Leonardo Coelho Rabello Lima

List of Publications by Year
in descending order

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31	247	1163117 8	996975 15
papers	citations	h-index	g-index

31	31	31	415
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Explosive Training and Heavy Weight Training are Effective for Improving Running Economy in Endurance Athletes: A Systematic Review and Meta-Analysis. Sports Medicine, 2017, 47, 545-554.	6.5	66
2	Exercise-Induced Muscle Damage and Running Economy in Humans. Scientific World Journal, The, 2013, 2013, 1-11.	2.1	35
3	CONSUMPTION OF CHERRIES AS A STRATEGY TO ATTENUATE EXERCISE-INDUCED MUSCLE DAMAGE AND INFLAMMATION IN HUMANS. Nutricion Hospitalaria, 2015, 32, 1885-93.	0.3	24
4	Attenuation of eccentric exercise-induced muscle damage conferred by maximal isometric contractions: a mini review. Frontiers in Physiology, 2015, 6, 300.	2.8	18
5	Moving forward with backward pedaling: a review on eccentric cycling. European Journal of Applied Physiology, 2021, 121, 381-407.	2.5	15
6	Consumption of An Anthocyanin-Rich Antioxidant Juice Accelerates Recovery of Running Economy and Indirect Markers of Exercise-Induced Muscle Damage Following Downhill Running. Nutrients, 2019, 11, 2274.	4.1	13
7	Postactivation Potentiation Biases Maximal Isometric Strength Assessment. BioMed Research International, 2014, 2014, 1-7.	1.9	10
8	Protective Effect Conferred by Isometric Preconditioning Against Slow- and Fast-Velocity Eccentric Exercise-Induced Muscle Damage. Frontiers in Physiology, 2019, 10, 1203.	2.8	9
9	Effects of resistance training on impulse above endâ€test torque and muscle fatigue. Experimental Physiology, 2019, 104, 1115-1125.	2.0	9
10	Reprodutibilidade do pico de torque isomÃ©trico e isocinÃ©tico dos mÃºsculos flexores e extensores de cotovelo em nadadores treinados. Revista Brasileira De Cineantropometria E Desempenho Humano, 2015, 17, 507.	0.5	9
11	Isometric pre-conditioning blunts exercise-induced muscle damage but does not attenuate changes in running economy following downhill running. Human Movement Science, 2018, 60, 1-9.	1.4	8
12	Decreased running economy is not associated with decreased force production capacity following downhill running in untrained, young men. European Journal of Sport Science, 2021, 21, 84-92.	2.7	8
13	Impact of Moderate Aerobic Training on Physical Capacities of Hypertensive Obese Elderly. Gerontology and Geriatric Medicine, 2019, 5, 233372141985969.	1.5	6
14	Efeito protetor apÃ³s sessÃµes de exercÃcio excÃªntrico: comparaÃ§Ã£o entre membros superiores e inferiores. Motriz Revista De Educacao Fisica, 2011, 17, 738-747.	0.2	4
15	Infographic. Strength trainingâ€“induced adaptations associated with improved running economy: potential mechanisms and training recommendations. British Journal of Sports Medicine, 2020, 54, 302-303.	6.7	3
16	The influence of the ACTN3 R577X polymorphism in the responsiveness to post-activation jump performance enhancement in untrained young men. Revista Brasileira De Cineantropometria E Desempenho Humano, 0, 23, .	0.5	2
17	The Impact of ACTN3 Gene Polymorphisms on Susceptibility to Exercise-Induced Muscle Damage and Changes in Running Economy Following Downhill Running. Frontiers in Physiology, 2021, 12, 769971.	2.8	2
18	Effect of Fatigue and Graded Running on Kinematics and Kinetics Parameters in Triathletes. International Journal of Sports Medicine, 2022, , .	1.7	2

#	Article	IF	Citations
19	Effects of Loaded Plyometric Exercise on Post-Activation Performance Enhancement of Countermovement Jump in Sedentary Men. Research Quarterly for Exercise and Sport, 2022, , 1-8.	1.4	2
20	A single bout of downhill running attenuates subsequent level running-induced fatigue. Scientific Reports, 2020, 10, 18809.	3.3	1
21	Monitoring muscle damage markers during a four-week downhill walking exercise program. Motriz Revista De Educacao Fisica, 2013, 19, 703-708.	0.2	1
22	Blood Flow Restriction Walking Training Influences Running Economy?. Medicine and Science in Sports and Exercise, 2014, 46, 301.	0.4	0
23	Moderate intensity and volume downhill run does not impair knee joint stability at early and late phases of quadriceps/hamstrings contraction. Isokinetics and Exercise Science, 2014, 22, 311-317.	0.4	0
24	Post-activation Potentiation Influences Maximal Isometric Strength Assessment. Medicine and Science in Sports and Exercise, 2014, 46, 822.	0.4	0
25	Downhill Running-induced Fatigue Does Not Impair The Hamstring/quadriceps Ratio. Medicine and Science in Sports and Exercise, 2014, 46, 814.	0.4	0
26	Perfil neuromuscular de atletas de handebol durante curta competiÃ§Ã£o no Brasil. Revista Brasileira De Cineantropometria E Desempenho Humano, 2015, 17, 389.	0.5	0
27	Efeito do treinamento de caminhada no declive em variÃ¡veis neuromusculares. Revista Brasileira De Cineantropometria E Desempenho Humano, 2018, 20, 332-341.	0.5	0
28	Effects of Downhill Walking Training in Fitness Markers of Young Adults. Medicine and Science in Sports and Exercise, 2014, 46, 61.	0.4	0
29	EstratÃ©gias alternativas de implementaÃ§Ã£o do efeito protetor contra o dano muscular. , 2014, 12, 79-105.		0
30	Efeitos da caminhada em declive na aptidÃ£o aerÃ³bia e neuromuscular em adultos jovens. Revista Brasileira De Cineantropometria E Desempenho Humano, 2015, 17, 539.	0.5	0
31	Lateral and functional asymmetries in the lower limbs of college-level female handball players. Motriz Revista De Educacao Fisica, 2022, 28, .	0.2	0