

Jacobo Ángel Rubio-Arias

List of Publications by Year in descending order

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Version: 2024-02-01

84
papers

1,484
citations

304602

22
h-index

434063

31
g-index

88
all docs

88
docs citations

88
times ranked

1895
citing authors

#	ARTICLE	IF	CITATIONS
1	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.	1.0	107
2	Whole-body vibration training and bone health in postmenopausal women. <i>Medicine (United States)</i> , 2018, 97, e11918.	0.4	50
3	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.	3.1	49
4	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.	1.0	47
5	Muscle damage, physiological changes, and energy balance in ultra-endurance mountain-event athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 872-878.	0.9	45
6	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.	1.2	42
7	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, 4358.	1.2	42
8	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.	3.1	41
9	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.	1.4	37
10	Effects of multicomponent training on lean and bone mass in postmenopausal and older women: a systematic review. <i>Menopause</i> , 2018, 25, 346-356.	0.8	35
11	Physical performance of elite and subelite Spanish female futsal players. <i>Biology of Sport</i> , 2016, 33, 297-304.	1.7	34
12	Consumption of Watermelon Juice Enriched in Citrulline and Pomegranate Ellagitannins Enhanced Metabolism during Physical Exercise. <i>Journal of Agricultural and Food Chemistry</i> , 2017, 65, 4395-4404.	2.4	33
13	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.	1.2	33
14	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, 2156.	1.0	33
15	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.	1.0	31
16	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, 4205.	1.2	31
17	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, 2227.	1.2	30
18	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.	1.0	30

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19	Isokinetic Leg Strength and Power in Elite Handball Players. <i>Journal of Human Kinetics</i> , 2014, 41, 227-233.	0.7	29
20	Heart rate variability to assess ventilatory thresholds in professional basketball players. <i>Journal of Sport and Health Science</i> , 2017, 6, 468-473.	3.3	29
21	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.	1.3	28
22	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.	1.0	25
23	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.	0.9	24
24	Acute Effects of Hesperidin in Oxidant/Antioxidant State Markers and Performance in Amateur Cyclists. <i>Nutrients</i> , 2019, 11, 1898.	1.7	24
25	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, 4611.	1.2	24
26	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.	1.0	23
27	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.	1.0	23
28	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, 1285.	1.2	23
29	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.	1.0	22
30	Impact of Caffeine Intake on 800-m Running Performance and Sleep Quality in Trained Runners. <i>Nutrients</i> , 2019, 11, 2040.	1.7	21
31	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.	1.3	20
32	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.	0.5	19
33	Eating Disorders in Pregnant and Breastfeeding Women: A Systematic Review. <i>Medicina (Lithuania)</i> , 2020, 56, 352.	0.8	18
34	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, 2837.	1.2	18
35	Effects of Resistance Circuit-Based Training on Body Composition, Strength and Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis. <i>Biology</i> , 2021, 10, 377.	1.3	18
36	Effect of 12 Weeks of Whole-Body Vibration Versus Multi-Component Training in Post-Menopausal Women. <i>Rejuvenation Research</i> , 2015, 18, 508-516.	0.9	17

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37	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.	0.3	13
38	Pilates versus resistance training on trunk strength and balance adaptations in older women: a randomized controlled trial. <i>PeerJ</i> , 2019, 7, e7948.	0.9	13
39	Effect of 12 Weeks Core Training on Core Muscle Performance in Rhythmic Gymnastics. <i>Biology</i> , 2021, 10, 1210.	1.3	13
40	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.	1.4	12
41	Morphological and Physical Fitness Profile of Young Female Sprint Kayakers. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1963-1970.	1.0	12
42	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, 6431.	1.2	12
43	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.	1.0	12
44	Efectos del entrenamiento vibratorio de cuerpo completo en pacientes con esclerosis múltiple: una revisión sistemática. <i>Neurología</i> , 2018, 33, 534-548.	0.3	11
45	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.	1.3	11
46	The effects of intermittent hypoxia training on hematological and aerobic performance in triathletes. <i>Acta Physiologica Hungarica</i> , 2015, 102, 409-418.	0.9	10
47	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.	1.4	10
48	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, 492.	1.7	10
49	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, 3255-3263.	1.0	9
50	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.	0.9	9
51	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, 1-9.	1.0	8
52	Factors that affect heart rate variability following acute resistance exercise: A systematic review and meta-analysis. <i>Journal of Sport and Health Science</i> , 2022, 11, 376-392.	3.3	7
53	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.	0.5	7
54	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.	0.4	7

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55	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> , 2023, 45, 1595-1607.	0.9	7
56	Gender variability in electromyographic activity, <i>in vivo</i> 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.	0.5	6
57	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.	0.8	6
58	Effects of resistance training intensity on the sleep quality and strength recovery in trained men: a randomized cross-over study. <i>Biology of Sport</i> , 2021, 38, 81-88.	1.7	6
59	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.	3.3	6
60	A 12-Week Randomized Double-Blind Placebo-Controlled Clinical Trial, Evaluating the Effect of Supplementation with a Spinach Extract on Skeletal Muscle Fitness in Adults Older Than 50 Years of Age. <i>Nutrients</i> , 2021, 13, 4373.	1.7	6
61	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, 442-450.	0.9	5
62	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.	1.3	5
63	Effect of Supplements on Endurance Exercise in the Older Population: Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5224.	1.2	5
64	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.	0.5	5
65	Fast-velocity Resistance Training Improves Force Development and Mobility in Multiple Sclerosis. <i>International Journal of Sports Medicine</i> , 2022, 43, 593-599.	0.8	5
66	Estrategias dietéticas y composición corporal en halterofilia de élite: Revisión Sistemática. <i>Revista Española De Nutrición Humana Y Dietética</i> , 2017, 21, 237.	0.1	4
67	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.	1.4	4
68	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.	0.9	4
69	10-Weeks of resistance training improves sleep quality and cardiac autonomic control in persons with multiple sclerosis. <i>Disability and Rehabilitation</i> , 2022, 44, 5241-5249.	0.9	4
70	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.	0.7	3
71	Muscle Architecture and Neuromuscular Changes After High-Resistance Circuit Training in Hypoxia. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, .	1.0	3
72	Secondary-School-Based Interventions to Improve Muscular Strength in Adolescents: A Systematic Review. <i>Sustainability</i> , 2020, 12, 6814.	1.6	3

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73	Core Stability and Electromyographic Activity of the Trunk Musculature in Different Woman's Sports. Sustainability, 2020, 12, 9880.	1.6	3
74	Tools Used to Measure the Physical State of Women with Celiac Disease: A Review with a Systematic Approach. International Journal of Environmental Research and Public Health, 2020, 17, 539.	1.2	3
75	Impact of Lockdown during COVID-19 Pandemic on Central Activation, Muscle Activity, Contractile Function, and Spasticity in People with Multiple Sclerosis. BioMed Research International, 2021, 2021, 1-8.	0.9	3
76	Movement Velocity as A Measure of Exercise Intensity in Persons with Multiple Sclerosis: A Validity Study. Journal of Clinical Medicine, 2020, 9, 2458.	1.0	2
77	Neuromuscular and Mobility Responses to a Vibration Session in Hypoxia in Multiple Sclerosis. International Journal of Sports Medicine, 2021, 42, 307-313.	0.8	2
78	Acute Effects of Work Rest Interval Duration of 3 HIIT Protocols on Cycling Power in Trained Young Adults. International Journal of Environmental Research and Public Health, 2021, 18, 4225.	1.2	2
79	The Impact of Resistance Training Program on Static Balance in Multiple Sclerosis Population: A Randomized Controlled Trial Study. Journal of Clinical Medicine, 2022, 11, 2405.	1.0	2
80	Entrenamiento en hipoxia intermitente y rendimiento ciclista en triatletas / Intermittent hypoxic training and cycling performance in triathletes. Revista Internacional De Medicina Y Ciencias De La Actividad Fisica Y Del Deporte, 2016, 61, .	0.1	1
81	Effects of Two Community-Based Exercise Programs on Adherence, Cardiometabolic Markers, and Body Composition in Older People with Cardiovascular Risk Factors: A Prospective Observational Cohort Study. Journal of Personalized Medicine, 2020, 10, 176.	1.1	1
82	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. Applied Sciences (Switzerland), 2021, 11, 10960.	1.3	1
83	Nuevos métodos de valoración de las tendinopatías de rodilla en el ciclista. Apuntes Medicine De L'Esport, 2010, 45, 209-212.	0.5	0
84	Effects of whole-body vibration training on calf muscle function during maximal isometric voluntary contractions. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1268-1275.	1.3	0