

# 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	The effects of assisted and resisted plyometric training on jump height and sprint performance among physically active females. <i>European Journal of Sport Science</i> , 2022, 22, 1569-1576.	2.7	2
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. <i>Sports Medicine</i> , 2022, 52, 1599-1622.	6.5	13
3	Tests and Procedures for Measuring Endurance, Strength, and Power in Climbing—A Mini-Review. <i>Frontiers in Sports and Active Living</i> , 2022, 4, 847447.	1.8	11
4	The Effects of 10 Weeks Hangboard Training on Climbing Specific Maximal Strength, Explosive Strength, and Finger Endurance. <i>Frontiers in Sports and Active Living</i> , 2022, 4, 888158.	1.8	3
5	Upper body rate of force development and maximal strength discriminates performance levels in sport climbing. <i>PLoS ONE</i> , 2021, 16, e0249353.	2.5	11
6	Electromyographic Comparison of Five Lower-Limb Muscles between Single- and Multi-Joint Exercises among Trained Men. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 56-61.	1.6	4
7	Comparison of Muscle Activity in Three Single-Joint, Hip Extension Exercises in Resistance-Trained Women. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 181-187.	1.6	0
8	The Effects of Prioritizing Lead or Boulder Climbing Among Intermediate Climbers. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 661167.	1.8	7
9	Effects of Two vs. Four Weekly Campus Board Training Sessions on Bouldering Performance and Climbing-Specific Tests in Advanced and Elite Climbers. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 438-447.	1.6	11
10	The Role of Trunk Training for Physical Fitness and Sport-Specific Performance. Protocol for a Meta-Analysis. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 625098.	1.8	7
11	The Effect of Grip Width on Muscle Strength and Electromyographic Activity in Bench Press among Novice- and Resistance-Trained Men. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6444.	2.6	9
12	Effects of bouncing the barbell in bench press on throwing velocity and strength among handball players. <i>PLoS ONE</i> , 2021, 16, e0260297.	2.5	2
13	Acute Effects of Elastic Bands as Resistance or Assistance on EMG, Kinetics, and Kinematics During Deadlift in Resistance-Trained Men. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 598284.	1.8	6
14	Muscle activity in asymmetric bench press among resistance-trained individuals. <i>European Journal of Applied Physiology</i> , 2020, 120, 2517-2524.	2.5	8
15	Muscle activation with swinging loads in bench press. <i>PLoS ONE</i> , 2020, 15, e0239202.	2.5	7
16	Training specificity performing single-joint vs. multi-joint resistance exercises among physically active females: A randomized controlled trial. <i>PLoS ONE</i> , 2020, 15, e0233540.	2.5	9
17	Dose-response of resistance training for neck-and shoulder pain relief: a workplace intervention study. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2020, 12, 8.	1.7	11
18	The effects of ten weeks resistance training on sticking region in chest-press exercises. <i>PLoS ONE</i> , 2020, 15, e0235555.	2.5	6

#	ARTICLE	IF	CITATIONS
19	Comparison of climbing-specific strength and endurance between lead and boulder climbers. PLoS ONE, 2019, 14, e0222529.	2.5	29
20	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