

Nicolay Stien

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/77478/publications.pdf>

Version: 2024-02-01

20
papers

159
citations

1307594

7
h-index

1372567

10
g-index

20
all docs

20
docs citations

20
times ranked

60
citing authors

#	ARTICLE	IF	CITATIONS
1	Comparison of climbing-specific strength and endurance between lead and boulder climbers. PLoS ONE, 2019, 14, e0222529.	2.5	29
2	The Effects of Trunk Muscle Training on Physical Fitness and Sport-Specific Performance in Young and Adult Athletes: A Systematic Review and Meta-Analysis. Sports Medicine, 2022, 52, 1599-1622.	6.5	13
3	Dose-response of resistance training for neck-and shoulder pain relief: a workplace intervention study. BMC Sports Science, Medicine and Rehabilitation, 2020, 12, 8.	1.7	11
4	Upper body rate of force development and maximal strength discriminates performance levels in sport climbing. PLoS ONE, 2021, 16, e0249353.	2.5	11
5	Effects of Two vs. Four Weekly Campus Board Training Sessions on Bouldering Performance and Climbing-Specific Tests in Advanced and Elite Climbers. Journal of Sports Science and Medicine, 2021, 20, 438-447.	1.6	11
6	Tests and Procedures for Measuring Endurance, Strength, and Power in Climbing—A Mini-Review. Frontiers in Sports and Active Living, 2022, 4, 847447.	1.8	11
7	Training specificity performing single-joint vs. multi-joint resistance exercises among physically active females: A randomized controlled trial. PLoS ONE, 2020, 15, e0233540.	2.5	9
8	The Effect of Grip Width on Muscle Strength and Electromyographic Activity in Bench Press among Novice- and Resistance-Trained Men. International Journal of Environmental Research and Public Health, 2021, 18, 6444.	2.6	9
9	Muscle activity in asymmetric bench press among resistance-trained individuals. European Journal of Applied Physiology, 2020, 120, 2517-2524.	2.5	8
10	Muscle activation with swinging loads in bench press. PLoS ONE, 2020, 15, e0239202.	2.5	7
11	The Effects of Prioritizing Lead or Boulder Climbing Among Intermediate Climbers. Frontiers in Sports and Active Living, 2021, 3, 661167.	1.8	7
12	The Role of Trunk Training for Physical Fitness and Sport-Specific Performance. Protocol for a Meta-Analysis. Frontiers in Sports and Active Living, 2021, 3, 625098.	1.8	7
13	Acute Effects of Elastic Bands as Resistance or Assistance on EMG, Kinetics, and Kinematics During Deadlift in Resistance-Trained Men. Frontiers in Sports and Active Living, 2020, 2, 598284.	1.8	6
14	The effects of ten weeks resistance training on sticking region in chest-press exercises. PLoS ONE, 2020, 15, e0235555.	2.5	6
15	Electromyographic Comparison of Five Lower-Limb Muscles between Single- and Multi-Joint Exercises among Trained Men. Journal of Sports Science and Medicine, 2021, 20, 56-61.	1.6	4
16	The Effects of 10 Weeks Hangboard Training on Climbing Specific Maximal Strength, Explosive Strength, and Finger Endurance. Frontiers in Sports and Active Living, 2022, 4, 888158.	1.8	3
17	Differences in Upper-Body Peak Force and Rate of Force Development in Male Intermediate, Advanced, and Elite Sport Climbers. Frontiers in Sports and Active Living, 0, 4, .	1.8	3
18	The effects of assisted and resisted plyometric training on jump height and sprint performance among physically active females. European Journal of Sport Science, 2022, 22, 1569-1576.	2.7	2

#	ARTICLE	IF	CITATIONS
19	Effects of bouncing the barbell in bench press on throwing velocity and strength among handball players. PLoS ONE, 2021, 16, e0260297.	2.5	2
20	Comparison of Muscle Activity in Three Single-Joint, Hip Extension Exercises in Resistance-Trained Women. Journal of Sports Science and Medicine, 2021, 20, 181-187.	1.6	0