. Journal of Medicinal Food, 2016, 19, 1085-1095. | 0.8 | 9 |
| 139 | Effects of Adding Single Joint Exercises to a Resistance Training Programme in Trained Women. Sports, 2018, 6, 160. | 0.7 | 9 |
| 140 | A Single Assistive Profile Applied by a Passive Hip Flexion Device Can Reduce the Energy Cost of Walking in Older Adults. Applied Sciences (Switzerland), 2021, 11, 2851. | 1.3 | 9 |
| 141 | New Chitosan Salt in Gastro-Resistant Oral Formulation Could Interfere with Enteric Bile Salts Emulsification of Diet Fats: Preliminary Laboratory Observations and Physiologic Rationale. Journal of Medicinal Food, 2014, 17, 723-729. | 0.8 | 8 |
| 142 | The relationship between type 2 diabetes family history, body composition and blood basal glycemia in sedentary people. Acta Diabetologica, 2014, 51, 79-84. | 1.2 | 8 |
| 143 | Protein supplements consumption: a comparative study between the city centre and the suburbs of Palermo, Italy. BMC Sports Science, Medicine and Rehabilitation, 2014, 6, 29. | 0.7 | 8 |
| 144 | Determination of a strength index for upper body local endurance strength in sedentary individuals: a cross sectional analysis. SpringerPlus, 2015, 4, 734. | 1.2 | 8 |

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|---|---|---|---|
| 145 | Ketonemia and Glycemia Affect Appetite Levels and Executive Functions in Overweight Females During Two Ketogenic Diets. Obesity, 2020, 28, 1868-1877. | 1.5 | 8 |
| 146 | Effects of Aerobic and Anaerobic Fatigue Exercises on Postural Control and Recovery Time in Female Soccer Players. International Journal of Environmental Research and Public Health, 2020, 17, 6273. | 1.2 | 8 |
| 147 | Effect of an Endurance and Strength Mixed Circuit Training on Regional Fat Thickness: The Quest for the â€œSpot Reductionâ€. International Journal of Environmental Research and Public Health, 2021, 18, 3845. | 1.2 | 8 |
| 148 | Alcohol consumption and hormonal alterations related to muscle hypertrophy: a review. Nutrition and Metabolism, 2014, 11, 26. | 1.3 | 7 |
| 149 | Rowing on a Boat Versus Rowing on an Ergo-meter: A Biomechanical and Electromyographycal Preliminary Study. Procedia Engineering, 2015, 112, 461-466. | 1.2 | 7 |
| 150 | Booster Ketones: Battling Hunger. Obesity, 2018, 26, 252-253. | 1.5 | 7 |
| 151 | Different intensities of basketball drills affect jump shot accuracy of expert and junior players. PeerJ, 2018, 6, e4250. | 0.9 | 7 |
| 152 | Sex Hormones Response to Physical Hyperoxic and Hyperbaric Stress in Male Scuba Divers: A Pilot Study. Advances in Experimental Medicine and Biology, 2019, 1176, 53-62. | 0.8 | 7 |
| 153 | Peripheral Nerve Responses to Muscle Stretching: A Systematic Review. Journal of Sports Science and Medicine, 2021, 20, 258-267. | 0.7 | 7 |
| 154 | Just Do It: High Intensity Physical Activity Preserves Mental and Physical Health in Elite and Non-elite Athletes During COVID-19. Frontiers in Psychology, 2021, 12, 757150. | 1.1 | 7 |
| 155 | Effects of Different Long-Term Exercise Modalities on Tissue Stiffness. Sports Medicine - Open, 2022, 8, . | 1.3 | 7 |
| 156 | Hypoxia: the third wheel between nerve and muscle. Neurological Research, 2008, 30, 149-154. | 0.6 | 6 |
| 157 | Personal Genetics â€“ Sports Utility Vehicle?. Recent Patents on DNA & Gene Sequences, 2012, 6, 209-215. | 0.7 | 6 |
| 158 | Body metabolic rate and electromyographic activities of antigravitational muscles in supine and standing postures. European Journal of Applied Physiology, 2012, 112, 2045-2050. | 1.2 | 6 |
| 159 | Hypothermia attenuates NO production in anesthetized rats with endotoxemia. Naunyn-Schmiedeberg's Archives of Pharmacology, 2014, 387, 659-665. | 1.4 | 6 |
| 160 | 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. European Journal of Translational Myology, 2019, 29, 8052. | 0.8 | 6 |
| 161 | Do lower limb previous injuries affect balance performance? An observational study in volleyball players. Physical Therapy in Sport, 2019, 37, 49-53. | 0.8 | 6 |
| 162 | Aerobic demand and scuba diving: concerns about medical evaluation. Diving and Hyperbaric Medicine, 2014, 44, 61-3. | 0.2 | 6 |

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|---|---|---|---|
| 163 | Personalized Tests in Paralympic Athletes: Aerobic and Anaerobic Performance Profile of Elite Wheelchair Rugby Players. Journal of Personalized Medicine, 2020, 10, 118. | 1.1 | 5 |
| 164 | The Effects of Resistance Exercise Selection on Muscle Size and Strength in Trained Women. International Journal of Sports Medicine, 2021, 42, 371-376. | 0.8 | 5 |
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