

# Yuri Feito

## 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.

73  
papers

742  
citations

15  
h-index

24  
g-index

105  
ext. papers

1,017  
ext. citations

1.8  
avg, IF

4.65  
L-index

#	Paper	IF	Citations
73	Hybrid-type, multicomponent interval training upregulates musculoskeletal fitness of adults with overweight and obesity in a volume-dependent manner: A 1-year dose-response randomised controlled trial.. <i>European Journal of Sport Science</i> , <b>2022</b> , 1-62	3.9	4
72	Physiological and Anthropometric Differences among Endurance, Strength and High-Intensity Functional Training Participants: A Cross-Sectional Study.. <i>Research Quarterly for Exercise and Sport</i> , <b>2022</b> , 1-12	1.9	1
71	Comparative Efficacy of 5 Exercise Types on Cardiometabolic Health in Overweight and Obese Adults: A Systematic Review and Network Meta-Analysis of 81 Randomized Controlled Trials.. <i>Circulation: Cardiovascular Quality and Outcomes</i> , <b>2022</b> , 101161CIRCOUTCOMES121008243	5.8	3
70	Workout Pacing Predictors of Crossfit Open Performance: A Pilot Study. <i>Journal of Human Kinetics</i> , <b>2021</b> , 78, 89-100	2.6	2
69	Effect of four different forms of high intensity training on BDNF response to Wingate and Graded Exercise Test. <i>Scientific Reports</i> , <b>2021</b> , 11, 8599	4.9	3
68	Isometric versus isotonic contractions: Sex differences in the fatigability and recovery of isometric strength and high-velocity contractile parameters. <i>Physiological Reports</i> , <b>2021</b> , 9, e14821	2.6	2
67	Endocrine and Body Composition Changes Across a Competitive Season in Collegiate Speed-Power Track and Field Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2021</b> , 35, 2067-2074	3.2	
66	Is age just a number? Differences in exercise participatory motives across adult cohorts and the relationships with exercise behaviour. <i>International Journal of Sport and Exercise Psychology</i> , <b>2021</b> , 19, 61-73	2.5	4
65	Fitness Trends From Around the Globe. <i>ACSM's Health and Fitness Journal</i> , <b>2021</b> , 25, 20-31	0.9	10
64	The addition of β-Hydroxy β-Methylbutyrate (HMB) to creatine monohydrate supplementation does not improve anthropometric and performance maintenance across a collegiate rugby season. <i>Journal of the International Society of Sports Nutrition</i> , <b>2020</b> , 17, 28	4.5	1
63	Breaking the myths of competition: a cross-sectional analysis of injuries among CrossFit trained participants. <i>BMJ Open Sport and Exercise Medicine</i> , <b>2020</b> , 6, e000750	3.4	5
62	Safety of Short-Term Supplementation with Methylliberine (Dynamine) Alone and in Combination with TeaCrine in Young Adults. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	5
61	Motivation to CrossFit training: a narrative review. <i>Sport Sciences for Health</i> , <b>2020</b> , 16, 195-206	1.3	4
60	The Effect of ProHydrolase on the Amino Acid and Intramuscular Anabolic Signaling Response to Resistance Exercise in Trained Males. <i>Sports</i> , <b>2020</b> , 8,	3	2
59	Physiological differences between advanced CrossFit athletes, recreational CrossFit participants, and physically-active adults. <i>PLoS ONE</i> , <b>2020</b> , 15, e0223548	3.7	18
58	Early and late rapid torque characteristics and select physiological correlates in middle-aged and older males. <i>PLoS ONE</i> , <b>2020</b> , 15, e0231907	3.7	4
57	The affective interval: An investigation of the peaks and valleys during high- and moderate-intensity interval exercise in regular exercisers. <i>Psychology of Sport and Exercise</i> , <b>2020</b> , 49, 101686	4.2	6

56	Effect of HIIT with Tabata Protocol on Serum Irisin, Physical Performance, and Body Composition in Men. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	9
55	Sit-to-Stand Kinetics and Correlates of Performance in Young and Older Males. <i>Archives of Gerontology and Geriatrics</i> , <b>2020</b> , 91, 104215	4	0
54	Predictors of CrossFit Open Performance. <i>Sports</i> , <b>2020</b> , 8,	3	5
53	Effects of Probiotic ( <i>Bacillus subtilis</i> ) Supplementation During Offseason Resistance Training in Female Division I Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 3173-3181	3.2	17
52	PILATES TRAINING INDUCES CHANGES IN THE TRUNK MUSCULATURE OF ADOLESCENTS. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2019</b> , 25, 235-239	0.5	2
51	Effects of high-intensity interval training compared to moderate-intensity continuous training on maximal oxygen consumption and blood pressure in healthy men: A randomized controlled trial. <i>Biomedica</i> , <b>2019</b> , 39, 524-536	0.9	5
50	A content analysis of the High-Intensity Functional Training Literature: a look at the past and directions for the future. <i>Human Movement</i> , <b>2019</b> , 20, 1-15	0.8	10
49	Individual differences influence exercise behavior: how personality, motivation, and behavioral regulation vary among exercise mode preferences. <i>Heliyon</i> , <b>2019</b> , 5, e01459	3.6	15
48	High Intensity Functional Training (HIFT) and competitions: How motives differ by length of participation. <i>PLoS ONE</i> , <b>2019</b> , 14, e0213812	3.7	7
47	Effects of Eight Weeks of High Intensity Functional Training on Glucose Control and Body Composition among Overweight and Obese Adults. <i>Sports</i> , <b>2019</b> , 7,	3	11
46	The use of a smart-textile garment during high-intensity functional training: a pilot study. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2019</b> , 59, 947-954	1.4	9
45	Neuromuscular function of the plantar flexors and predictors of peak power in middle-aged and older males. <i>Experimental Gerontology</i> , <b>2019</b> , 125, 110677	4.5	5
44	Monitoring Training Load, Well-Being, Heart Rate Variability, and Competitive Performance of a Functional-Fitness Female Athlete: A Case Study. <i>Sports</i> , <b>2019</b> , 7,	3	13
43	REGIONAL COMPARISONS: THE WORLDWIDE SURVEY OF FITNESS TRENDS. <i>ACSM's Health and Fitness Journal</i> , <b>2019</b> , 23, 41-48	0.9	2
42	Repeated anaerobic tests predict performance among a group of advanced CrossFit-trained athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2019</b> , 44, 727-735	3	20
41	Breaking Barriers: Women's Experiences of CrossFit Training During Pregnancy. <i>Women in Sport and Physical Activity Journal</i> , <b>2018</b> , 26, 33-42	1.3	2
40	Self-reported Measures of Strength and Sport-Specific Skills Distinguish Ranking in an International Online Fitness Competition. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 3474-3484	3.2	18
39	A practical approach to incorporating Twitter in a college course. <i>American Journal of Physiology - Advances in Physiology Education</i> , <b>2018</b> , 42, 152-158	1.9	11

38	Mood State Changes Accompanying the Crossfit Open Competition in Healthy Adults. <i>Sports</i> , <b>2018</b> , 6,	3	10
37	Testosterone and Cortisol Responses to Five High-Intensity Functional Training Competition Workouts in Recreationally Active Adults. <i>Sports</i> , <b>2018</b> , 6,	3	15
36	High-Intensity Functional Training (HIFT): Definition and Research Implications for Improved Fitness. <i>Sports</i> , <b>2018</b> , 6,	3	94
35	Changes in body composition, bone metabolism, strength, and skill-specific performance resulting from 16-weeks of HIFT. <i>PLoS ONE</i> , <b>2018</b> , 13, e0198324	3.7	27
34	New Trends Suggest the Fitness Industry Needs You. <i>ACSM's Health and Fitness Journal</i> , <b>2018</b> , 22, 58-58	0.9	0
33	Normative Values for Self-Reported Benchmark Workout Scores in CrossFit Practitioners. <i>Sports Medicine - Open</i> , <b>2018</b> , 4, 39	6.1	15
32	An Investigation Into How Motivational Factors Differed Among Individuals Engaging in CrossFit Training. <i>SAGE Open</i> , <b>2018</b> , 8, 215824401880313	1.5	6
31	A 4-Year Analysis of the Incidence of Injuries Among CrossFit-Trained Participants. <i>Orthopaedic Journal of Sports Medicine</i> , <b>2018</b> , 6, 2325967118803100	3.5	32
30	Let us identify exercise recommendations that are effective and not denounce specific training programs simply because they are misunderstood. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2017</b> , 57, 720-721	1.4	0
29	Venipuncture procedure affects heart rate variability and chronotropic response. <i>PACE - Pacing and Clinical Electrophysiology</i> , <b>2017</b> , 40, 1080-1086	1.6	2
28	Globalizing the ACSM Certified Personal Trainer Job Task Analysis. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 1013	1.2	
27	Response: Is High-Intensity Functional Training (HIFT)/CrossFit Safe for Military Fitness Training?. <i>Military Medicine</i> , <b>2017</b> , 182, 1476-1479	1.3	
26	Characterizing Injuries and Participation in High Intensity Functional Training. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 423	1.2	
25	Effect of ActiGraph's low frequency extension for estimating steps and physical activity intensity. <i>PLoS ONE</i> , <b>2017</b> , 12, e0188242	3.7	20
24	Resting cardiac autonomic activity and body composition following a 16-week high-intensity functional training intervention in women: A pilot study. <i>Journal of Human Sport and Exercise</i> , <b>2017</b> , 12,	1.5	3
23	Motivational Factors in CrossFit Training Participation. <i>Health Behavior and Policy Review</i> , <b>2017</b> , 4, 539-550		12
22	The Relationship Between Motivational Factors And High Intensity Functional Training (HIFT). <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 563	1.2	
21	To Discern Differences of Cardiovascular Response Over Four Rounds of a High-Intensity Functional Training (Hift) Session.. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 64	1.2	1

20	Comparison of Mood Response Through Five Weeks of a High Intensity Functional Training Competition. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 845	1.2	
19	Effects of a high-intensity interval training program versus a moderate-intensity continuous training program on maximal oxygen uptake and blood pressure in healthy adults: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2016</b> , 17, 413	2.8	7
18	Weight Management and Appearance Motivate Non-Competitive CrossFit Participants. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 696	1.2	3
17	Body Composition And Strength Changes Following 16-weeks Of High-intensity Functional Training.. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 1001	1.2	4
16	Effects of a pilates school program on hamstrings flexibility of adolescents. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2015</b> , 21, 302-307	0.5	11
15	Evaluation of ActiGraph's low-frequency filter in laboratory and free-living environments. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 211-7	1.2	41
14	Prevalence of Injury Among CrossFit Participants. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 762	1.2	2
13	Prevalence and Incidence Rates Are Not the Same: Letter to the Editor. <i>Orthopaedic Journal of Sports Medicine</i> , <b>2014</b> , 2, 2325967114543254	3.5	2
12	Niveles y estados de cambio de la actividad física en una comunidad universitaria de Medellín-Colombia <b>2014</b> , 33, 153-173		
11	Effect of BMI on pedometers in early adolescents under free-living conditions. <i>Medicine and Science in Sports and Exercise</i> , <b>2013</b> , 45, 569-73	1.2	4
10	Management of Type 2 Diabetes Mellitus. <i>Strength and Conditioning Journal</i> , <b>2013</b> , 35, 15-19	2	0
9	Programming Resistance Training for Clients With Type 2 Diabetes Mellitus. <i>Strength and Conditioning Journal</i> , <b>2013</b> , 35, 20-23	2	
8	Effects of body mass index on step count accuracy of physical activity monitors. <i>Journal of Physical Activity and Health</i> , <b>2012</b> , 9, 594-600	2.5	30
7	Evaluation of activity monitors in controlled and free-living environments. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 733-41	1.2	95
6	Effects of body mass index and step rate on pedometer error in a free-living environment. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 350-6	1.2	33
5	Effects of body mass index and tilt angle on output of two wearable activity monitors. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 861-6	1.2	25
4	The Effect of BMI and Walking Speed on Step Count Validity of Wearable Activity Monitors. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 45, 489	1.2	3
3	Metabolic cost of stride rate, resistance, and combined use of arms and legs on the elliptical trainer. <i>Research Quarterly for Exercise and Sport</i> , <b>2006</b> , 77, 507-13	1.9	7

2	Physiological Differences Between Advanced Crossfit Athletes, Recreational Crossfit Participants, and Physically-Active Adults	1
1	Preference and tolerance for high-intensity exercise performance and enjoyment. <i>International Journal of Sport and Exercise Psychology</i> ,1-11	2.5