

Paulo Gentil

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

192
papers

2,768
citations

26
h-index

44
g-index

226
ext. papers

3,475
ext. citations

3.2
avg, IF

5.64
L-index

#	Paper	IF	Citations
192	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	8.5	255
191	Is There Any Practical Application of Meta-Analytical Results in Strength Training?. <i>Frontiers in Physiology</i> , 2017 , 8, 1	4.6	189
190	Clarity in reporting terminology and definitions of set endpoints in resistance training. <i>Muscle and Nerve</i> , 2017 , 56, 368-374	3.4	113
189	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , 2018 , 48, 1059-1081	10.6	74
188	Influence of supervision ratio on muscle adaptations to resistance training in nontrained subjects. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 639-43	3.2	62
187	Effects of power training on muscle thickness of older men. <i>International Journal of Sports Medicine</i> , 2009 , 30, 200-4	3.6	60
186	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). <i>British Journal of Sports Medicine</i> , 2019 , 53, 655-664	10.3	60
185	A Review of the Acute Effects and Long-Term Adaptations of Single- and Multi-Joint Exercises during Resistance Training. <i>Sports Medicine</i> , 2017 , 47, 843-855	10.6	58
184	A minimal dose approach to resistance training for the older adult; the prophylactic for aging. <i>Experimental Gerontology</i> , 2017 , 99, 80-86	4.5	55
183	Effect of adding single-joint exercises to a multi-joint exercise resistance-training program on strength and hypertrophy in untrained subjects. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 341-4	3	53
182	There are no no-responders to low or high resistance training volumes among older women. <i>Experimental Gerontology</i> , 2017 , 99, 18-26	4.5	48
181	Time under tension and blood lactate response during four different resistance training methods. <i>Journal of Physiological Anthropology</i> , 2006 , 25, 339-44	2.5	44
180	Effects of rest duration between sets of resistance training on acute hormonal responses in trained women. <i>Journal of Science and Medicine in Sport</i> , 2009 , 12, 73-8	4.4	43
179	Effects of exercise order on upper-body muscle activation and exercise performance. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 1082-6	3.2	42
178	Single vs. Multi-Joint Resistance Exercises: Effects on Muscle Strength and Hypertrophy. <i>Asian Journal of Sports Medicine</i> , 2015 , 6, e24057	1.4	41
177	Dissociated time course of recovery between genders after resistance exercise. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 3039-44	3.2	40
176	Genetic heterogeneity of self-reported ancestry groups in an admixed Brazilian population. <i>Journal of Epidemiology</i> , 2011 , 21, 240-5	3.4	40

175	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. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 822-6	3	37
174	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 ^{4.6}	4.6	37
173	Effects of training attendance on muscle strength of young men after 11 weeks of resistance training. <i>Asian Journal of Sports Medicine</i> , 2013 , 4, 101-6	1.4	36
172	Resistance training for strength and muscle thickness: Effect of number of sets and muscle group trained. <i>Science and Sports</i> , 2011 , 26, 259-264	0.8	30
171	Isokinetic Dynamometry and 1RM Tests Produce Conflicting Results for Assessing Alterations in Muscle Strength. <i>Journal of Human Kinetics</i> , 2017 , 56, 19-27	2.6	29
170	Nutrition, Pharmacological and Training Strategies Adopted by Six Bodybuilders: Case Report and Critical Review. <i>European Journal of Translational Myology</i> , 2017 , 27, 6247	2.1	27
169	High-speed resistance training in elderly women: Effects of cluster training sets on functional performance and quality of life. <i>Experimental Gerontology</i> , 2018 , 110, 216-222	4.5	27
168	The Effects of 6 Months of Progressive High Effort Resistance Training Methods upon Strength, Body Composition, Function, and Wellbeing of Elderly Adults. <i>BioMed Research International</i> , 2017 , 2017, 2541090	3	26
167	Effects of Different Plyometric Training Frequencies on Components of Physical Fitness in Amateur Female Soccer Players. <i>Frontiers in Physiology</i> , 2018 , 9, 934	4.6	26
166	Anxiolytic Effects of a Single Session of the Exergame Zumba Fitness on Healthy Young Women. <i>Games for Health Journal</i> , 2017 , 6, 365-370	4.2	25
165	Can We Draw General Conclusions from Interval Training Studies?. <i>Sports Medicine</i> , 2018 , 48, 2001-2009	10.6	25
164	Dissociated Time Course of Muscle Damage Recovery Between Single- and Multi-Joint Exercises in Highly Resistance-Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 2594-9	3.2	24
163	Lack of association between vitamin D receptor genotypes and haplotypes with fat-free mass in postmenopausal Brazilian women. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2007 , 62, 966-72	6.4	24
162	. <i>IEEE Transactions on Electron Devices</i> , 2007 , 54, 767-775	2.9	23
161	Minimal dose resistance training with elastic tubes promotes functional and cardiovascular benefits to older women. <i>Experimental Gerontology</i> , 2019 , 115, 132-138	4.5	22
160	Ability to predict repetitions to momentary failure is not perfectly accurate, though improves with resistance training experience. <i>PeerJ</i> , 2017 , 5, e4105	3.1	21
159	Association between femoral neck bone mineral density and lower limb fat-free mass in postmenopausal women. <i>Journal of Clinical Densitometry</i> , 2007 , 10, 174-8	3.5	21
158	Inter-individual Variability in Responses to 7 Weeks of Plyometric Jump Training in Male Youth Soccer Players. <i>Frontiers in Physiology</i> , 2018 , 9, 1156	4.6	20

157	Commentary: Why sprint interval training is inappropriate for a largely sedentary population. <i>Frontiers in Psychology</i> , 2015 , 6, 1359	3.4	20
156	The Chronic Effects of Low- and High-Intensity Resistance Training on Muscular Fitness in Adolescents. <i>PLoS ONE</i> , 2016 , 11, e0160650	3.7	20
155	Physical Inactivity Is Associated With Increased Levels of Anxiety, Depression, and Stress in Brazilians During the COVID-19 Pandemic: A Cross-Sectional Study. <i>Frontiers in Psychiatry</i> , 2020 , 11, 565291	5.9	20
154	Comparison of upper body strength gains between men and women after 10 weeks of resistance training. <i>PeerJ</i> , 2016 , 4, e1627	3.1	20
153	Sequencing Effects of Plyometric Training Applied Before or After Regular Soccer Training on Measures of Physical Fitness in Young Players. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 1959-1966	3.2	20
152	Fatigue and perceptual responses of heavier- and lighter-load isolated lumbar extension resistance exercise in males and females. <i>PeerJ</i> , 2018 , 6, e4523	3.1	19
151	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	1.2	18
150	Dissociated time course between peak torque and total work recovery following bench press training in resistance trained men. <i>Physiology and Behavior</i> , 2017 , 179, 143-147	3.5	17
149	Resistance Training in Face of the Coronavirus Outbreak: Time to Think Outside the Box. <i>Frontiers in Physiology</i> , 2020 , 11, 859	4.6	17
148	Chronic Effects of Resistance Training in Breast Cancer Survivors. <i>BioMed Research International</i> , 2017 , 2017, 8367803	3	17
147	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. <i>BioMed Research International</i> , 2020 , 2020, 3292916	3	17
146	Profiling exercise intensity during the exergame Hollywood Workout on XBOX 360 Kinect. <i>PeerJ</i> , 2018 , 6, e5574	3.1	16
145	Reduced Volume 'Daily Max' Training Compared to Higher Volume Periodized Training in Powerlifters Preparing for Competition-A Pilot Study. <i>Sports</i> , 2018 , 6,	3	16
144	The effects of exergames on anxiety levels: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 1100-1116	4.6	15
143	Effects of High-Intensity Interval Training vs. Sprint Interval Training on Anthropometric Measures and Cardiorespiratory Fitness in Healthy Young Women. <i>Frontiers in Physiology</i> , 2018 , 9, 1738	4.6	15
142	Caffeine ingestion changes time-motion and technical-tactical aspects in simulated boxing matches: A randomized double-blind PLA-controlled crossover study. <i>European Journal of Sport Science</i> , 2018 , 18, 975-983	3.9	14
141	A nutrition and conditioning intervention for natural bodybuilding contest preparation: observations and suggestions. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 50	4.5	14
140	Physical activity, Cdx-2 genotype, and BMD. <i>International Journal of Sports Medicine</i> , 2007 , 28, 1065-9	3.6	14

139	Tabata protocol: a review of its application, variations and outcomes. <i>Clinical Physiology and Functional Imaging</i> , 2019 , 39, 1-8	2.4	14
138	Effects of Plyometric Training on Physical Performance of Young Male Soccer Players: Potential Effects of Different Drop Jump Heights. <i>Pediatric Exercise Science</i> , 2019 , 31, 306-313	2	13
137	Effects of high vs moderate-intensity intermittent training on functionality, resting heart rate and blood pressure of elderly women. <i>Journal of Translational Medicine</i> , 2020 , 18, 88	8.5	13
136	Vitamin-d-receptor genotypes and bone-mineral density in postmenopausal women: interaction with physical activity. <i>Journal of Aging and Physical Activity</i> , 2009 , 17, 31-45	1.6	13
135	Chronic effects of different between-set rest durations on muscle strength in nonresistance trained young men. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 37-42	3.2	13
134	Acute effects of different resistance training loads on cardiac autonomic modulation in hypertensive postmenopausal women. <i>Journal of Translational Medicine</i> , 2018 , 16, 240	8.5	13
133	Muscle activation during resistance training with no external load - effects of training status, movement velocity, dominance, and visual feedback. <i>Physiology and Behavior</i> , 2017 , 179, 148-152	3.5	12
132	Cardiac Autonomic Modulation and the Kinetics of Heart Rate Responses in the On- and Off-Transient during Exercise in Women with Metabolic Syndrome. <i>Frontiers in Physiology</i> , 2017 , 8, 542	4.6	12
131	Physical Activity and Sociodemographic Profile of Brazilian People during COVID-19 Outbreak: An Online and Cross-Sectional Survey. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	12
130	Why intensity is not a bad word - Benefits and practical aspects of high effort resistance training to the older. <i>Clinical Nutrition</i> , 2017 , 36, 1454-1455	5.9	11
129	Comparisons of Resistance Training and "Cardio" Exercise Modalities as Countermeasures to Microgravity-Induced Physical Deconditioning: New Perspectives and Lessons Learned From Terrestrial Studies. <i>Frontiers in Physiology</i> , 2019 , 10, 1150	4.6	11
128	Interval Training Improves Depressive Symptoms But Not Anxious Symptoms in Healthy Women. <i>Frontiers in Psychiatry</i> , 2019 , 10, 661	5	11
127	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	2.1	11
126	Effects of antagonist pre-load on knee extensor isokinetic muscle performance. <i>Journal of Sports Sciences</i> , 2011 , 29, 271-8	3.6	11
125	H?IT?ting the Barriers for Exercising during Social Isolation. <i>Biology</i> , 2020 , 9,	4.9	11
124	Influence of Adding Single-Joint Exercise to a Multijoint Resistance Training Program in Untrained Young Women. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2214-2219	3.2	11
123	High 1RM Tests Reproducibility and Validity are not Dependent on Training Experience, Muscle Group Tested or Strength Level in Older Women. <i>Sports</i> , 2018 , 6,	3	11
122	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. <i>Journal of Sports Sciences</i> , 2019 , 37, 2645-2652	3.6	10

121	Effects of placebo on bench throw performance of Paralympic weightlifting athletes: a pilot study. <i>Journal of the International Society of Sports Nutrition</i> , 2019 , 16, 9	4.5	10
120	Using velocity loss for monitoring resistance training effort in a real-world setting. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 833-837	3	10
119	Reliability of meta-analyses to evaluate resistance training programmes. <i>Journal of Sports Sciences</i> , 2017 , 35, 1982-1984	3.6	10
118	Kinematics and Kinetics of Multiple Sets Using Lifting Straps During Deadlift Training. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 3399-404	3.2	10
117	"NO LOAD" resistance training increases functional capacity and muscle size in hospitalized female patients: A pilot study. <i>European Journal of Translational Myology</i> , 2019 , 29, 8492	2.1	10
116	The strength-endurance continuum revisited:a critical commentary of the recommendation of different loading ranges for different muscular adaptations. <i>Journal of Trainology</i> , 2020 , 9, 1-8	1.2	9
115	Risk Factors Associated with Cardiac Autonomic Modulation in Obese Individuals. <i>Journal of Obesity</i> , 2020 , 2020, 7185249	3.7	9
114	Non-Linear Resistance Training Program Induced Power and Strength but Not Linear Sprint Velocity and Agility Gains in Young Soccer Players. <i>Sports</i> , 2018 , 6,	3	9
113	The role of volume-load in strength and absolute endurance adaptations in adolescent's performing high- or low-load resistance training. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 193-201	3	9
112	ACTN3 R577X Polymorphism and Neuromuscular Response to Resistance Training. <i>Journal of Sports Science and Medicine</i> , 2011 , 10, 393-9	2.7	9
111	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. <i>Experimental Gerontology</i> , 2020 , 138, 110973	4.5	9
110	Practical Recommendations Relevant to the Use of Resistance Training for COVID-19 Survivors. <i>Frontiers in Physiology</i> , 2021 , 12, 637590	4.6	9
109	Physical exercise and COVID-19 pandemic in PubMed: Two months of dynamics and one year of original scientific production. <i>Sports Medicine and Health Science</i> , 2021 , 3, 80-92	4.5	9
108	High intensity interval training does not impair strength gains in response to resistance training in premenopausal women. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1257-1265	3.4	8
107	Once a Week Resistance Training Improves Muscular Strength in Breast Cancer Survivors: A Randomized Controlled Trial. <i>Integrative Cancer Therapies</i> , 2019 , 18, 1534735419879748	3	8
106	The Effect of In-Season Traditional and Explosive Resistance Training Programs on Strength, Jump Height, and Speed in Recreational Soccer Players. <i>Research Quarterly for Exercise and Sport</i> , 2019 , 90, 95-102	1.9	8
105	Comment on: Volume for Muscle Hypertrophy and Health Outcomes: The Most Effective Variable in Resistance Training. <i>Sports Medicine</i> , 2018 , 48, 1281-1284	10.6	8
104	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	3.2	8

103	Physical fitness predicts technical-tactical and time-motion profile in simulated Judo and Brazilian Jiu-Jitsu matches. <i>PeerJ</i> , 2018 , 6, e4851	3.1	8
102	EFFECTS OF EXERCISE ORDER ON UPPER-BODY MUSCLE ACTIVATION AND EXERCISE PERFORMANCE. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 1082-1086	3.2	8
101	Efeitos agudos de vários métodos de treinamento de força no lactato sanguíneo e características de cargas em homens treinados recreacionalmente. <i>Revista Brasileira De Medicina Do Esporte</i> , 2006 , 12, 303-307	0.5	8
100	Resistance Training Performed to Failure or Not to Failure Results in Similar Total Volume, but With Different Fatigue and Discomfort Levels. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 1372-1379	3.2	8
99	Recovery of pectoralis major and triceps brachii after bench press exercise. <i>Muscle and Nerve</i> , 2017 , 56, 963-967	3.4	7
98	Back Squat vs. Hip Thrust Resistance-training Programs in Well-trained Women. <i>International Journal of Sports Medicine</i> , 2020 , 41, 306-310	3.6	7
97	Effects of a low-volume plyometric training in anaerobic performance of adolescent athletes. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018 , 58, 570-575	1.4	7
96	Reliability and Agreement of the 10-Repetition Maximum Test in Breast Cancer Survivors. <i>Frontiers in Oncology</i> , 2019 , 9, 918	5.3	7
95	Commentary: High-intensity Intermittent Training vs. Moderate-intensity Intermittent Training: Is It a Matter of Intensity or Intermittent Efforts?. <i>Frontiers in Physiology</i> , 2017 , 8, 370	4.6	7
94	Comparação entre a atividade EMG do peitoral maior, deltóide anterior e tríceps braquial durante os exercícios supino reto e crucifixo. <i>Revista Brasileira De Medicina Do Esporte</i> , 2007 , 13, 51-54	0.5	7
93	High-velocity resistance exercise protocols in older women: effects on cardiovascular response. <i>Journal of Sports Science and Medicine</i> , 2007 , 6, 560-7	2.7	7
92	Similar acute physiological responses from effort and duration matched leg press and recumbent cycling tasks. <i>PeerJ</i> , 2018 , 6, e4403	3.1	7
91	Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. <i>PeerJ</i> , 2018 , 6, e5020	3.1	7
90	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. <i>Sports Medicine</i> , 2021 , 51, 1561-1580	10.6	7
89	Dribble Deficit Enables Measurement of Dribbling Speed Independent of Sprinting Speed in Collegiate, Male, Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 2040-2045	3.2	7
88	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	2.1	7
87	Cluster-sets resistance training induce similar functional and strength improvements than the traditional method in postmenopausal and elderly women. <i>Experimental Gerontology</i> , 2020 , 138, 111014	4.5	6
86	Effects of exercise cessation on adipose tissue physiological markers related to fat regain: A systematic review. <i>SAGE Open Medicine</i> , 2020 , 8, 2050312120936956	2.4	6

85	Defining the number of bouts and oxygen uptake during the "Tabata protocol" performed at different intensities. <i>Physiology and Behavior</i> , 2018 , 189, 10-15	3.5	6
84	Biochemical Profile and Body Composition Alteration of Amateur Bodybuilders during the Pre-Contest Period. <i>Journal of Functional Morphology and Kinesiology</i> , 2018 , 3, 26	2.4	6
83	The impact of resistance training volume on muscle size and lean body mass: to infinity and beyond?. <i>Human Movement</i> , 2020 , 21, 18-29	0.8	6
82	Cardiorespiratory and perceptual responses of two interval training and a continuous training protocol in healthy young men. <i>European Journal of Sport Science</i> , 2019 , 19, 653-660	3.9	6
81	Evidence of a Ceiling Effect for Training Volume in Muscle Hypertrophy and Strength in Trained Men - Less is More?. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 15, 268-277	3.5	6
80	Concurrent training performed with and without repetitions to failure in older men: A randomized clinical trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 1141-1152	4.6	5
79	EFFECTS OF PERIODIC AND CONTINUOUS RESISTANCE TRAINING ON MUSCLE STRENGTH IN DETRAINED WOMEN. <i>Perceptual and Motor Skills</i> , 2015 , 121, 810-21	2.2	5
78	Is It Time to Rethink Our Weight Loss Paradigms?. <i>Biology</i> , 2020 , 9,	4.9	5
77	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. <i>Journal of Functional Morphology and Kinesiology</i> , 2017 , 2, 37	2.4	5
76	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. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020 , 60, 181-188	1.4	5
75	Improvements in health parameters of a diabetic and hypertensive patient with only 40 minutes of exercise per week: a case study. <i>Disability and Rehabilitation</i> , 2020 , 42, 3119-3125	2.4	5
74	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. <i>Clinical Nutrition</i> , 2021 , 40, 581-589	5.9	5
73	Heavier- and lighter-load isolated lumbar extension resistance training produce similar strength increases, but different perceptual responses, in healthy males and females. <i>PeerJ</i> , 2018 , 6, e6001	3.1	5
72	Effects of Adding Single Joint Exercises to a Resistance Training Programme in Trained Women. <i>Sports</i> , 2018 , 6,	3	5
71	Periodization for optimizing strength and hypertrophy; the forgotten variables. <i>Journal of Trainology</i> , 2018 , 7, 10-15	1.2	5
70	Exponential model for analysis of heart rate responses and autonomic cardiac modulation during different intensities of physical exercise. <i>Royal Society Open Science</i> , 2019 , 6, 190639	3.3	4
69	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	2.1	4
68	Short-Duration Beta-Alanine Supplementation Did Not Prevent the Detrimental Effects of an Intense Preparatory Period on Exercise Capacity in Top-Level Female Footballers. <i>Frontiers in Nutrition</i> , 2020 , 7, 43	6.2	4

67	Knowledge about sport and exercise science. <i>Health Education</i> , 2018 , 118, 250-261	1	4
66	Effects of Maturation on Physical Fitness Adaptations to Plyometric Drop Jump Training in Male Youth Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2760-2768	3.2	4
65	"Just One More Rep!" - Ability to Predict Proximity to Task Failure in Resistance Trained Persons. <i>Frontiers in Psychology</i> , 2020 , 11, 565416	3.4	4
64	Effects of Plyometric Jump Training on Repeated Sprint Ability in Athletes: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2021 , 51, 2165-2179	10.6	4
63	Revisiting Tabata's Protocol: Does It Even Exist?. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 2070-1	1.2	4
62	Physical Fitness and Anthropometric Measures of Young Brazilian Judo and Wrestling Athletes and Its Relations to Cardiorespiratory Fitness. <i>Sports</i> , 2019 , 7,	3	4
61	Postactivation Potentiation Improves Performance in a Resistance Training Session in Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2019 ,	3.2	4
60	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	3.6	4
59	A novel approach for rehabilitation of a triceps tendon rupture: A case report. <i>Physical Therapy in Sport</i> , 2018 , 32, 194-199	3	4
58	Comment on: "Determining Strength: A Case for Multiple Methods of Measurement". <i>Sports Medicine</i> , 2017 , 47, 1901-1902	10.6	3
57	Is the Energy Expenditure Provided by Exergames Valid?. <i>International Journal of Sports Medicine</i> , 2019 , 40, 563-568	3.6	3
56	Lack of association of the ACE genotype with the muscle strength response to resistance training. <i>European Journal of Sport Science</i> , 2012 , 12, 331-337	3.9	3
55	Effect of both dance exergame and a traditional exercise on state anxiety and enjoyment in women. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021 ,	1.4	3
54	"NO LOAD" Resistance Training Promotes High Levels of Knee Extensor Muscles Activation-A Pilot Study. <i>Diagnostics</i> , 2020 , 10,	3.8	3
53	Resistance Training, Fatigue, Quality of Life, Anxiety in Breast Cancer Survivors. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 1350-1356	3.2	3
52	Single joint exercises do not provide benefits in performance and anthropometric changes in recreational bodybuilders. <i>European Journal of Sport Science</i> , 2020 , 20, 72-79	3.9	3
51	Use of low volume, high effort resistance training to manage blood pressure in hypertensive patients inside a public hospital: a proof of concept study. <i>European Journal of Translational Myology</i> , 2021 , 31,	2.1	3
50	Acute and Chronic Effects of Interval Training on the Immune System: A Systematic Review with Meta-Analysis. <i>Biology</i> , 2021 , 10,	4.9	3

49	Protein supplement consumption is linked to time spent exercising and high-protein content foods: A multicentric observational study. <i>Heliyon</i> , 2019 , 5, e01508	3.6	2
48	The geometric curvature of the spine during the sirshasana, the yoga's headstand. <i>Journal of Sports Sciences</i> , 2017 , 35, 1134-1141	3.6	2
47	Mind-Muscle Connection: Limited Effect of Verbal Instructions on Muscle Activity in a Seated Row Exercise. <i>Perceptual and Motor Skills</i> , 2020 , 127, 925-938	2.2	2
46	Kettlebell Training for Female Ballet Dancers: Effects on Lower Limb Power and Body Balance. <i>Journal of Human Kinetics</i> , 2020 , 74, 15-22	2.6	2
45	Effects of kettlebell training and detraining on mood status and sleep and life quality of healthy women. <i>Journal of Bodywork and Movement Therapies</i> , 2020 , 24, 344-353	1.6	2
44	High Intensity Interval Training Improves Cardiac Autonomic Modulation In Diabetic More Than Moderate Intensity Training. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 131-131	1.2	2
43	Commentary: The Effects of High Intensity Interval Training vs Steady State Training on Aerobic and Anaerobic Capacity. <i>Frontiers in Physiology</i> , 2016 , 7, 495	4.6	2
42	Comparison of Isolated Lumbar Extension Strength in Competitive and Noncompetitive Powerlifters, and Recreationally Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 652-658	3.2	2
41	Neurological features of COVID-19 and epilepsy: Could neuromuscular assessment be a physical and functional marker?. <i>Epilepsy and Behavior</i> , 2021 , 114, 107648	3.2	2
40	Home-Based Kettlebell Exercise and Coronavirus Outbreak: Practical Suggestions. <i>Strength and Conditioning Journal</i> , 2021 , 43, 115-120	2	2
39	High-Speed Bodyweight Resistance Training Improves Functional Performance Through Maximal Velocity in Older Females. <i>Journal of Aging and Physical Activity</i> , 2020 , 29, 659-669	1.6	2
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