

Jacobo ngel Rubio-Arias

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.

78
papers

805
citations

16
h-index

23
g-index

88
ext. papers

1,139
ext. citations

3.6
avg, IF

4.78
L-index

#	Paper	IF	Citations
78	Effect of exercise on sleep quality and insomnia in middle-aged women: A systematic review and meta-analysis of randomized controlled trials. <i>Maturitas</i> , 2017 , 100, 49-56	5	68
77	Muscle damage, physiological changes, and energy balance in ultra-endurance mountain-event athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016 , 41, 872-878	3	37
76	Biochemical responses and physical performance during high-intensity resistance circuit training in hypoxia and normoxia. <i>European Journal of Applied Physiology</i> , 2017 , 117, 809-818	3.4	34
75	Whole-body vibration training and bone health in postmenopausal women: A systematic review and meta-analysis. <i>Medicine (United States)</i> , 2018 , 97, e11918	1.8	32
74	Effectiveness of Resistance Circuit-Based Training for Maximum Oxygen Uptake and Upper-Body One-Repetition Maximum Improvements: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2017 , 47, 2553-2568	10.6	31
73	The efficacy of resistance training in hypoxia to enhance strength and muscle growth: A systematic review and meta-analysis. <i>European Journal of Sport Science</i> , 2018 , 18, 92-103	3.9	27
72	Biochemical, physiological, and performance response of a functional watermelon juice enriched in L-citrulline during a half-marathon race. <i>Food and Nutrition Research</i> , 2017 , 61, 1330098	3.1	27
71	Effects of Resistance Training Movement Pattern and Velocity on Isometric Muscular Rate of Force Development: A Systematic Review with Meta-analysis and Meta-regression. <i>Sports Medicine</i> , 2020 , 50, 943-963	10.6	26
70	Acute Physiological and Performance Responses to High-Intensity Resistance Circuit Training in Hypoxic and Normoxic Conditions. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 1040-1047	3.2	25
69	Consumption of Watermelon Juice Enriched in L-Citrulline and Pomegranate Ellagitannins Enhanced Metabolism during Physical Exercise. <i>Journal of Agricultural and Food Chemistry</i> , 2017 , 65, 4395-4404	5.7	24
68	Effect of high-intensity resistance circuit-based training in hypoxia on aerobic performance and repeat sprint ability. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 2135-2143	4.6	22
67	Effects of multicomponent training on lean and bone mass in postmenopausal and older women: a systematic review. <i>Menopause</i> , 2018 , 25, 346-356	2.5	21
66	Physical performance of elite and subelite Spanish female futsal players. <i>Biology of Sport</i> , 2016 , 33, 297-304	3.4	19
65	Effect of Sleep Quality on the Prevalence of Sarcopenia in Older Adults: A Systematic Review with Meta-Analysis. <i>Journal of Clinical Medicine</i> , 2019 , 8,	5.1	19
64	Muscle damage and inflammation biomarkers after two ultra-endurance mountain races of different distances: 54 km vs 111 km. <i>Physiology and Behavior</i> , 2019 , 205, 51-57	3.5	19
63	Isokinetic leg strength and power in elite handball players. <i>Journal of Human Kinetics</i> , 2014 , 41, 227-33	2.6	18
62	Complex and Contrast Training: Does Strength and Power Training Sequence Affect Performance-Based Adaptations in Team Sports? A Systematic Review and Meta-analysis. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 1461-1479	3.2	16

61	Acute Effects of Hesperidin in Oxidant/Antioxidant State Markers and Performance in Amateur Cyclists. <i>Nutrients</i> , 2019 , 11,	6.7	16
60	Effects of 24 Weeks of Whole Body Vibration Versus Multicomponent Training on Muscle Strength and Body Composition in Postmenopausal Women: A Randomized Controlled Trial. <i>Rejuvenation Research</i> , 2017 , 20, 193-201	2.6	15
59	Effect of 12 Weeks of Whole-Body Vibration Versus Multi-Component Training in Post-Menopausal Women. <i>Rejuvenation Research</i> , 2015 , 18, 508-16	2.6	15
58	High-Intensity Interval Circuit Training Versus Moderate-Intensity Continuous Training on Functional Ability and Body Mass Index in Middle-Aged and Older Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	15
57	What Pelvic Floor Muscle Training Load is Optimal in Minimizing Urine Loss in Women with Stress Urinary Incontinence? A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	15
56	Heart rate variability to assess ventilatory thresholds in professional basketball players. <i>Journal of Sport and Health Science</i> , 2017 , 6, 468-473	8.2	14
55	Psychological and Sleep Effects of Tryptophan and Magnesium-Enriched Mediterranean Diet in Women with Fibromyalgia. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	13
54	A Systematic Review with Meta-Analysis of the Effect of Resistance Training on Whole-Body Muscle Growth in Healthy Adult Males. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	12
53	Pilates vs. muscular training in older women. Effects in functional factors and the cognitive interaction: A randomized controlled trial. <i>Physiology and Behavior</i> , 2019 , 201, 157-164	3.5	12
52	Additive stress of normobaric hypoxic conditioning to improve body mass loss and cardiometabolic markers in individuals with overweight or obesity: A systematic review and meta-analysis. <i>Physiology and Behavior</i> , 2019 , 207, 28-40	3.5	11
51	Effects of hour of training and exercise intensity on nocturnal autonomic modulation and sleep quality of amateur ultra-endurance runners. <i>Physiology and Behavior</i> , 2019 , 198, 134-139	3.5	11
50	Contractile rate of force development after anterior cruciate ligament reconstruction-a comprehensive review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 1572-1585	4.6	9
49	Effects of high-intensity resistance circuit-based training in hypoxia on body composition and strength performance. <i>European Journal of Sport Science</i> , 2019 , 19, 941-951	3.9	9
48	Effects of whole-body vibration training in patients with multiple sclerosis: A systematic review. <i>Neurologia</i> , 2018 , 33, 534-548	1.4	8
47	Eating Disorders in Pregnant and Breastfeeding Women: A Systematic Review. <i>Medicina (Lithuania)</i> , 2020 , 56,	3.1	8
46	Effect of 6-weeks WBVT on the behaviour of the lower limb muscle fibres during vertical jumping. <i>Journal of Sports Sciences</i> , 2018 , 36, 398-406	3.6	7
45	Impact of Caffeine Intake on 800-m Running Performance and Sleep Quality in Trained Runners. <i>Nutrients</i> , 2019 , 11,	6.7	7
44	Effect of a whole-body vibration training modifying the training frequency of workouts per week in active adults. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 3255-63	3.2	7

43	Exercise-Induced Muscle Damage During the Menstrual Cycle: A Systematic Review and Meta-Analysis. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 549-561	3.2	7
42	Morphological and Physical Fitness Profile of Young Female Sprint Kayakers. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 1963-1970	3.2	7
41	Effect of COVID-19 home confinement on sleep monitorization and cardiac autonomic function in people with multiple sclerosis: A prospective cohort study. <i>Physiology and Behavior</i> , 2021 , 237, 113392	3.5	7
40	Landing differences between men and women in a maximal vertical jump aptitude test. <i>Journal of Sports Medicine and Physical Fitness</i> , 2008 , 48, 305-10	1.4	7
39	Mediterranean Diet Adherence, Body Composition and Performance in Beach Handball Players: A Cross Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	6
38	Effects of Manual Therapy on Fatigue, Pain, and Psychological Aspects in Women with Fibromyalgia. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
37	The effects of intermittent hypoxia training on hematological and aerobic performance in triathletes. <i>Acta Physiologica Hungarica</i> , 2015 , 102, 409-18		5
36	Pilates versus resistance training on trunk strength and balance adaptations in older women: a randomized controlled trial. <i>PeerJ</i> , 2019 , 7, e7948	3.1	5
35	Chronic effects and optimal dosage of strength training on SBP and DBP: a systematic review with meta-analysis. <i>Journal of Hypertension</i> , 2020 , 38, 1909-1918	1.9	5
34	Effects of Resistance Circuit-Based Training on Body Composition, Strength and Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis. <i>Biology</i> , 2021 , 10,	4.9	5
33	Gender variability in electromyographic activity, in vivo behaviour of the human gastrocnemius and mechanical capacity during the take-off phase of a countermovement jump. <i>Clinical Physiology and Functional Imaging</i> , 2017 , 37, 741-749	2.4	4
32	Effect of 6 weeks of whole body vibration training on total and segmental body composition in healthy young adults. <i>Acta Physiologica Hungarica</i> , 2015 , 102, 442-50		4
31	Effect of two different intensity distribution training programmes on aerobic and body composition variables in ultra-endurance runners. <i>European Journal of Sport Science</i> , 2019 , 19, 636-644	3.9	4
30	The impact of COVID-19 home confinement on neuromuscular performance, functional capacity, and psychological state in Spanish people with Multiple Sclerosis. <i>Multiple Sclerosis and Related Disorders</i> , 2021 , 53, 103047	4	4
29	Dosage and Effectiveness of Aerobic Training on Cardiorespiratory Fitness, Functional Capacity, Balance, and Fatigue in People With Multiple Sclerosis: A Systematic Review and Meta-Analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , 2021 , 102, 1826-1839	2.8	4
28	Bilateral deficit in explosive force related to sit-to-stand performance in older postmenopausal women. <i>Archives of Gerontology and Geriatrics</i> , 2018 , 74, 145-149	4	3
27	The effect of whole-body vibration training on lean mass in postmenopausal women: a systematic review and meta-analysis. <i>Menopause</i> , 2017 , 24, 225-231	2.5	3
26	Effect of 12 Weeks Core Training on Core Muscle Performance in Rhythmic Gymnastics. <i>Biology</i> , 2021 , 10,	4.9	3

25	Effectiveness of Training Prescription Guided by Heart Rate Variability Versus Predefined Training for Physiological and Aerobic Performance Improvements: A Systematic Review and Meta-Analysis. <i>Applied Sciences (Switzerland)</i> , 2020 , 10, 8532	2.6	3
24	Effects of Two Different Neuromuscular Training Protocols on Regional Bone Mass in Postmenopausal Women: A Randomized Controlled Trial. <i>Frontiers in Physiology</i> , 2019 , 10, 846	4.6	2
23	PAHA study: psychological active and healthy aging: psychological wellbeing, proactive attitude and happiness effects of whole-body vibration versus Multicomponent Training in aged women: study protocol for a randomized controlled trial. <i>Trials</i> , 2014 , 15, 177	2.8	2
22	Effects of Circuit Resistance Training on Body Composition, Strength, and Cardiorespiratory Fitness in Middle-Aged and Older Women: A Systematic Review and Meta-Analysis. <i>Journal of Aging and Physical Activity</i> , 2021 , 1-14	1.6	2
21	Effect of Supplements on Endurance Exercise in the Older Population: Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	2
20	Effects of Whole-Body Vibration Training on Body Composition, Cardiometabolic Risk, and Strength in the Population Who Are Overweight and Obese: A Systematic Review With Meta-analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , 2021 , 102, 2442-2453	2.8	2
19	Acute effects of whole-body vibration training on neuromuscular performance and mobility in hypoxia and normoxia in persons with multiple sclerosis: A crossover study. <i>Multiple Sclerosis and Related Disorders</i> , 2020 , 37, 101454	4	1
18	Factors that affect heart rate variability following acute resistance exercise: A systematic review and meta-analysis. <i>Journal of Sport and Health Science</i> , 2020 ,	8.2	1
17	Secondary-School-Based Interventions to Improve Muscular Strength in Adolescents: A Systematic Review. <i>Sustainability</i> , 2020 , 12, 6814	3.6	1
16	Acute Effects of Work Rest Interval Duration of 3 HIIT Protocols on Cycling Power in Trained Young Adults. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
15	Effect of High-Intensity Interval Training and Intermittent Fasting on Body Composition and Physical Performance in Active Women. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
14	Entrenamiento en hipoxia intermitente y rendimiento ciclista en triatletas / Intermittent hypoxic training and cycling performance in triathletes. <i>Revista Internacional De Medicina Y Ciencias De La Actividad Fisica Y Del Deporte</i> , 2016 , 61,	0.5	1
13	Muscle Architecture and Neuromuscular Changes After High-Resistance Circuit Training in Hypoxia. <i>Journal of Strength and Conditioning Research</i> , 2019 , 35,	3.2	1
12	Effects of resistance training intensity on sleep quality and strength recovery in trained men: a randomized cross-over study. <i>Biology of Sport</i> , 2021 , 38, 81-88	4.3	1
11	Effects of medium- and long-distance running on cardiac damage markers in amateur runners: a systematic review, meta-analysis, and metaregression. <i>Journal of Sport and Health Science</i> , 2021 , 10, 192-200	8.2	1
10	Sixteen Weeks of Supplementation with a Nutritional Quantity of a Diversity of Polyphenols from Foodstuff Extracts Improves the Health-Related Quality of Life of Overweight and Obese Volunteers: A Randomized, Double-Blind, Parallel Clinical Trial. <i>Nutrients</i> , 2021 , 13,	6.7	1
9	Effects of 12 Weeks of Strength Training and Gluten-Free Diet on Quality of Life, Body Composition and Strength in Women with Celiac Disease: A Randomized Controlled Trial. <i>Applied Sciences (Switzerland)</i> , 2021 , 11, 10960	2.6	0
8	Impact of Lockdown during COVID-19 Pandemic on Central Activation, Muscle Activity, Contractile Function, and Spasticity in People with Multiple Sclerosis. <i>BioMed Research International</i> , 2021 , 2021, 2624860	3	0

7	10-Weeks of resistance training improves sleep quality and cardiac autonomic control in persons with multiple sclerosis. <i>Disability and Rehabilitation</i> , 2021 , 1-9	2.4	0
6	Neuromuscular and Mobility Responses to a Vibration Session in Hypoxia in Multiple Sclerosis. <i>International Journal of Sports Medicine</i> , 2021 , 42, 307-313	3.6	0
5	Effects and optimal dosage of resistance training on strength, functional capacity, balance, general health perception, and fatigue in people with multiple sclerosis: a systematic review and meta-analysis.. <i>Disability and Rehabilitation</i> , 2022 , 1-13	2.4	0
4	Estrategias dietéticas y composición corporal en halterofilia de élite: Revisión Sistemática. <i>Revista Española De Nutrición Humana Y Dietética</i> , 2017 , 21, 237	1.2	
3	Nuevos métodos de valoración de las tendinopatías de rodilla en el ciclista. <i>Apunts Medicine De L'Esport</i> , 2010 , 45, 209-212	0.6	
2	Core Stability and Electromyographic Activity of the Trunk Musculature in Different Women's Sports. <i>Sustainability</i> , 2020 , 12, 9880	3.6	
1	Effects of whole-body vibration training on calf muscle function during maximal isometric voluntary contractions. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 1268-1275	4.6	