

Paulo Gentil

List of Publications by Year in Descending Order

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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	Body composition adaptations to lower-body plyometric training: a systematic review and meta-analysis.. <i>Biology of Sport</i> , 2022 , 39, 273-287	4.3	2
191	Resistance Training before, during, and after COVID-19 Infection: What Have We Learned So Far?. <i>International Journal of Environmental Research and Public Health</i> , 2022 , 19, 6323	4.6	0
190	Effects of Resistance Training With Machines and Elastic Tubes on Functional Capacity and Muscle Strength in Community-Living Older Women: A Randomized Clinical Trial. <i>Journal of Aging and Physical Activity</i> , 2021 , 29, 959-967	1.6	
189	High Fasting Glycemia Predicts Impairment of Cardiac Autonomic Control in Adults With Type 2 Diabetes: A Case-Control Study. <i>Frontiers in Endocrinology</i> , 2021 , 12, 760292	5.7	0
188	Cycle ergometer training and resistance training similarly increase muscle strength in trained men. <i>Journal of Sports Sciences</i> , 2021 , 1-8	3.6	1
187	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
186	Practical Recommendations Relevant to the Use of Resistance Training for COVID-19 Survivors. <i>Frontiers in Physiology</i> , 2021 , 12, 637590	4.6	9
185	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
184	Presence of exercise physiology or similar coursework in the curricula of Brazilian health science undergraduate programs. <i>American Journal of Physiology - Advances in Physiology Education</i> , 2021 , 45, 172-177	1.9	1
183	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
182	Effects of different resistance training frequencies on body composition and muscular performance adaptations in men. <i>PeerJ</i> , 2021 , 9, e10537	3.1	1
181	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
180	Effects of High-Speed Versus Traditional Resistance Training in Older Adults. <i>Sports Health</i> , 2021 , 19417381121101521	4.7	1
179	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
178	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
177	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
176	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

175	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
174	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
173	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
172	Home-Based Kettlebell Exercise and Coronavirus Outbreak: Practical Suggestions. <i>Strength and Conditioning Journal</i> , 2021 , 43, 115-120	2	2
171	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
170	High-Intensity Multimodal Training for Young People: It's Time to Think Inside the Box!. <i>Frontiers in Physiology</i> , 2021 , 12, 723486	4.6	0
169	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. <i>Scientific Reports</i> , 2021 , 11, 16842	4.9	1
168	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
167	Knowledge and Prevalence of Supplements Used by Brazilian Resistance Training Practitioners Before Coronavirus Outbreak. <i>Open Access Journal of Sports Medicine</i> , 2021 , 12, 139-146	2.9	
166	Supervised home-based resistance training for managing idiopathic peripheral polyneuropathy - A case report. <i>Journal of Bodywork and Movement Therapies</i> , 2021 , 28, 126-130	1.6	
165	Acute effects of different rest intervals between agonist-antagonist paired-sets in the neuromuscular system performance of young adults. <i>Journal of Bodywork and Movement Therapies</i> , 2021 , 28, 18-25	1.6	
164	Acute Caffeine Mouth Rinse Does Not Change the Hydration Status following a 10 km Run in Recreationally Trained Runners. <i>BioMed Research International</i> , 2020 , 2020, 6598753	3	1
163	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, 1110114-5	4.5	6
162	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
161	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
160	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
159	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
158	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

157	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
156	Effects of Creatine Supplementation on Lower-Limb Muscle Endurance Following an Acute Bout of Aerobic Exercise in Young Men. <i>Sports</i> , 2020 , 8,	3	1
155	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
154	Is It Time to Rethink Our Weight Loss Paradigms?. <i>Biology</i> , 2020 , 9,	4.9	5
153	Risk Factors Associated with Cardiac Autonomic Modulation in Obese Individuals. <i>Journal of Obesity</i> , 2020 , 2020, 7185249	3.7	9
152	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
151	Simplicity is the ultimate sophistication[(Leonardo Da Vinci). <i>International Journal of Cardiovascular Sciences</i> , 2020 , 33, 348-348	0.4	
150	Evaluating the results of resistance training using ultrasound or flexed arm circumference: A case for keeping it simple?. <i>Journal of Clinical and Translational Research</i> , 2020 , 7, 61-65	1.1	1
149	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
148	Energetic System Contribution According Sprint Number In Tabata High Intensity Interval Training Protocol. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 1022-1022	1.2	
147	Effects Of High Intensity Resistance Training Protocols On Cardiovascular Parameters In Hypertensive Women. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 139-139	1.2	
146	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
145	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
144	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
143	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. <i>BioMed Research International</i> , 2020 , 2020, 3292916	3	17
142	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	20
141	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
140	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

139	"NO LOAD" Resistance Training Promotes High Levels of Knee Extensor Muscles Activation-A Pilot Study. <i>Diagnostics</i> , 2020 , 10,	3.8	3
138	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
137	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
136	H?IT?ting the Barriers for Exercising during Social Isolation. <i>Biology</i> , 2020 , 9,	4.9	11
135	"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
134	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
133	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
132	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
131	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
130	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
129	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
128	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
127	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
126	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
125	Interval Training Improves Depressive Symptoms But Not Anxious Symptoms in Healthy Women. <i>Frontiers in Psychiatry</i> , 2019 , 10, 661	5	11
124	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
123	Reply to the commentary on: High-speed resistance training in elderly women: Effects of cluster training sets on functional performance and quality of life. <i>Experimental Gerontology</i> , 2019 , 123, 34-35	4.5	
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	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
120	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
119	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
118	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
117	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
116	Is the Energy Expenditure Provided by Exergames Valid?. <i>International Journal of Sports Medicine</i> , 2019 , 40, 563-568	3.6	3
115	Reliability and Agreement of the 10-Repetition Maximum Test in Breast Cancer Survivors. <i>Frontiers in Oncology</i> , 2019 , 9, 918	5.3	7
114	The effects of a 4-week mesocycle of barbell back squat or barbell hip thrust strength training upon isolated lumbar extension strength. <i>PeerJ</i> , 2019 , 7, e7337	3.1	1
113	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
112	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
111	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	1.2	
110	Evidence Of A Ceiling Effect For Training Volume In Muscle Hypertrophy And Strength In Trained Men. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 44-44	1.2	
109	Effects of High Intensity Resistance Training on Cardiac Autonomic Modulation in Hypertensive Women. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 495-495	1.2	
108	"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
107	Effects Of High-intensity Interval Training Vs Sprint Interval Training On Body Composition And Aerobic Power In Healthy Young Women. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 185-186	1.2	
106	Effects Of Chemotherapy On Muscle Performance In Women With Breast Cancer. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 232-233	1.2	
105	Effects Of Resistance Training On Muscle Strength Of Breast Cancer Survivors. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 234-234	1.2	
104	Postactivation Potentiation Improves Performance in a Resistance Training Session in Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2019 ,	3.2	4

103	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
102	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
101	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
100	Tabata protocol: a review of its application, variations and outcomes. <i>Clinical Physiology and Functional Imaging</i> , 2019 , 39, 1-8	2.4	14
99	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , 2018 , 48, 1059-1081	10.6	74
98	Knowledge about sport and exercise science. <i>Health Education</i> , 2018 , 118, 250-261	1	4
97	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
96	Can We Draw General Conclusions from Interval Training Studies?. <i>Sports Medicine</i> , 2018 , 48, 2001-2009	10.6	25
95	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
94	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
93	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
92	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
91	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
90	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
89	Prevalence of Overweight and Obesity in a Primary Healthcare Center in Goiania City. <i>Journal of Functional Morphology and Kinesiology</i> , 2018 , 3, 27	2.4	
88	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
87	Phase Angle as an Indicator of Health and Fitness in Patients Entering an Exercise Referral Scheme. <i>Journal of the American Medical Directors Association</i> , 2018 , 19, 809-810	5.9	1
86	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

85	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
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	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
82	Rating Of Perceived Exertion In The Squat Until Muscle Failure Versus Non-failure In Women.. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 179	1.2	
81	Similar acute physiological responses from effort and duration matched leg press and recumbent cycling tasks. <i>PeerJ</i> , 2018 , 6, e4403	3.1	7
80	Identifying the predisposing factors, signs and symptoms of overreaching and overtraining in physical education professionals. <i>PeerJ</i> , 2018 , 6, e4994	3.1	1
79	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
78	Profiling exercise intensity during the exergame Hollywood Workout on XBOX 360 Kinect . <i>PeerJ</i> , 2018 , 6, e5574	3.1	16
77	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	1.2	
76	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
75	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
74	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
73	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
72	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
71	Effects of Adding Single Joint Exercises to a Resistance Training Programme in Trained Women. <i>Sports</i> , 2018 , 6,	3	5
70	Effects of Variable Resistance Training on Maximal Strength: A Meta-analysis. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, e52-e55	3.2	1
69	Periodization for optimizing strength and hypertrophy; the forgotten variables. <i>Journal of Trainology</i> , 2018 , 7, 10-15	1.2	5
68	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

67	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
66	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
65	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
64	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
63	Comment on: "Determining Strength: A Case for Multiple Methods of Measurement". <i>Sports Medicine</i> , 2017 , 47, 1901-1902	10.6	3
62	Dose-Response of 1, 3, and 5 Sets of Resistance Exercise on Strength, Local Muscular Endurance, and Hypertrophy. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, e5-e7	3.2	1
61	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
60	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
59	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
58	Recovery of pectoralis major and triceps brachii after bench press exercise. <i>Muscle and Nerve</i> , 2017 , 56, 963-967	3.4	7
57	Clarity in reporting terminology and definitions of set endpoints in resistance training. <i>Muscle and Nerve</i> , 2017 , 56, 368-374	3.4	113
56	Authors' Reply to Ribeiro et al.: "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, 795-798	10.6	
55	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
54	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
53	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
52	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
51	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
50	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

49	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
48	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
47	Reliability of meta-analyses to evaluate resistance training programmes. <i>Journal of Sports Sciences</i> , 2017 , 35, 1982-1984	3.6	10
46	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
45	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
44	Is There Any Practical Application of Meta-Analytical Results in Strength Training?. <i>Frontiers in Physiology</i> , 2017 , 8, 1	4.6	189
43	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
42	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
41	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	37
40	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
39	Chronic Effects of Resistance Training in Breast Cancer Survivors. <i>BioMed Research International</i> , 2017 , 2017, 8367803	3	17
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