

Antonio Paoli

List of Publications by Year in descending order

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Version: 2024-02-01

201
papers

7,439
citations

94269

37
h-index

71532

76
g-index

209
all docs

209
docs citations

209
times ranked

8982
citing authors

#	ARTICLE	IF	CITATIONS
1	Ketogenic diets, physical activity and body composition: a review. <i>British Journal of Nutrition</i> , 2022, 127, 1898-1920.	1.2	21
2	Neuromuscular Fatigue Affects Calf Muscle Activation Strategies, but Not Dynamic Postural Balance Control in Healthy Young Adults. <i>Frontiers in Physiology</i> , 2022, 13, 799565.	1.3	5
3	Adapted physical activity in subjects and athletes recovering from covid-19: a position statement of the Societ� Italiana Scienze Motorie e Sportive. <i>Sport Sciences for Health</i> , 2022, 18, 659-669.	0.4	5
4	Measurement of Lipid Peroxidation Products and Creatine Kinase in Blood Plasma and Saliva of Athletes at Rest and following Exercise. <i>Journal of Clinical Medicine</i> , 2022, 11, 3098.	1.0	2
5	Effects of Different Long-Term Exercise Modalities on Tissue Stiffness. <i>Sports Medicine - Open</i> , 2022, 8, .	1.3	7
6	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.	0.8	5
7	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.	1.4	287
8	Optimizing Microbiota Profiles for Athletes. <i>Exercise and Sport Sciences Reviews</i> , 2021, 49, 42-49.	1.6	11
9	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, 374.	1.7	45
10	Cardiovascular Responses to Muscle Stretching: A Systematic Review and Meta-analysis. <i>International Journal of Sports Medicine</i> , 2021, 42, 481-493.	0.8	16
11	Different Gymnastic Balls Affect Postural Balance Rather Than Core-Muscle Activation: A Preliminary Study. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 1337.	1.3	2
12	Dual-Task Conditions on Static Postural Control in Older Adults: A Systematic Review and Meta-Analysis. <i>Journal of Aging and Physical Activity</i> , 2021, 29, 162-177.	0.5	13
13	Peripheral Nerve Responses to Muscle Stretching: A Systematic Review. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 258-267.	0.7	7
14	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.	1.3	9
15	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.	1.4	20
16	Effect of an Endurance and Strength Mixed Circuit Training on Regional Fat Thickness: The Quest for the "Spot Reduction". <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3845.	1.2	8
17	Nutritional Support for Bariatric Surgery Patients: The Skin beyond the Fat. <i>Nutrients</i> , 2021, 13, 1565.	1.7	13
18	Effects of Rapid Weight Loss on Kidney Function in Combat Sport Athletes. <i>Medicina (Lithuania)</i> , 2021, 57, 551.	0.8	19

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19	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.	1.3	2
20	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.	0.2	37
21	Salivary And Plasmatic Creatine Kinase And Lactate Dehydrogenase Responses Following High-intensity Continuous Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 377-377.	0.2	1
22	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.	1.0	15
23	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, 9755.	1.2	22
24	Health Implications of Judo Training. <i>Sustainability</i> , 2021, 13, 11403.	1.6	3
25	Influence of Trunk Position during Three Lunge Exercises on Muscular Activation in Trained Women. <i>International Journal of Exercise Science</i> , 2021, 14, 202-210.	0.5	0
26	Just Do It: High Intensity Physical Activity Preserves Mental and Physical Health in Elite and Non-elite Athletes During COVID-19. <i>Frontiers in Psychology</i> , 2021, 12, 757150.	1.1	7
27	Weight cycling in combat sports: revisiting 25 years of scientific evidence. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021, 13, 154.	0.7	12
28	Nutrition and Physical Activity-Induced Changes in Gut Microbiota: Possible Implications for Human Health and Athletic Performance. <i>Foods</i> , 2021, 10, 3075.	1.9	17
29	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.	1.1	16
30	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. <i>BioMed Research International</i> , 2020, 2020, 1-7.	0.9	24
31	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, 6604.	1.2	25
32	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.	1.8	34
33	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.	0.8	20
34	Ketonemia and Glycemia Affect Appetite Levels and Executive Functions in Overweight Females During Two Ketogenic Diets. <i>Obesity</i> , 2020, 28, 1868-1877.	1.5	8
35	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, 6273.	1.2	8
36	Personalized Tests in Paralympic Athletes: Aerobic and Anaerobic Performance Profile of Elite Wheelchair Rugby Players. <i>Journal of Personalized Medicine</i> , 2020, 10, 118.	1.1	5

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37	Editorial: Metabolic Shifting: Nutrition, Exercise, and Timing. <i>Frontiers in Nutrition</i> , 2020, 7, 592863.	1.6	4
38	The execution of the Grooved Pegboard test in a Dual-Task situation: A pilot study. <i>Heliyon</i> , 2020, 6, e04678.	1.4	12
39	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.	1.7	60
40	Effects of Rapid Weight Loss on Judo Athletes: A Systematic Review. <i>Nutrients</i> , 2020, 12, 1220.	1.7	36
41	Elite Athletes and COVID-19 Lockdown: Future Health Concerns for an Entire Sector. <i>Journal of Functional Morphology and Kinesiology</i> , 2020, 5, 30.	1.1	59
42	Betaine Supplementation Does not Improve Muscle Hypertrophy or Strength Following 6 Weeks of Cross-Fit Training. <i>Nutrients</i> , 2020, 12, 1688.	1.7	14
43	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, 4093.	1.2	22
44	Cocoa Polyphenols and Gut Microbiota Interplay: Bioavailability, Prebiotic Effect, and Impact on Human Health. <i>Nutrients</i> , 2020, 12, 1908.	1.7	84
45	Effects of a ketogenic diet in overweight women with polycystic ovary syndrome. <i>Journal of Translational Medicine</i> , 2020, 18, 104.	1.8	125
46	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, 2759.	1.2	15
47	The effects of rapid weight loss on skeletal muscle in judo athletes. <i>Journal of Translational Medicine</i> , 2020, 18, 142.	1.8	23
48	The "Journal of Functional Morphology and Kinesiology" Journal Club Series: Resistance Training. <i>Journal of Functional Morphology and Kinesiology</i> , 2020, 5, 25.	1.1	0
49	Stay fit, don't quit: Geriatric Exercise Prescription in COVID-19 Pandemic. <i>Aging Clinical and Experimental Research</i> , 2020, 32, 1209-1210.	1.4	21
50	When COVID-19 affects muscle: effects of quarantine in older adults. <i>European Journal of Translational Myology</i> , 2020, 30, 9069.	0.8	20
51	When COVID-19 affects muscle: effects of quarantine in older adults. <i>European Journal of Translational Myology</i> , 2020, 30, 219-222.	0.8	31
52	Dual-tasking effects on static and dynamic postural balance performance: a comparison between endurance and team sport athletes. <i>PeerJ</i> , 2020, 8, e9765.	0.9	5
53	Kettlebell Training for Female Ballet Dancers: Effects on Lower Limb Power and Body Balance. <i>Journal of Human Kinetics</i> , 2020, 74, 15-22.	0.7	2
54	Effects Of 4 Weeks of Time Restricted Feeding On Performance, Metabolism And Blood Outcomes In Elite Cyclists.. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 845-845.	0.2	0

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55	Percentile values of the standing broad jump in children and adolescents aged 6-18 years old. <i>European Journal of Translational Myology</i> , 2020, 30, 9050.	0.8	5
56	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.	1.0	27
57	Expertise level influences postural balance control in young gymnasts. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 593-599.	0.4	16
58	Ketogenic Diet and Microbiota: Friends or Enemies?. <i>Genes</i> , 2019, 10, 534.	1.0	166
59	Body Composition and Endocrine Adaptations to High-Altitude Trekking in the Himalayas. <i>Advances in Experimental Medicine and Biology</i> , 2019, 1211, 61-68.	0.8	11
60	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.	2.5	17
61	Time-restricted feeding plus resistance training in active females: a randomized trial. <i>American Journal of Clinical Nutrition</i> , 2019, 110, 628-640.	2.2	126
62	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.	1.3	77
63	Mind-muscle connection: effects of verbal instructions on muscle activity during bench press exercise. <i>European Journal of Translational Myology</i> , 2019, 29, 8250.	0.8	10
64	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.	0.8	7
65	Protein supplement consumption is linked to time spent exercising and high-protein content foods: A multicentric observational study. <i>Heliyon</i> , 2019, 5, e01508.	1.4	11
66	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.	0.8	6
67	<i>Advances in Sport and Performance Nutrition</i> . <i>Nutrients</i> , 2019, 11, 538.	1.7	3
68	The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting. <i>Nutrients</i> , 2019, 11, 719.	1.7	218
69	Combined effect of different factors on weight status and cardiometabolic risk in Italian adolescents. <i>Italian Journal of Pediatrics</i> , 2019, 45, 32.	1.0	3
70	Do lower limb previous injuries affect balance performance? An observational study in volleyball players. <i>Physical Therapy in Sport</i> , 2019, 37, 49-53.	0.8	6
71	Different Amounts Of Protein Intake Influence Body Composition And Performance In Elite Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 544-544.	0.2	0
72	Ketogenic Diet and Skeletal Muscle Hypertrophy: a Frenemy Relationship?. <i>Journal of Human Kinetics</i> , 2019, 68, 233-247.	0.7	23

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73	Moderate treadmill run worsened static but not dynamic postural stability of healthy individuals. <i>European Journal of Applied Physiology</i> , 2019, 119, 841-846.	1.2	12
74	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.	0.2	26
75	Training session intensity affects plasma redox status in amateur rhythmic gymnasts. <i>Journal of Sport and Health Science</i> , 2019, 8, 561-566.	3.3	4
76	Time-restricted eating and age-related muscle loss. <i>Aging</i> , 2019, 11, 8741-8742.	1.4	18
77	The benefits of nutritional counselling for improving sport performance. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 1878-1884.	0.4	2
78	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.	0.8	60
79	Effects of the Ketogenic diet in overweight divers breathing Enriched Air Nitrox. <i>Scientific Reports</i> , 2018, 8, 2655.	1.6	13
80	Affective response to acute resistance exercise: a comparison among machines and free weights. <i>Sport Sciences for Health</i> , 2018, 14, 283-288.	0.4	16
81	Booster Ketones: Battling Hunger. <i>Obesity</i> , 2018, 26, 252-253.	1.5	7
82	Using velocity loss for monitoring resistance training effort in a real-world setting. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018, 43, 833-837.	0.9	12
83	Differential effects of attentional focus strategies during long-term resistance training. <i>European Journal of Sport Science</i> , 2018, 18, 705-712.	1.4	26
84	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.	1.0	10
85	Experimental methods for the mechanical characterization of cycling short pads. <i>Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology</i> , 2018, 232, 22-27.	0.4	1
86	Physical Exercise and Aging. <i>Practical Issues in Geriatrics</i> , 2018, , 35-41.	0.3	0
87	Exercise-induced arousal affects free-choices to inhibit. <i>Psychology of Sport and Exercise</i> , 2018, 35, 89-97.	1.1	2
88	Differences in electromyographic activity of biceps brachii and brachioradialis while performing three variants of curl. <i>PeerJ</i> , 2018, 6, e5165.	0.9	14
89	Postural control and balance in a cohort of healthy people living in Europe. <i>Medicine (United States)</i> , 2018, 97, e13835.	0.4	31
90	Using Velocity Loss for Monitoring Resistance Training Effort in a Real World Setting. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 420.	0.2	0

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91	Short-Term Modifications of Postural Balance Control in Young Healthy Subjects After Moderate Aquatic and Land Treadmill Running. <i>Frontiers in Physiology</i> , 2018, 9, 1681.	1.3	3
92	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.	0.8	13
93	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.	0.8	19
94	Effects of Adding Single Joint Exercises to a Resistance Training Programme in Trained Women. <i>Sports</i> , 2018, 6, 160.	0.7	9
95	An Exploratory Analysis of Factors Associated with Health-Related Physical Fitness in Adolescents. The ASSO Project. <i>Sustainability</i> , 2018, 10, 1847.	1.6	1
96	Critical velocity in swimmers of different ages. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 1398-1402.	0.4	0
97	Different intensities of basketball drills affect jump shot accuracy of expert and junior players. <i>PeerJ</i> , 2018, 6, e4250.	0.9	7
98	Muscle Dysmorphia and its Associated Psychological Features in Three Groups of Recreational Athletes. <i>Scientific Reports</i> , 2018, 8, 8877.	1.6	26
99	Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. <i>PeerJ</i> , 2018, 6, e5020.	0.9	13
100	Traditional vs daily undulating periodization in strength and local muscle endurance gains on trained men. <i>Journal of Human Sport and Exercise</i> , 2018, 13, .	0.2	1
101	Commentaries on Viewpoint: A time for exercise: the exercise window. <i>Journal of Applied Physiology</i> , 2017, 122, 210-213.	1.2	2
102	Isokinetic Dynamometry and 1RM Tests Produce Conflicting Results for Assessing Alterations in Muscle Strength. <i>Journal of Human Kinetics</i> , 2017, 56, 19-27.	0.7	36
103	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.	0.6	16
104	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.	2.5	25
105	The effects of a calisthenics training intervention on posture, strength and body composition. <i>Isokinetics and Exercise Science</i> , 2017, 25, 215-222.	0.2	18
106	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.	1.2	26
107	Time-restricted feeding in young men performing resistance training: A randomized controlled trial. <i>European Journal of Sport Science</i> , 2017, 17, 200-207.	1.4	213
108	Is There Any Practical Application of Meta-Analytical Results in Strength Training?. <i>Frontiers in Physiology</i> , 2017, 8, 1.	1.3	360

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109	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, 1105.	1.3	57
110	Physiological and Perceptual Responses to Nordic Walking in a Natural Mountain Environment. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 1235.	1.2	11
111	Nutrition, pharmacological and training strategies adopted by six bodybuilders: case report and critical review. <i>European Journal of Translational Myology</i> , 2017, 27, 6247.	0.8	39
112	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.	0.8	14
113	The "Journal of Functional Morphology and Kinesiology" Journal Club Series: Highlights on Recent Papers in Strength and Conditioning. <i>Journal of Functional Morphology and Kinesiology</i> , 2017, 2, 36.	1.1	2
114	Internist, anesthesiologist and surgeon use of ketogenic diet. <i>Minerva Gastroenterology</i> , 2017, 64, 84-93.	0.3	1
115	Effects of an adapted physical activity program on psychophysical health in elderly women. <i>Clinical Interventions in Aging</i> , 2016, Volume 11, 1009-1015.	1.3	32
116	Comparison of upper body strength gains between men and women after 10 weeks of resistance training. <i>PeerJ</i> , 2016, 4, e1627.	0.9	25
117	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.	0.1	23
118	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, 331.	1.7	12
119	Static and Dynamic Postural Changes after a Mountain Ultra-Marathon of 80 km and 5500 D+. <i>PLoS ONE</i> , 2016, 11, e0155085.	1.1	23
120	The influence of the stomatognathic system on explosive strength: a pilot study. <i>Journal of Physical Therapy Science</i> , 2016, 28, 72-75.	0.2	13
121	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.	1.8	433
122	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.	0.8	9
123	Pain Perception and Stabilometric Parameters in People With Chronic Low Back Pain After a Pilates Exercise Program. <i>Medicine (United States)</i> , 2016, 95, e2414.	0.4	37
124	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.	0.4	12
125	Evaluation of knee joint proprioception and balance of young female volleyball players: a pilot study. <i>Journal of Physical Therapy Science</i> , 2015, 27, 437-440.	0.2	16
126	The Ketogenic Diet and Sport. <i>Exercise and Sport Sciences Reviews</i> , 2015, 43, 153-162.	1.6	71

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127	Rowing on a Boat Versus Rowing on an Ergo-meter: A Biomechanical and Electromyographical Preliminary Study. <i>Procedia Engineering</i> , 2015, 112, 461-466.	1.2	7
128	The sit up test to exhaustion as a test for muscular endurance evaluation. <i>SpringerPlus</i> , 2015, 4, 309.	1.2	30
129	Determination of a strength index for upper body local endurance strength in sedentary individuals: a cross sectional analysis. <i>SpringerPlus</i> , 2015, 4, 734.	1.2	8
130	Molecular Signalling Response To Short Duration High Intensity/low Volume Resistance Training In Human Skeletal Muscle.. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 445.	0.2	0
131	Biomechanical Comparison of Shorts With Different Pads. <i>Medicine (United States)</i> , 2015, 94, e1186.	0.4	10
132	Itâ€™s a Matter of Mind! Cognitive Functioning Predicts the Athletic Performance in Ultra-Marathon Runners. <i>PLoS ONE</i> , 2015, 10, e0132943.	1.1	76
133	Ketosis, ketogenic diet and food intake control: a complex relationship. <i>Frontiers in Psychology</i> , 2015, 6, 27.	1.1	174
134	Motor and cognitive growth following a Football Training Program. <i>Frontiers in Psychology</i> , 2015, 6, 1627.	1.1	37
135	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. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2015, 28, 445-478.	0.6	68
136	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, 362-369.	0.5	14
137	Effects of n-3 Polyunsaturated Fatty Acids (Ï‰-3) Supplementation on Some Cardiovascular Risk Factors with a Ketogenic Mediterranean Diet. <i>Marine Drugs</i> , 2015, 13, 996-1009.	2.2	63
138	Effects of Pilates Exercise Programs in People With Chronic Low Back Pain. <i>Medicine (United States)</i> , 2015, 94, e383.	0.4	61
139	Genomic Determinants of Mediterranean Diet Success. , 2015, , 105-113.		0
140	Effects of Twenty Days of the Ketogenic Diet on Metabolic and Respiratory Parameters in Healthy Subjects. <i>Lung</i> , 2015, 193, 939-945.	1.4	36
141	Selective Activation of Shoulder, Trunk, and Arm Muscles: A Comparative Analysis of Different Push-Up Variants. <i>Journal of Athletic Training</i> , 2015, 50, 1126-1132.	0.9	18
142	The Ketogenic Mediterranean Diet. , 2015, , 271-280.		0
143	Lift weights to fight overweight. <i>Clinical Physiology and Functional Imaging</i> , 2015, 35, 1-6.	0.5	39
144	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, 137-143.	0.8	17

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145	What Is Fitness Training? Definitions and Implications: A Systematic Review Article. Iranian Journal of Public Health, 2015, 44, 602-14.	0.3	18
146	Ketogenic Diet for Obesity: Friend or Foe?. International Journal of Environmental Research and Public Health, 2014, 11, 2092-2107.	1.2	228
147	Changes in spinal range of motion after a flexibility training program in elderly women. Clinical Interventions in Aging, 2014, 9, 653.	1.3	26
148	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
149	Postural stability in subjects with whiplash injury symptoms: results of a pilot study. Acta Oto-Laryngologica, 2014, 134, 947-951.	0.3	16
150	Ketogenic Diet in Neuromuscular and Neurodegenerative Diseases. BioMed Research International, 2014, 2014, 1-10.	0.9	162
151	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
152	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
153	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
154	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
155	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
156	The surprising influence of family history to type 2 diabetes on anaerobic performance of young male Ålite athletes. SpringerPlus, 2014, 3, 224.	1.2	1
157	Hypothermia attenuates NO production in anesthetized rats with endotoxemia. Naunyn-Schmiedeberg's Archives of Pharmacology, 2014, 387, 659-665.	1.4	6
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