Paulo Gentil

List of Publications by Year
in descending order

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211	4,238	159358	168136
papers	citations	30 h-index	53 g-index

226	226	226	4681
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	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
2	Is There Any Practical Application of Meta-Analytical Results in Strength Training?. Frontiers in Physiology, 2017, 8, 1.	1.3	360
3	Clarity in reporting terminology and definitions of set endpoints in resistance training. Muscle and Nerve, 2017, 56, 368-374.	1.0	146
4	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. Sports Medicine, 2018, 48, 1059-1081.	3.1	109
5	Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity interval training (HIIT). British Journal of Sports Medicine, 2019, 53, 655-664.	3.1	90
6	Influence of Supervision Ratio on Muscle Adaptations to Resistance Training in Nontrained Subjects. Journal of Strength and Conditioning Research, 2010, 24, 639-643.	1.0	80
7	A Review of the Acute Effects and Long-Term Adaptations of Single- and Multi-Joint Exercises during Resistance Training. Sports Medicine, 2017, 47, 843-855.	3.1	76
8	A minimal dose approach to resistance training for the older adult; the prophylactic for aging. Experimental Gerontology, 2017, 99, 80-86.	1.2	74
9	Effects of Power Training on Muscle Thickness of Older Men. International Journal of Sports Medicine, 2009, 30, 200-204.	0.8	71
10	Effect of adding single-joint exercises to a multi-joint exercise resistance-training program on strength and hypertrophy in untrained subjects. Applied Physiology, Nutrition and Metabolism, 2013, 38, 341-344.	0.9	62
11	There are no no-responders to low or high resistance training volumes among older women. Experimental Gerontology, 2017, 99, 18-26.	1.2	60
12	Dissociated Time Course of Recovery Between Genders After Resistance Exercise. Journal of Strength and Conditioning Research, 2011, 25, 3039-3044.	1.0	57
13	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
14	Effects of Exercise Order on Upper-Body Muscle Activation and Exercise Performance. Journal of Strength and Conditioning Research, 2007, 21, 1082.	1.0	56
15	Effects of rest duration between sets of resistance training on acute hormonal responses in trained women. Journal of Science and Medicine in Sport, 2009, 12, 73-78.	0.6	53
16	Physical Inactivity Is Associated With Increased Levels of Anxiety, Depression, and Stress in Brazilians During the COVID-19 Pandemic: A Cross-Sectional Study. Frontiers in Psychiatry, 2020, 11, 565291.	1.3	53
17	Time under Tension and Blood Lactate Response during Four Different Resistance Training Methods. Journal of Physiological Anthropology, 2006, 25, 339-344.	1.0	52
18	Genetic Heterogeneity of Self-Reported Ancestry Groups in an Admixed Brazilian Population. Journal of Epidemiology, 2011, 21, 240-245.	1.1	47

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19	Single vs. Multi-Joint Resistance Exercises: Effects on Muscle Strength and Hypertrophy. Asian Journal of Sports Medicine, 2015, 6, e24057.	0.1	47
20	The effects of adding single-joint exercises to a multi-joint exercise resistance training program on upper body muscle strength and size in trained men. Applied Physiology, Nutrition and Metabolism, 2015, 40, 822-826.	0.9	47
21	Effects of Different Plyometric Training Frequencies on Components of Physical Fitness in Amateur Female Soccer Players. Frontiers in Physiology, 2018, 9, 934.	1.3	45
22	High-speed resistance training in elderly women: Effects of cluster training sets on functional performance and quality of life. Experimental Gerontology, 2018, 110, 216-222.	1.2	44
23	Effects of Training Attendance on Muscle Strength of Young Men after 11 Weeks of Resistance Training. Asian Journal of Sports Medicine, 2013, 4, 101-6.	0.1	43
24	Can We Draw General Conclusions from Interval Training Studies?. Sports Medicine, 2018, 48, 2001-2009.	3.1	41
25	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
26	Anxiolytic Effects of a Single Session of the Exergame Zumba^{Â®}Fitness on Healthy Young Women. Games for Health Journal, 2017, 6, 365-370.	1.1	37
27	Effects of high vs moderate-intensity intermittent training on functionality, resting heart rate and blood pressure of elderly women. Journal of Translational Medicine, 2020, 18, 88.	1.8	37
28	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
29	Resistance training for strength and muscle thickness: Effect of number of sets and muscle group trained. Science and Sports, 2011, 26, 259-264.	0.2	35
30	Ability to predict repetitions to momentary failure is not perfectly accurate, though improves with resistance training experience. PeerJ, 2017, 5, e4105.	0.9	32
31	A Two-Dimensional Model for Interface Coupling in Triple-Gate Transistors. IEEE Transactions on Electron Devices, 2007, 54, 767-775.	1.6	31
32	Dissociated Time Course of Muscle Damage Recovery Between Single- and Multi-Joint Exercises in Highly Resistance-Trained Men. Journal of Strength and Conditioning Research, 2015, 29, 2594-2599.	1.0	31
33	The Effects of 6 Months of Progressive High Effort Resistance Training Methods upon Strength, Body Composition, Function, and Wellbeing of Elderly Adults. BioMed Research International, 2017, 2017, 1-14.	0.9	31
34	Effects of Plyometric Training on Physical Performance of Young Male Soccer Players: Potential Effects of Different Drop Jump Heights. Pediatric Exercise Science, 2019, 31, 306-313.	0.5	29
35	Sequencing Effects of Plyometric Training Applied Before or After Regular Soccer Training on Measures of Physical Fitness in Young Players. Journal of Strength and Conditioning Research, 2020, 34, 1959-1966.	1.0	29
36	Effects of High-Intensity Interval Training vs. Sprint Interval Training on Anthropometric Measures and Cardiorespiratory Fitness in Healthy Young Women. Frontiers in Physiology, 2018, 9, 1738.	1.3	28

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37	Minimal dose resistance training with elastic tubes promotes functional and cardiovascular benefits to older women. Experimental Gerontology, 2019, 115, 132-138.	1.2	28
38	The effects of exergames on anxiety levels: A systematic review and metaâ€anâ€analysis. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 1100-1116.	1.3	28
39	Inter-individual Variability in Responses to 7 Weeks of Plyometric Jump Training in Male Youth Soccer Players. Frontiers in Physiology, 2018, 9, 1156.	1.3	27
40	Lack of Association Between Vitamin D Receptor Genotypes and Haplotypes With Fat-Free Mass in Postmenopausal Brazilian Women. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2007, 62, 966-972.	1.7	26
41	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
42	Tabata protocol: a review of its application, variations and outcomes. Clinical Physiology and Functional Imaging, 2019, 39, 1-8.	0.5	26
43	Risk Factors Associated with Cardiac Autonomic Modulation in Obese Individuals. Journal of Obesity, 2020, 2020, 1-8.	1.1	26
44	Association Between Femoral Neck Bone Mineral Density and Lower Limb Fat-Free Mass in Postmenopausal Women. Journal of Clinical Densitometry, 2007, 10, 174-178.	0.5	25
45	Comparison of upper body strength gains between men and women after 10 weeks of resistance training. PeerJ, 2016, 4, e1627.	0.9	25
46	Fatigue and perceptual responses of heavier- and lighter-load isolated lumbar extension resistance exercise in males and females. PeerJ, 2018, 6, e4523.	0.9	24
47	Acute effects of different resistance training loads on cardiac autonomic modulation in hypertensive postmenopausal women. Journal of Translational Medicine, 2018, 16, 240.	1.8	24
48	Physical fitness predicts technical-tactical and time-motion profile in simulated Judo and Brazilian Jiu-Jitsu matches. PeerJ, 2018, 6, e4851.	0.9	24
49	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. BioMed Research International, 2020, 2020, 1-7.	0.9	24
50	Commentary: Why sprint interval training is inappropriate for a largely sedentary population. Frontiers in Psychology, 2015, 6, 1359.	1.1	23
51	The Impact of Coronavirus (COVID-19) Related Public-Health Measures on Training Behaviours of Individuals Previously Participating in Resistance Training: A Cross-Sectional Survey Study. Sports Medicine, 2021, 51, 1561-1580.	3.1	23
52	The Chronic Effects of Low- and High-Intensity Resistance Training on Muscular Fitness in Adolescents. PLoS ONE, 2016, 11, e0160650.	1.1	23
53	Profiling exercise intensity during the exergame Hollywood Workout on XBOX 360 KinectÂ®. PeerJ, 2018, 6, e5574.	0.9	23
54	Physical Activity and Sociodemographic Profile of Brazilian People during COVID-19 Outbreak: An Online and Cross-Sectional Survey. International Journal of Environmental Research and Public Health, 2020, 17, 7964.	1.2	22

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55	Chronic Effects of Resistance Training in Breast Cancer Survivors. BioMed Research International, 2017, 2017, 1-18.	0.9	21
56	Physical exercise and COVID-19 pandemic in PubMed: Two months of dynamics and one year of original scientific production. Sports Medicine and Health Science, 2021, 3, 80-92.	0.7	21
57	Cardiac Autonomic Modulation and the Kinetics of Heart Rate Responses in the On- and Off-Transient during Exercise in Women with Metabolic Syndrome. Frontiers in Physiology, 2017, 8, 542.	1.3	20
58	Resistance Training in Face of the Coronavirus Outbreak: Time to Think Outside the Box. Frontiers in Physiology, 2020, 11, 859.	1.3	20
59	Resistance Training Performed to Failure or Not to Failure Results in Similar Total Volume, but With Different Fatigue and Discomfort Levels. Journal of Strength and Conditioning Research, 2021, 35, 1372-1379.	1.0	20
60	Practical Recommendations Relevant to the Use of Resistance Training for COVID-19 Survivors. Frontiers in Physiology, 2021, 12, 637590.	1.3	20
61	Reduced Volume â€˜Daily Maxâ€™ Training Compared to Higher Volume Periodized Training in Powerlifters Preparing for Competitionâ€”A Pilot Study. Sports, 2018, 6, 86.	0.7	19
62	Effects of antagonist pre-load on knee extensor isokinetic muscle performance. Journal of Sports Sciences, 2011, 29, 271-278.	1.0	18
63	Dissociated time course between peak torque and total work recovery following bench press training in resistance trained men. Physiology and Behavior, 2017, 179, 143-147.	1.0	18
64	Hâ€³ITâ€³ting the Barriers for Exercising during Social Isolation. Biology, 2020, 9, 245.	1.3	18
65	Effects of Plyometric Jump Training on Repeated Sprint Ability in Athletes: A Systematic Review and Meta-Analysis. Sports Medicine, 2021, 51, 2165-2179.	3.1	18
66	Cardiorespiratory and perceptual responses of two interval training and a continuous training protocol in healthy young men. European Journal of Sport Science, 2019, 19, 653-660.	1.4	17
67	Back Squat vs. Hip Thrust Resistance-training Programs in Well-trained Women. International Journal of Sports Medicine, 2020, 41, 306-310.	0.8	17
68	Physical Activity, Cdx-2 Genotype, and BMD. International Journal of Sports Medicine, 2007, 28, 1065-1069.	0.8	16
69	High 1RM Tests Reproducibility and Validity are not Dependent on Training Experience, Muscle Group Tested or Strength Level in Older Women. Sports, 2018, 6, 171.	0.7	16
70	Caffeine ingestion changes timeâ€•motion and technicalâ€•tactical aspects in simulated boxing matches: A randomized doubleâ€•blind PLAâ€•controlled crossover study. European Journal of Sport Science, 2018, 18, 975-983.	1.4	16
71	Comparisons of Resistance Training and â€œCardioâ€•Exercise Modalities as Countermeasures to Microgravity-Induced Physical Deconditioning: New Perspectives and Lessons Learned From Terrestrial Studies. Frontiers in Physiology, 2019, 10, 1150.	1.3	16
72	Once a Week Resistance Training Improves Muscular Strength in Breast Cancer Survivors: A Randomized Controlled Trial. Integrative Cancer Therapies, 2019, 18, 153473541987974.	0.8	16

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73	Effects of plyometric jump training on the physical fitness of young male soccer players: Modulation of response by inter-set recovery interval and maturation status. Journal of Sports Sciences, 2019, 37, 2645-2652.	1.0	16
74	Effects of placebo on bench throw performance of Paralympic weightlifting athletes: a pilot study. Journal of the International Society of Sports Nutrition, 2019, 16, 9.	1.7	16
75	Influence of Adding Single-Joint Exercise to a Multijoint Resistance Training Program in Untrained Young Women [RETRACTED]. Journal of Strength and Conditioning Research, 2020, 34, 2214-2219.	1.0	16
76	Vitamin-D-Receptor Genotypes and Bone-Mineral Density in Postmenopausal Women: Interaction with Physical Activity. Journal of Aging and Physical Activity, 2009, 17, 31-45.	0.5	15
77	Chronic Effects of Different Between-Set Rest Durations on Muscle Strength in Nonresistance Trained Young Men. Journal of Strength and Conditioning Research, 2010, 24, 37-42.	1.0	15
78	A nutrition and conditioning intervention for natural bodybuilding contest preparation: observations and suggestions. Journal of the International Society of Sports Nutrition, 2015, 12, 50.	1.7	15
79	Muscle activation during resistance training with no external load - effects of training status, movement velocity, dominance, and visual feedback. Physiology and Behavior, 2017, 179, 148-152.	1.0	15
80	Interval Training Improves Depressive Symptoms But Not Anxious Symptoms in Healthy Women. Frontiers in Psychiatry, 2019, 10, 661.	1.3	15
81	High and low-load resistance training produce similar effects on bone mineral density of middle-aged and older people: A systematic review with meta-analysis of randomized clinical trials. Experimental Gerontology, 2020, 138, 110973.	1.2	15
82	ComparaÃ§Ã£o entre a atividade EMG do peitoral maior, deltÃ³ide anterior e trÃceps braquial durante os exercÃcios supino reto e crucifixo. Revista Brasileira De Medicina Do Esporte, 2007, 13, 51-54.	0.1	14
83	Why intensity is not a bad word â€“ Benefits and practical aspects of high effort resistance training to the older. Clinical Nutrition, 2017, 36, 1454-1455.	2.3	14
84	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
85	Non-Linear Resistance Training Program Induced Power and Strength but Not Linear Sprint Velocity and Agility Gains in Young Soccer Players. Sports, 2018, 6, 43.	0.7	14
86	Effects of Maturation on Physical Fitness Adaptations to Plyometric Drop Jump Training in Male Youth Soccer Players. Journal of Strength and Conditioning Research, 2020, 34, 2760-2768.	1.0	14
87	Cluster-sets resistance training induce similar functional and strength improvements than the traditional method in postmenopausal and elderly women. Experimental Gerontology, 2020, 138, 111011.	1.2	14
88	The strength-endurance continuum revisited:a critical commentary of the recommendation ofdifferent loading ranges for different muscular adaptations. Journal of Trainology, 2020, 9, 1-8.	1.2	14
89	Kinematics and Kinetics of Multiple Sets Using Lifting Straps During Deadlift Training. Journal of Strength and Conditioning Research, 2015, 29, 3399-3404.	1.0	13
90	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

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91	Reliability and Agreement of the 10-Repetition Maximum Test in Breast Cancer Survivors. Frontiers in Oncology, 2019, 9, 918.	1.3	13
92	The Effect of In-Season Traditional and Explosive Resistance Training Programs on Strength, Jump Height, and Speed in Recreational Soccer Players. Research Quarterly for Exercise and Sport, 2019, 90, 95-102.	0.8	13
93	Acute and Chronic Effects of Interval Training on the Immune System: A Systematic Review with Meta-Analysis. Biology, 2021, 10, 868.	1.3	13
94	Body composition adaptations to lower-body plyometric training: aÂsystematic review and meta-analysis. Biology of Sport, 2022, 39, 273-287.	1.7	13
95	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
96	The role of volume-load in strength and absolute endurance adaptations in adolescentâ€™s performing high- or low-load resistance training. Applied Physiology, Nutrition and Metabolism, 2017, 42, 193-201.	0.9	12
97	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
98	Dribble Deficit Enables Measurement of Dribbling Speed Independent of Sprinting Speed in Collegiate, Male, Basketball Players. Journal of Strength and Conditioning Research, 2021, 35, 2040-2045.	1.0	12
99	Resistance Training, Fatigue, Quality of Life, Anxiety in Breast Cancer Survivors. Journal of Strength and Conditioning Research, 2021, 35, 1350-1356.	1.0	12
100	Similar acute physiological responses from effort and duration matched leg press and recumbent cycling tasks. PeerJ, 2018, 6, e4403.	0.9	12
101	Efeitos agudos de vÃ¡rios mÃ©todos de treinamento de forÃ§a no lactato sanguÃneo e caracterÃsticas de cargas em homens treinados recreacionalmente. Revista Brasileira De Medicina Do Esporte, 2006, 12, 303-307.	0.1	11
102	Reliability of meta-analyses to evaluate resistance training programmes. Journal of Sports Sciences, 2017, 35, 1982-1984.	1.0	11
103	Knowledge about sport and exercise science. Health Education, 2018, 118, 250-261.	0.4	11
104	Exponential model for analysis of heart rate responses and autonomic cardiac modulation during different intensities of physical exercise. Royal Society Open Science, 2019, 6, 190639.	1.1	11
105	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
106	â€œNO LOADâ€•resistance training increases functional capacity and muscle size in hospitalized female patients: A pilot study. European Journal of Translational Myology, 2019, 29, 8492.	0.8	11
107	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
108	Effects of a low-volume plyometric training in anaerobic performance of adolescent athletes. Journal of Sports Medicine and Physical Fitness, 2018, 58, 570-575.	0.4	10

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109	Physical Fitness and Anthropometric Measures of Young Brazilian Judo and Wrestling Athletes and Its Relations to Cardiorespiratory Fitness. Sports, 2019, 7, 38.	0.7	10
110	Ursolic acid has no additional effect on muscle strength and mass in active men undergoing a high-protein diet and resistance training: A double-blind and placebo-controlled trial. Clinical Nutrition, 2021, 40, 581-589.	2.3	10
111	ACTN3 R577X Polymorphism and Neuromuscular Response to Resistance Training. Journal of Sports Science and Medicine, 2011, 10, 393-9.	0.7	10
112	High intensity interval training does not impair strength gains in response to resistance training in premenopausal women. European Journal of Applied Physiology, 2017, 117, 1257-1265.	1.2	9
113	Defining the number of bouts and oxygen uptake during the â€œTabata protocolâ€•performed at different intensities. Physiology and Behavior, 2018, 189, 10-15.	1.0	9
114	Effects of Adding Single Joint Exercises to a Resistance Training Programme in Trained Women. Sports, 2018, 6, 160.	0.7	9
115	Periodization for optimizing strength and hypertrophy; the forgotten variables. Journal of Trainology, 2018, 7, 10-15.	1.2	9
116	Postactivation Potentiation Improves Performance in a Resistance Training Session in Trained Men. Journal of Strength and Conditioning Research, 2021, 35, 3296-3299.	1.0	9
117	Improvements in health parameters of a diabetic and hypertensive patient with only 40â€‰minutes of exercise per week: a case study. Disability and Rehabilitation, 2020, 42, 3119-3125.	0.9	9
118	â€œJust One More Rep!â€•â€“ Ability to Predict Proximity to Task Failure in Resistance Trained Persons. Frontiers in Psychology, 2020, 11, 565416.	1.1	9
119	Short-Duration Beta-Alanine Supplementation Did Not Prevent the Detrimental Effects of an Intense Preparatory Period on Exercise Capacity in Top-Level Female Footballers. Frontiers in Nutrition, 2020, 7, 43.	1.6	9
120	Effect of caffeine supplementation on exercise performance, power, markers of muscle damage, and perceived exertion in trained CrossFit men: a randomized, double-blind, placebo-controlled crossover trial. Journal of Sports Medicine and Physical Fitness, 2020, 60, 181-188.	0.4	9
121	EFFECTS OF EXERCISE ORDER ON UPPER-BODY MUSCLE ACTIVATION AND EXERCISE PERFORMANCE. Journal of Strength and Conditioning Research, 2007, 21, 1082-1086.	1.0	8
122	Comment on: Volume for Muscle Hypertrophy and Health Outcomes: The Most Effective Variable in Resistance Training. Sports Medicine, 2018, 48, 1281-1284.	3.1	8
123	High-velocity resistance exercise protocols in older women: effects on cardiovascular response. Journal of Sports Science and Medicine, 2007, 6, 560-7.	0.7	8
124	Revisiting Tabataâ€™s Protocol. Medicine and Science in Sports and Exercise, 2016, 48, 2070-2071.	0.2	7
125	Recovery of pectoralis major and triceps brachii after bench press exercise. Muscle and Nerve, 2017, 56, 963-967.	1.0	7
126	Commentary: High-intensity Intermittent Training vs. Moderate-intensity Intermittent Training: Is It a Matter of Intensity or Intermittent Efforts?. Frontiers in Physiology, 2017, 8, 370.	1.3	7

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127	High Resistance Training Volume and Low Caloric and Protein Intake Are Associated with Detrimental Alterations in Body Composition of an Amateur Bodybuilder Using Anabolic Steroids: A Case Report. Journal of Functional Morphology and Kinesiology, 2017, 2, 37.	1.1	7
128	Effects of Variable Resistance Training on Maximal Strength: A Meta-analysis. Journal of Strength and Conditioning Research, 2018, 32, e52-e55.	1.0	7
129	Biochemical Profile and Body Composition Alteration of Amateur Bodybuilders during the Pre-Contest Period. Journal of Functional Morphology and Kinesiology, 2018, 3, 26.	1.1	7
130	Is the Energy Expenditure Provided by Exergames Valid?. International Journal of Sports Medicine, 2019, 40, 563-568.	0.8	7
131	Concurrent training performed with and without repetitions to failure in older men: A randomized clinical trial. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1141-1152.	1.3	7
132	Evidence of a Ceiling Effect for Training Volume in Muscle Hypertrophy and Strength in Trained Menâ€"Less is More?. International Journal of Sports Physiology and Performance, 2020, 15, 268-277.	1.1	7
133	The impact of resistance training volume on muscle size and lean body mass: to infinity and beyond?. Human Movement, 2020, 21, 18-29.	0.5	7
134	Effects of exercise cessation on adipose tissue physiological markers related to fat regain: A systematic review. SAGE Open Medicine, 2020, 8, 205031212093695.	0.7	7
135	Effects of High-Speed Versus Traditional Resistance Training in Older Adults. Sports Health, 2022, 14, 283-291.	1.3	7
136	Effect of both dance exergame and a traditional exercise on state anxiety and enjoyment in women. Journal of Sports Medicine and Physical Fitness, 2022, 62, .	0.4	7
137	High-Intensity Interval Training Improves Cardiac Autonomic Function in Patients with Type 2 Diabetes: A Randomized Controlled Trial. Biology, 2022, 11, 66.	1.3	7
138	Heavier- and lighter-load isolated lumbar extension resistance training produce similar strength increases, but different perceptual responses, in healthy males and females. PeerJ, 2018, 6, e6001.	0.9	6
139	A novel approach for rehabilitation of a triceps tendon rupture: A case report. Physical Therapy in Sport, 2018, 32, 194-199.	0.8	6
140	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
141	Effects of different resistance training frequencies on body composition and muscular performance adaptations in men. PeerJ, 2021, 9, e10537.	0.9	6
142	Effects of Periodic and Continuous Resistance Training on Muscle Strength in Detrained Women. Perceptual and Motor Skills, 2015, 121, 810-821.	0.6	5
143	Commentary: The Effects of High Intensity Interval Training vs Steady State Training on Aerobic and Anaerobic Capacity. Frontiers in Physiology, 2016, 7, 495.	1.3	5
144	Is It Time to Rethink Our Weight Loss Paradigms?. Biology, 2020, 9, 70.	1.3	5

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145	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
146	Mindâ€“Muscle Connection: Limited Effect of Verbal Instructions on Muscle Activity in a Seated Row Exercise. Perceptual and Motor Skills, 2020, 127, 925-938.	0.6	5
147	High Fasting Glycemia Predicts Impairment of Cardiac Autonomic Control in Adults With Type 2 Diabetes: A Case-Control Study. Frontiers in Endocrinology, 2021, 12, 760292.	1.5	5
148	Lack of association of the ACE genotype with the muscle strength response to resistance training. European Journal of Sport Science, 2012, 12, 331-337.	1.4	4
149	Comment on: â€œDetermining Strength: A Case for Multiple Methods of Measurementâ€• Sports Medicine, 2017, 47, 1901-1902.	3.1	4
150	The geometric curvature of the spine during the sirshasana, the yogaâ€™s headstand. Journal of Sports Sciences, 2017, 35, 1134-1141.	1.0	4
151	Effects of kettlebell training and detraining on mood status and sleep and life quality of healthy women. Journal of Bodywork and Movement Therapies, 2020, 24, 344-353.	0.5	4
152	â€œNO LOADâ€•Resistance Training Promotes High Levels of Knee Extensor Muscles Activationâ€”A Pilot Study. Diagnostics, 2020, 10, 526.	1.3	4
153	Home-Based Kettlebell Exercise and Coronavirus Outbreak: Practical Suggestions. Strength and Conditioning Journal, 2021, 43, 115-120.	0.7	4
154	Use of low volume, high effort resistance training to manage blood pressure in hypertensive patients inside a public hospital: a proof of concept study. European Journal of Translational Myology, 2021, 31, .	0.8	4
155	Exercise interventions can improve muscle strength, endurance, and electrical activity of lumbar extensors in individuals with non-specific low back pain: a systematic review with meta-analysis. Scientific Reports, 2021, 11, 16842.	1.6	4
156	High-Speed Bodyweight Resistance Training Improves Functional Performance Through Maximal Velocity in Older Females. Journal of Aging and Physical Activity, 2021, 29, 659-669.	0.5	4
157	Physiological aspects and energetic contribution in 20s:10s high-intensity interval exercise at different intensities. PeerJ, 2020, 8, e9791.	0.9	4
158	Cycle ergometer training and resistance training similarly increase muscle strength in trained men. Journal of Sports Sciences, 2022, 40, 583-590.	1.0	4
159	Respostas hormonais agudas a diferentes intensidades de exercÃcios resistidos em mulheres idosas. Revista Brasileira De Medicina Do Esporte, 2008, 14, 367-371.	0.1	3
160	Phase Angle as an Indicator of Health and Fitness in Patients Entering an Exercise Referral Scheme. Journal of the American Medical Directors Association, 2018, 19, 809-810.	1.2	3
161	Acute Caffeine Mouth Rinse Does Not Change the Hydration Status following a 10â€‰km Run in Recreationally Trained Runners. BioMed Research International, 2020, 2020, 1-5.	0.9	3
162	Effects of Creatine Supplementation on Lower-Limb Muscle Endurance Following an Acute Bout of Aerobic Exercise in Young Men. Sports, 2020, 8, 12.	0.7	3

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163	Neurological features of COVID-19 and epilepsy: Could neuromuscular assessment be a physical and functional marker?. Epilepsy and Behavior, 2021, 114, 107648.	0.9	3
164	HIIE Protocols Promote Better Acute Effects on Blood Glucose and Pressure Control in People with Type 2 Diabetes than Continuous Exercise. International Journal of Environmental Research and Public Health, 2022, 19, 2601.	1.2	3
165	Resistance Training before, during, and after COVID-19 Infection: What Have We Learned So Far?. International Journal of Environmental Research and Public Health, 2022, 19, 6323.	1.2	3
166	Effect of High-Intensity Interval Training on Cardiac Apoptosis Markers in Methamphetamine-Dependent Rats. Current Issues in Molecular Biology, 2022, 44, 3030-3038.	1.0	3
167	High Intensity Interval Training Improves Cardiac Autonomic Modulation In Diabetic More Than Moderate Intensity Training. Medicine and Science in Sports and Exercise, 2020, 52, 131-131.	0.2	2
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