

Progression Models in Resistance Training for Healthy A

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Citation Report

#	ARTICLE	IF	CITATIONS
1	A randomized clinical trial of strength training in young people with cerebral palsy. <i>Developmental Medicine and Child Neurology</i> , 2003, 45, 652-7.	1.1	117
2	A qualitative analysis of the benefits of strength training for young people with cerebral palsy. <i>Developmental Medicine and Child Neurology</i> , 2003, 45, 658-63.	1.1	35
3	Exercise programs for older men: mode and intensity to induce the highest possible health-related benefits. <i>Preventive Medicine</i> , 2004, 39, 823-833.	1.6	32
4	Influence of different resistive training modalities on blood pressure and heart rate responses of healthy subjects. <i>Isokinetics and Exercise Science</i> , 2005, 13, 273-277.	0.2	20
5	Improvement in Knee Extension Strength through Training by Means of Combined Electrical Stimulation and Voluntary Muscle Contraction. <i>Tohoku Journal of Experimental Medicine</i> , 2006, 209, 33-40.	0.5	86
6	High eccentric strength training reduces heart rate variability in healthy older men. <i>British Journal of Sports Medicine</i> , 2007, 42, 59-63.	3.1	45
7	Modified Delphi Investigation of Exercise Science in Physical Education Teacher Education. <i>Journal of Teaching in Physical Education</i> , 2007, 26, 57-80.	0.9	71
8	Resistance Training for Distance Running. <i>Strength and Conditioning Journal</i> , 2007, 29, 28-35.	0.7	6
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10	Neuromuscular Recovery of the Biceps Brachii Muscle After Resistance Exercise. <i>Research in Sports Medicine</i> , 2008, 16, 244-256.	0.7	7
11	Association between muscular strength and mortality in men: prospective cohort study. <i>BMJ: British Medical Journal</i> , 2008, 337, a439-a439.	2.4	611
12	Effect of Short-Term Failure Versus Nonfailure Training on Lower Bod Muscular Endurance. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 279-293.	1.1	13
14	Exercise Training Before and After Lung Transplantation. <i>Physician and Sportsmedicine</i> , 2009, 37, 78-87.	1.0	21
15	Resistance training for obese, type 2 diabetic adults: a review of the evidence. <i>Obesity Reviews</i> , 2010, 11, 740-749.	3.1	53
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17	Les profils musculaires inertiels permettent une d4efinition plus pr4ecise des charges d4entra4nement. <i>Science and Sports</i> , 2009, 24, 91-96.	0.2	12
18	Progressive resistance exercise improves glycaemic control in people with type 2 diabetes mellitus: a systematic review. <i>Australian Journal of Physiotherapy</i> , 2009, 55, 237-246.	0.9	85
19	Impact of Strength and Resistance Training on Cardiovascular Disease Risk Factors and Outcomes in Older Adults. <i>Clinics in Geriatric Medicine</i> , 2009, 25, 703-714.	1.0	36

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20	Physiologic and molecular bases of muscle hypertrophy and atrophy: impact of resistance exercise on human skeletal muscle (protein and exercise dose effects)This paper is one of a selection of papers published in this Special Issue, entitled 14th International Biochemistry of Exercise Conference“ Muscles as Molecular and Metabolic Machines, and has undergone the Journal’s usual peer review process.. Applied Physiology, Nutrition and Metabolism, 2009, 34, 403-410.	0.9	86
21	Effect of 12 weeks of moderate-intensity resistance training on arterial stiffness: a randomised controlled trial in women aged 32-59 years. British Journal of Sports Medicine, 2009, 43, 615-618.	3.1	100
22	White Paper. Journal of Geriatric Physical Therapy, 2009, 32, 148-152.	0.6	43
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28	Dose-Response Relationship of Resistance Training in Older Adults. Medicine and Science in Sports and Exercise, 2010, 42, 902-914.	0.2	312
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37	The Acute Response of Practical Occlusion in the Knee Extensors. Journal of Strength and Conditioning Research, 2010, 24, 2831-2834.	1.0	76

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39	Comparison of the effects of two resistance training regimens on muscular and bone responses in premenopausal women. <i>Osteoporosis International</i> , 2010, 21, 1537-1544.	1.3	17
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51	Efeitos dos exercÍcios resistidos sobre o equilÁbrio e a funcionalidade de idosos saudÁveis: artigo de atualizaÁo. <i>Fisioterapia E Pesquisa</i> , 2010, 17, 277-283.	0.3	11
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58	Neuromuscular Electrical Stimulation and Inspiratory Muscle Training as Potential Adjunctive Rehabilitation Options for Patients With Heart Failure. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2010, 30, 209-223.	1.2	19
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60	Invited Commentary. <i>Physical Therapy</i> , 2010, 90, 1505-1507.	1.1	1
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63	Minimal difference between aerobic and progressive resistance exercise on metabolic profile and fitness in older adults with diabetes mellitus: a randomised trial. <i>Journal of Physiotherapy</i> , 2010, 56, 163-170.	0.7	29
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76	The Influence of Exercise Order on Local Muscular Endurance During Resistance Training in Women. <i>Human Movement</i> , 2011, 12, .	0.5	2
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78	The effect of progressive resistance training on leg strength, aerobic capacity and functional tasks of daily living in persons with Down syndrome. <i>Disability and Rehabilitation</i> , 2011, 33, 2229-2236.	0.9	75
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108	A Weekly Bout of Eccentric Exercise Is Sufficient to Induce Health-Promoting Effects. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 64-73.	0.2	90
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110	Individual Responses to Combined Endurance and Strength Training in Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 484-490.	0.2	99

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115	Sarcopenic Obesity: Strategies for Management. <i>American Journal of Nursing</i> , 2011, 111, 38-44.	0.2	54
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117	Strength Training Following Hematopoietic Stem Cell Transplantation. <i>Cancer Nursing</i> , 2011, 34, 238-249.	0.7	75
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123	Comparison of Recovery Strategies on Maximal Force-Generating Capacity and Electromyographic Activity Level of the Knee Extensor Muscles. <i>Journal of Athletic Training</i> , 2011, 46, 386-394.	0.9	6
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125	Potential safety issues with blood flow restriction training. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011, 21, 510-518.	1.3	178
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127	A randomized controlled trial for the effect of passive stretching on measures of hamstring extensibility, passive stiffness, strength, and stretch tolerance. <i>Journal of Science and Medicine in Sport</i> , 2011, 14, 535-540.	0.6	103
128	Effects of loading on upper airway and respiratory pump muscle motoneurons. <i>Respiratory Physiology and Neurobiology</i> , 2011, 179, 64-70.	0.7	7
129	Effectiveness of small daily amounts of progressive resistance training for frequent neck/shoulder pain: Randomised controlled trial. <i>Pain</i> , 2011, 152, 440-446.	2.0	144

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131	Strength training stops bone loss and builds muscle in postmenopausal breast cancer survivors: a randomized, controlled trial. <i>Breast Cancer Research and Treatment</i> , 2011, 127, 447-456.	1.1	178
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137	Effect of different types of resistance exercise on arterial compliance and calf blood flow. <i>European Journal of Applied Physiology</i> , 2011, 111, 2969-2975.	1.2	42
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141	Determining the optimal pelvic floor muscle training regimen for women with stress urinary incontinence. <i>Neurourology and Urodynamics</i> , 2011, 30, 746-753.	0.8	81
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144	Strength and Conditioning for Grappling Sports. <i>Strength and Conditioning Journal</i> , 2011, 33, 18-24.	0.7	44
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146	Grip strength and lower limb extension power in 19-72-year-old Danish men and women: the Health2006 study. <i>BMJ Open</i> , 2011, 1, e000192-e000192.	0.8	73
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148	Exercise in Patients Receiving Hematopoietic Stem Cell Transplantation: Lessons Learned and Results From a Feasibility Study. <i>Oncology Nursing Forum</i> , 2011, 38, 216-223.	0.5	29

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150	Effectiveness of once-weekly gym-based exercise programmes for older adults post discharge from day rehabilitation: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2011, 45, 978-986.	3.1	26
151	Exercise in Elderly Patients with Chronic Heart Failure in Primary Care: Effects on Physical Capacity and Health-Related Quality of Life. <i>European Journal of Cardiovascular Nursing</i> , 2011, 10, 150-158.	0.4	36
152	Influencing physiotherapy student attitudes toward exercise for adolescents with Down syndrome. <i>Disability and Rehabilitation</i> , 2011, 33, 360-366.	0.9	19
153	Effect of Resistance Training on Physical Disability in Chronic Heart Failure. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 1379-1386.	0.2	73
154	Startup Circuit Training Program Reduces Metabolic Risk in Latino Adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 2195-2203.	0.2	90
155	The Effect of Rest Interval Length on Multi and Single-Joint Exercise Performance and Perceived Exertion. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 3157-3162.	1.0	43
156	Caffeine Ingestion Reverses the Circadian Rhythm Effects on Neuromuscular Performance in Highly Resistance-Trained Men. <i>PLoS ONE</i> , 2012, 7, e33807.	1.1	68
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1225	Runner: A 2D platform game for physical health promotion. <i>SoftwareX</i> , 2019, 10, 100329.	1.2	4
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1242	Acute Effects of Different Training Loads on Affective Responses in Resistance-trained Men. <i>International Journal of Sports Medicine</i> , 2019, 40, 850-855.	0.8	20
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1244	The Acute Neuromuscular Responses to Cluster Set Resistance Training: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2019, 49, 1861-1877.	3.1	49
1245	The time course of adaptations in thermoneutral maximal oxygen consumption following heat acclimation. <i>European Journal of Applied Physiology</i> , 2019, 119, 2391-2399.	1.2	17
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1373	Clinically measured hip muscle capacity deficits in people with patellofemoral pain. <i>Physical Therapy in Sport</i> , 2019, 35, 69-74.	0.8	25
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1378	Rating of perceived exertion on resistance training in elderly subjects. <i>Expert Review of Cardiovascular Therapy</i> , 2019, 17, 135-142.	0.6	63
1379	Pelvic floor muscle activity during fast voluntary contractions in continent and incontinent women. <i>Neurourology and Urodynamics</i> , 2019, 38, 625-631.	0.8	16
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1381	Effects of pre- or post-exercise whey protein supplementation on body fat and metabolic and inflammatory profile in pre-conditioned older women: A randomized, double-blind, placebo-controlled trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 290-300.	1.1	6
1382	Comparing the effects of low and high load resistance exercise to failure on adaptive responses to resistance exercise in young women. <i>Journal of Sports Sciences</i> , 2019, 37, 1375-1380.	1.0	13
1383	Effect and feasibility of non-linear periodized resistance training in people with COPD: study protocol for a randomized controlled trial. <i>Trials</i> , 2019, 20, 6.	0.7	2
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1403	Effects of vaginal tampon training added to pelvic floor muscle training in women with stress urinary incontinence: randomized controlled trial. International Urogynecology Journal, 2019, 30, 219-229.	0.7	6
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1457	The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 645-653.	0.2	18
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1466	Effect of different form of upper limb muscles training on dyspnea in chronic obstructive pulmonary disease. <i>Medicine (United States)</i> , 2020, 99, e22131.	0.4	0
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1498	Photobiomodulation Therapy Effects on Resistance Training Volume and Discomfort in Well-Trained Adults: A Randomized, Double-Blind, Placebo-Controlled Trial. <i>Photobiomodulation, Photomedicine, and Laser Surgery</i> , 2020, 38, 720-726.	0.7	2
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1528	Relationship between Skin Temperature, Electrical Manifestations of Muscle Fatigue, and Exercise-Induced Delayed Onset Muscle Soreness for Dynamic Contractions: A Preliminary Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6817.	1.2	15
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1533	Effects of Pyramid Resistance-Training System with Different Repetition Zones on Cardiovascular Risk Factors in Older Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6115.	1.2	13
1534	Can abdominal hypropressive technique improve stress urinary incontinence? an assessorâ€blinded randomized controlled trial. <i>Neurourology and Urodynamics</i> , 2020, 39, 2314-2321.	0.8	8
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1536	Physiological responses of human skeletal muscle to acute blood flow restricted exercise assessed by multimodal MRI. <i>Journal of Applied Physiology</i> , 2020, 129, 748-759.	1.2	5
1537	Nonspecific Resistance Training and Swimming Performance. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	1.0	5
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1664	Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial. <i>Integrative Cancer Therapies</i> , 2021, 20, 153473542110333.	0.8	21
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1761	Narrative review of pelvic floor muscle training for childbearing women—why, when, what, and how. <i>International Urogynecology Journal</i> , 2021, 32, 1977-1988.	0.7	25
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1768	Anteromedial versus posterolateral hip musculature strengthening with dose-controlled in women with patellofemoral pain: A randomized controlled trial. <i>Physical Therapy in Sport</i> , 2021, 49, 149-156.	0.8	10
1769	The Influence of Movement Tempo During Resistance Training on Muscular Strength and Hypertrophy Responses: A Review. <i>Sports Medicine</i> , 2021, 51, 1629-1650.	3.1	34
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1776	The Effects of Turmeric Intake Alone or in Combination with Resistance Training on Liver Enzymes in Adult Men. <i>Exercise Science</i> , 2021, 30, 183-191.	0.1	0
1777	Effects of Photobiomodulation/Laser Therapy Combined With Resistance Training on Quadriceps Hypertrophy and Strength, and Postural Balance in Older Women: A Randomized, Triple-Blinded, Placebo-Controlled Study. <i>Journal of Geriatric Physical Therapy</i> , 2022, 45, 125-133.	0.6	2
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1781	Comparison of blood flow restriction devices and their effect on quadriceps muscle activation. <i>Physical Therapy in Sport</i> , 2021, 49, 90-97.	0.8	12
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1783	Eccentric exercise in the prevention of patellofemoral pain in high-volume runners: A rationale for integration. <i>Sports Medicine and Health Science</i> , 2021, 3, 119-119.	0.7	0
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1785	Broad Spectrum Polyphenol Supplementation from Tart Cherry Extract on Markers of Recovery from Intense Resistance Exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 47.	1.7	5
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1788	Strength Training Intensity and Volume Affect Performance of Young Kayakers/Canoeists. <i>Frontiers in Physiology</i> , 2021, 12, 686744.	1.3	2
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1793	Effect of hard gummy candy chewing on masticatory function. <i>Journal of Oral Rehabilitation</i> , 2021, 48, 909-915.	1.3	5
1794	Women with Fibromyalgia Prefer Resistance Exercise with Heavy Loads—A Randomized Crossover Pilot Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6276.	1.2	3
1795	Concentric and Eccentric Force Changes with Elastic Band and Isotonic Heavy Resistance Training: A Randomized Controlled Trial. <i>International Journal of Sports Physical Therapy</i> , 2021, 16, 756-765.	0.5	3
1796	The Relationship Habits of Through Breakfast and Physical Activity with Abdominal Obesity in Nutrition Students. <i>Amerta Nutrition</i> , 2021, 5, 115.	0.1	0
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1798	Individual Muscle Adaptations in different Resistance Training Systems in Well-Trained Men. <i>International Journal of Sports Medicine</i> , 2021, , .	0.8	1
1799	High-Intensity Functional Training for Firefighters. <i>Strength and Conditioning Journal</i> , 2021, Publish Ahead of Print, .	0.7	4
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1802	A systematic review and meta-analysis: Effects of protein hydrolysate supplementation on fat-free mass and strength in resistance-trained individuals. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 964-974.	5.4	2
1803	Effects of DHA-Rich n-3 Fatty Acid Supplementation and/or Resistance Training on Body Composition and Cardiometabolic Biomarkers in Overweight and Obese Post-Menopausal Women. <i>Nutrients</i> , 2021, 13, 2465.	1.7	18
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1807	Physical exercise increases global and gene-specific (interleukin-17 and interferon- β) DNA methylation in lymphocytes from aged women. <i>Experimental Physiology</i> , 2021, 106, 1878-1885.	0.9	8
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1810	Current Techniques Used for Practical Blood Flow Restriction Training: A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2936-2951.	1.0	3
1811	Effects of high-load and low-load resistance training in patients with coronary artery disease: rationale and design of a randomised controlled clinical trial. <i>BMJ Open</i> , 2021, 11, e051325.	0.8	10
1812	Similar improvements in cognitive inhibitory control following low-intensity resistance exercise with slow movement and tonic force generation and high-intensity resistance exercise in healthy young adults: a preliminary study. <i>Journal of Physiological Sciences</i> , 2021, 71, 22.	0.9	6
1813	Can fat-free mass gains induced by dry-land resistance training periodization affect negatively swimming performance?. <i>Sport Sciences for Health</i> , 0, , 1.	0.4	0
1814	Do resistance exercises during biofeedback therapy enhance the anal sphincter and pelvic floor muscles in anal incontinence?. <i>Neurogastroenterology and Motility</i> , 2021, , e14212.	1.6	1
1815	Post-exercise hypotension following different resistance exercise protocols. <i>Sport Sciences for Health</i> , 0, , 1.	0.4	1
1816	Chronic obstructive pulmonary disease does not impair responses to resistance training. <i>Journal of Translational Medicine</i> , 2021, 19, 292.	1.8	5
1817	Number of Repetitions Performed Before and After Reaching Velocity Loss Thresholds: First Repetition Versus Fastest Repetition Mean Velocity Versus Peak Velocity. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 950-957.	1.1	14
1818	MÃ%ODO TRADICIONAL VS. SÃ%RIE PAREADA AGONISTA-ANTAGONISTA PARA MEMBROS INFERIORES. <i>Revista CorpoconsciÃancia</i> , 0, , 134-148.	0.0	0
1819	Efeitos de diferentes modelos de periodizaÃ£o em treinamento de forÃsa sobre capacidades fÃsicas e motoras durante 24 semanas de treinamento. <i>Revista De EducaÃ£o FÃsica / Journal of Physical Education</i> , 2021, 90, .	0.2	0
1820	Does resistance training promote enough muscular strength increases to move weak older women to better strength categories?. <i>Experimental Gerontology</i> , 2021, 149, 111322.	1.2	8
1821	Rest-pause and drop-set training elicit similar strength and hypertrophy adaptations compared with traditional sets in resistance-trained males. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021, 46, 1417-1424.	0.9	11
1822	Time to Save Time: Beneficial Effects of Blood Flow Restriction Training and the Need to Quantify the Time Potentially Saved by its Application during Musculoskeletal Rehabilitation. <i>Physical Therapy</i> , 2021, 101, .	1.1	4
1823	Effects of a progressive resistance exercise program in patients with hand osteoarthritis: A randomized, controlled trial with a blinded assessor. <i>Clinical Rehabilitation</i> , 2021, 35, 1757-1767.	1.0	5
1824	BenefÃcios da atividade fÃsica na prevenÃ£o e tratamento da obesidade: Uma breve revisÃo. <i>Research, Society and Development</i> , 2021, 10, e49410815286.	0.0	0
1825	Revisiting the relationship between resistance training dose and strength gains: what is the real role of volume?. <i>Journal of Trainology</i> , 2021, 10, 10-15.	1.2	0
1826	Exercise training for adult lung transplant recipients. <i>The Cochrane Library</i> , 2021, 2021, CD012307.	1.5	5

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1988	Changes of Serum Adiponectin and Testosterone Concentrations Following Twelve Weeks Resistance Training in Obese Young Men. <i>Asian Journal of Sports Medicine</i> , 2015, 6, e23808.	0.1	16
1989	Effect of Rest Interval Length Between Sets on Total Load Lifted and Blood Lactate Response During Total-Body Resistance Exercise Session. <i>Asian Journal of Sports Medicine</i> , 2018, 9, .	0.1	4
1990	The Effect of Low- Intensity Resistance Training with Blood Flow Restriction on Serum Cortisol and Testosterone Levels in Young Men. <i>Journal of Archives in Military Medicine</i> , 2015, 3, .	0.0	4
1991	Creatine supplementation as a potential therapeutic aid in peripheral arterial obstructive disease rehabilitation. <i>Acta Fisiologica</i> , 2013, 20, 152-156.	0.0	1
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1993	Does whole-body electrical muscle stimulation combined with strength training promote morphofunctional alterations?. <i>Clinics</i> , 2019, 74, e1334.	0.6	12
1994	Dynapenia, gait speed and daily physical activity measured using triaxial accelerometer in older Japanese men. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2014, 3, 147-154.	0.2	16
1995	Utilising one minute and four minute recovery when employing the resistance training contrast method does not negatively affect subsequent jump performance in the presence of concurrent training. <i>PeerJ</i> , 2020, 8, e10031.	0.9	2
1996	Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. <i>PeerJ</i> , 2018, 6, e5020.	0.9	13

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1998	Effects of resistance training with controlled versus self-selected repetition duration on muscle mass and strength in untrained men. <i>PeerJ</i> , 2020, 8, e8697.	0.9	11
1999	The effects of set volume during isolated lumbar extension resistance training in recreationally trained males. <i>PeerJ</i> , 2015, 3, e878.	0.9	10
2000	The Effect of Blood Flow Restriction Training on Muscle Atrophy Following Meniscal Repair or Chondral Restoration Surgery in Active Duty Military: A Randomized Controlled Trial. <i>Journal of Sport Rehabilitation</i> , 2022, 31, 77-84.	0.4	5
2001	Effect of Moderate- or High-Intensity Inspiratory Muscle Strength Training on Maximal Inspiratory Mouth Pressure and Swimming Performance in Highly Trained Competitive Swimmers. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 343-349.	1.1	5
2002	Dudrick Research Symposium: Expanding the boundaries of cancer care through nutritional support. <i>Journal of Parenteral and Enteral Nutrition</i> , 2021, 45, 1683-1689.	1.3	0
2003	Progressive resistance power training for gait and balance rehabilitation in multiple sclerosis: a pilot single-arm study. <i>Physical and Rehabilitation Medicine Medical Rehabilitation</i> , 2021, 3, 260-269.	0.1	1
2004	Resistance Training and Muscle Strength in people with Spinal cord injury: A systematic review and meta-analysis. <i>Journal of Bodywork and Movement Therapies</i> , 2022, 29, 154-160.	0.5	11
2005	Basics of Programming and Periodization in Resistance Training. <i>Lecture Notes in Bioengineering</i> , 2022, , 213-236.	0.3	1
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2007	Effects of Training Frequency During a 6-Month Neuromuscular Training Intervention on Movement Competency, Strength, and Power in Male Youth. <i>Sports Health</i> , 2022, 14, 57-68.	1.3	4
2008	Effects of Blood Flow Restriction Training on Blood Perfusion and Work Ability of Muscles in Elite Para-alpine Skiers. <i>Medicine and Science in Sports and Exercise</i> , 2022, 54, 489-496.	0.2	4
2010	Effects of Greater Central Arterial Stiffness on Cardiovagal Baroreflex Sensitivity in Resistance-Trained Men. <i>Sports Medicine - Open</i> , 2021, 7, 77.	1.3	3
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2013	Resistance Training in Women. <i>Lecture Notes in Bioengineering</i> , 2022, , 343-361.	0.3	0
2014	Isolated Resistance Training Programs to Improve Peripheral Muscle Function in Outpatients with Chronic Obstructive Pulmonary Diseases: A Systematic Review. <i>Healthcare (Switzerland)</i> , 2021, 9, 1397.	1.0	7
2015	Resistance Training in Older Adults. <i>Lecture Notes in Bioengineering</i> , 2022, , 295-319.	0.3	0

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2018	Writing an Exercise Prescription. , 2007, , 977-984.		0
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2023	Exercise for Restoring Health and Preventing Vascular Disease. , 2011, , 541-551.		1
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2029	Systems and Principles of Therapeutic Exercise. , 2012, , 1-36.		0
2030	Impaired muscle performance. , 2012, , 263-271.		3
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2037	Resistance Training Program Variables and Guidelines. , 2013, , 1-18.		0
2039	Traditional and Nontraditional Empirically Based Exercise Programs for Active Females. , 2014, , 289-318.		0
2040	Resistance Training Guidelines for Active Females Throughout the Lifespan: Children, Adolescences, Adult Women, and the Aging Woman. , 2014, , 325-349.		0
2041	Treinamento de ForÄsa Combinado com RestriÄÄo de Fluxo SanguÄneo (Kaatsu Training): Metodologias para PrescriÄÄo do ExercÄcio. Revista Uniandrade, 2014, 15, 135-141.	0.1	0
2042	Rehabilitation of Post-Operative Hip. , 2015, , 235-253.		0
2043	Scapuladyskiesien. , 2015, , 111-126.		0
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2046	Bronchopneumopathie chronique obstructive et activitÄ© physique. , 2016, , 267-294.		0
2047	Kraft. , 2016, , 213-266.		0
2049	Impact of Waist Stabilization Exercise with Blood Flow Restriction on White Area Index of Trunk Muscle Thickness Density. The Journal of Korean Physical Therapy, 2016, 28, 136-141.	0.1	6
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2055	Efeito agudo do exercÄcio cardiorrespiratÄrio sobre o desempenho da forÄsa em membros inferiores. Revista De EducaÄÄo FÄsica / Journal of Physical Education, 2016, 85, .	0.2	1
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2061	An Overview of Evidence-Based Occupational and Physiotherapy for Children with Cerebral Palsy. , 2018, , 165-192.		0
2062	Performance of quality of life and functional capacity in women with knee osteoarthritis treated with viscosupplementation and strength training. <i>Acta Fisiológica</i> , 2018, 24, .	0.0	0
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2074	Efeito de diferentes intervalos recuperativos sobre as respostas musculares, sanguíneas e hemodinâmicas. <i>Revista Brasileira De Educação Física E Esporte: RBEFE</i> , 2018, 32, 67-76.	0.1	0
2075	Gluteus Medius and Tensor Fascia Latae muscle activation levels during multi-joint strengthening exercises. <i>Motriz Revista De Educacao Fisica</i> , 2019, 25, .	0.3	0
2076	Effects of Resistance Exercise with Instability on Neurocognitive Functions (REI STUDY): Study Protocol for a Proof-of-Concept Clinical Trial in Older Adults with Subjective Cognitive Complaints. <i>Motriz Revista De Educacao Fisica</i> , 2019, 25, .	0.3	1
2077	Patellar Tendon Mechanical Properties Adaptations to Exercise by Supersonic ShearWave Imaging (SSI). <i>IFMBE Proceedings</i> , 2019, , 851-856.	0.2	0
2078	Effect of NSAIDs on Muscle Adaptations to Resistance Training: A Brief Review. <i>Journal of Public Health Issues and Practices</i> , 2019, 3, .	0.2	0
2079	Effects of Simple Resistance Training on Body Composition of Female – A Meta-Analysis. <i>Advances in Physical Sciences</i> , 2019, 07, 116-127.	0.0	0

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2082	Current Concepts of Plyometric Exercises for the Lower Extremity. , 2019, , 277-304.		2
2083	Influência do alongamento passivo dos músculos antagonistas no treinamento de força nas respostas neurais e na força isométrica máxima em mulheres jovens destreinadas. <i>Revista Brasileira De Fisiologia Do Exercício</i> , 2019, 17, 205.	0.0	0
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2086	Effects of 12 weeks of high intensity circuit training on abdominal fat, physical fitness, blood lipids, and insulin resistance in middle-aged obese women. <i>Korean Journal of Sport Science</i> , 2019, 30, 236-250.	0.0	0
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2089	The Effect of Exercise Order on Maximum Strength Development in Resistance Trainings. <i>Turkish Journal of Sport and Exercise</i> , 0, , 300-304.	0.0	0
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2091	Selection-Related Aspects of Resistance Exercises for Elderly. , 2019, 21, 208.		0
2092	EFFECT OF 16 WEEKS OF RESISTANCE TRAINING ON STRENGTH ENDURANCE IN MEN AND WOMEN. <i>Revista Brasileira De Medicina Do Esporte</i> , 2019, 25, 399-403.	0.1	0
2093	FitBird: Improving Free-weight Training Experience using Wearable Sensors for Game Control. , 2019, , .		3
2095	Effects of Different Dispositions of Resistance Exercises on Subjective Perception of Effort, Discomfort and Affectivity in Older Women. , 2019, 21, 404-408.		1
2096	Exercise Recommendations for Cardiac Patients with Chronic Nonspecific Low Back Pain. <i>Bioengineered</i> , 2019, 8, 144-156.	1.4	0
2097	Advanced Cancers, Metastatic Disease, and Palliative Care. , 2020, , 321-348.		0
2098	Effects of a resistance training program on muscular performance adaptations: comparing three vs. four times per week. <i>Biomedical Human Kinetics</i> , 2020, 12, 149-156.	0.2	0
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2104	Effect of resistance training with vascular occlusion in the upper limbs. <i>Gazzetta Medica Italiana Archivio Per Le Scienze Mediche</i> , 2020, 179, .	0.0	0
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2109	The effect of strength training with different frequency on untrained university students. <i>Fizieskoe Vospitanie Studentov</i> , 2020, 24, 186-193.	0.9	1
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2113	ANTHROPOMETRIC CHANGES FOLLOWING AEROBIC AND RESISTANCE TRAINING PROGRAMMES AMONG HIV-SEROPOSITIVE FEMALE PATIENTS. <i>Turkish Journal of Kinesiology</i> , 2020, 6, 101-108.	0.5	2
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2118	Resistance Training with Blood Flow Restriction Compared to Traditional Resistance Training on Strength and Muscle Mass in Non-Active Older Adults: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11441.	1.2	17

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2120	Application of acute whole-body vibration and lower-body exercise: effects on concentric torque in lower-limb muscles. <i>Biomedical Human Kinetics</i> , 2020, 12, 157-165.	0.2	1
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2141	The validity of Keiser-M3 stationary bicycle with standard ergometer for physiological measurements associated with maximum effort. Motriz Revista De Educacao Fisica, 2020, 26, .	0.3	1
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2303	Effects of resistance training intensity on muscle quantity/quality in middle-aged and older people: a randomized controlled trial. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2022, 13, 894-908.	2.9	29
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2320	Effect of different recovery modes during resistance training with blood flow restriction on hormonal levels and performance in young men: a randomized controlled trial. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, 47.	0.7	3
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2332	Effects of different exercise intensity on bone mineral density in adults: a comparative systematic review and meta-analysis. <i>Osteoporosis International</i> , 2022, , 1.	1.3	5
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2335	The Effectiveness of Exercise Interventions to Improve Gait and Balance in Individuals with Lower Limb Amputations: A Systematic Review and Meta-analysis. <i>Clinical Rehabilitation</i> , 2022, 36, 857-872.	1.0	4
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2338	Influence of total repetitions per set on local muscular endurance: A systematic review with meta-analysis and meta-regression. <i>Science and Sports</i> , 2022, 37, 405-420.	0.2	4
2339	Resistance training protects against muscle pain through activation of androgen receptors in male and female mice. <i>Pain</i> , 2022, 163, 1879-1891.	2.0	10
2340	Acute Effects of Local Ischemic Hypoxia and Systemic Hypoxemia on Neuromuscular and Cognitive Function. <i>High Altitude Medicine and Biology</i> , 2022, 23, 18-25.	0.5	1
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2342	Effect of Low-Load Blood Flow Restriction Training After Anterior Cruciate Ligament Reconstruction: A Systematic Review. <i>International Journal of Sports Physical Therapy</i> , 2022, 17, 334-346.	0.5	10
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2346	Dose-response Rehabilitation Organized By Proximal In Out-patients With Chronic Cerebrovascular Disorder: A single-center retrospective cohort study. <i>Journal of Stroke and Cerebrovascular Diseases</i> , 2022, 31, 106375.	0.7	3
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2357	Effects of German Volume Training on Muscle Strength and Muscle Hypertrophy. , 0, , 20-25.		0
2358	Does Varying Resistance Exercises Promote Superior Muscle Hypertrophy and Strength Gains? A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1753-1762.	1.0	13
2359	Design and Evaluation of an Off-ice Training Program with Online Coaching for Novice Figure Skaters. <i>Journal of Japan Society of Sports Industry</i> , 2022, 32, 2_187-2_206.	0.0	0
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2361	Unilateral Versus Bilateral Resistance Exercise in Postoperative Rehabilitation After ACL Reconstruction With Boneâ€“Patellar Tendonâ€“Bone Graft: A Randomized Controlled Trial. <i>Orthopaedic Journal of Sports Medicine</i> , 2022, 10, 232596712210888.	0.8	5
2362	Hypertrophic adaptations to a 6-week in-season barbell vs. flywheel squat added to regular soccer training. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, , .	0.4	0
2363	Perception of Velocity during Free-Weight Exercises: Difference between Back Squat and Bench Press. <i>Journal of Functional Morphology and Kinesiology</i> , 2022, 7, 34.	1.1	3
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2405	Improving the Technique of Pelvic Floor Muscle Contraction in Active Nulliparous Women Attending a Structured High-Intensity Low Impact Aerobics Program: A Randomized Control Trial. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 5911.	1.2	0
2406	The Need for Eccentric Speed: A Narrative Review of the Effects of Accelerated Eccentric Actions During Resistance-Based Training. <i>Sports Medicine</i> , 2022, 52, 2061-2083.	3.1	7
2407	The Effects of Fatigue on Muscle Synergies in the Shoulders of Baseball Players. <i>Sports Health</i> , 2023, 15, 282-289.	1.3	7
2408	Research Hotspots of the Rehabilitation Medicine Use of sEMG in Recent 12 Years: A Bibliometric Analysis. <i>Journal of Pain Research</i> , 2022, Volume 15, 1365-1377.	0.8	3
2409	Reproducibility of strength performance and strength-endurance profiles: A test-retest study. <i>PLoS ONE</i> , 2022, 17, e0268074.	1.1	3
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2414	The effect of 8 weeks of block and traditional periodization training models on practical factors in volleyball players. , 2022, 1, 83-93.		0
2415	Effects of different types of exercises on pain, quality of life, depression, and body composition in women with fibromyalgia: A three-arm, parallel-group, randomized trial. <i>Archives of Rheumatology</i> , 2022, 37, 444-455.	0.3	1
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2417	Assessment of the diaphragmatic mobility by chest ultrasound in patients with chest deformities before and after pulmonary rehabilitation program. <i>The Egyptian Journal of Chest Diseases and Tuberculosis</i> , 2022, 71, 220.	0.1	0
2418	Have We Forgotten Our Patient? An Exploration of Patient Experiences After Anterior Cruciate Ligament Reconstruction. <i>Journal of Sport Rehabilitation</i> , 2022, , 1-7.	0.4	1
2419	Pre-exhaustion Training, a Narrative Review of the Acute Responses and Chronic Adaptations.. <i>International Journal of Exercise Science</i> , 2022, 15, 507-525.	0.5	0
2420	Effects of Six-week Periodized Versus Non-Periodized Kettlebell Swing Training on Strength, Power and Muscular Endurance.. <i>International Journal of Exercise Science</i> , 2022, 15, 526-540.	0.5	0
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2426	The Effect of Progressive Resistance Training on Functionality and Handgrip Strength in the Older Individuals of a Community: A Quasi-Experimental Study. <i>Rejuvenation Research</i> , 2022, 25, 173-180.	0.9	1
2427	Physical Exercise for Health and Performance Post-Pandemic COVID-19 Era, a Renewed Emphasis on Public Health. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 6475.	1.2	1
2428	Low-Intensity Resistance Training Improves Flow-Mediated Dilation in Young Hispanic Adults. <i>Journal of Strength and Conditioning Research</i> , 2022, Publish Ahead of Print, .	1.0	0
2430	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.	1.2	3
2431	Considerations for Sex-Cognizant Research in Exercise Biology and Medicine. <i>Frontiers in Sports and Active Living</i> , 0, 4, .	0.9	12
2432	Exercise and Type II Diabetes Mellitus: A Brief Guide for Exercise Professionals. <i>Strength and Conditioning Journal</i> , 2022, 44, 64-72.	0.7	3
2433	Bar Load-Velocity Profile of Full Squat and Bench Press Exercises in Young Recreational Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 6756.	1.2	2
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2436	Intervention in the Elderly. , 2003, , .		0
2439	Effects of resistance training in elderly women with cognitive decline. <i>Fisioterapia Em Movimento</i> , 0, 35, .	0.4	0
2440	Efeitos do treinamento resistido em idosas com declínio cognitivo. <i>Fisioterapia Em Movimento</i> , 0, 35, .	0.4	0
2441	Does the effect of comprehensive respiratory physiotherapy home-program differ in children with cystic fibrosis and non-cystic fibrosis bronchiectasis?. <i>European Journal of Pediatrics</i> , 2022, 181, 2961-2970.	1.3	1
2442	Universal Training Precautions: A Review of Evidence and Recommendations for Prevention of Exercise-Related Injury, Illness, and Death in Warfighters and Athletes. <i>Journal of Athletic Training</i> , 2023, 58, 232-243.	0.9	4
2443	Cardiac autonomic disturbance following resistance and sprint-interval exercises in non-obese and obese young men. <i>Applied Physiology, Nutrition and Metabolism</i> , 0, , .	0.9	1
2444	Respostas hemodinâmicas agudas durante exercícios resistidos associados à restrição do fluxo sanguíneo: uma revisão sistemática. <i>Research, Society and Development</i> , 2022, 11, e19611830761.	0.0	0
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2447	Programming Plyometric-Jump Training in Soccer: A Review. <i>Sports</i> , 2022, 10, 94.	0.7	11
2448	Impact of Interrepetition Rest on Muscle Blood Flow and Exercise Tolerance during Resistance Exercise. <i>Medicina (Lithuania)</i> , 2022, 58, 822.	0.8	0
2449	Strength Training in Climbing: A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, 751-767.	1.0	6
2450	The Push Press Exercise. <i>ACSM's Health and Fitness Journal</i> , 2022, 26, 33-38.	0.3	0
2451	Acute effects of resistance exercise with blood flow restriction on cardiovascular response: a meta-analysis. <i>Journal of Comparative Effectiveness Research</i> , 2022, 11, 829-842.	0.6	1
2452	Impact of concurrent training versus aerobic or resistance training on cardiorespiratory fitness and muscular strength in middle-aged to older adults: A systematic review and meta-analysis. <i>Physiology and Behavior</i> , 2022, 254, 113888.	1.0	11
2453	Concentric or eccentric physical activity for patients with symptomatic osteoarthritis of the knee: a randomized prospective study. <i>Therapeutic Advances in Musculoskeletal Disease</i> , 2022, 14, 1759720X2211028.	1.2	2
2454	Acute Effects of Strength and Endurance Training on Bone Turnover Markers in Young Adults and Elderly Men. <i>Frontiers in Endocrinology</i> , 0, 13, .	1.5	7
2455	The Effects of Graded Protein Intake in Conjunction with Progressive Resistance Training on Skeletal Muscle Outcomes in Older Adults: A Preliminary Trial. <i>Nutrients</i> , 2022, 14, 2739.	1.7	1
2456	TRADUÃÃO DO POSICIONAMENTO âMODELOS DE PROGRESSÃO DO TREINAMENTO DE FORÃA PARA ADULTOS SAUDÃVEISâ DO ANO DE 2002 E ATUALIZAÃÃES DO ANO DE 2009. <i>Renef</i> , 2022, 13, 72-82.	0.0	0
2457	Are Trainees Lifting Heavy Enough? Self-Selected Loads in Resistance Exercise: A Scoping Review and Exploratory Meta-analysis. <i>Sports Medicine</i> , 2022, 52, 2909-2923.	3.1	5
2458	A Multidisciplinary Program on Falling and Quality of Life in Older Adults. <i>Physical and Occupational Therapy in Geriatrics</i> , 2023, 41, 128-142.	0.2	1
2459	Selecting Resistance Training Exercises for Novices: A Delphi Study with Expert Consensus. <i>American Journal of Lifestyle Medicine</i> , 0, , 155982762211156.	0.8	1
2461	Effects of Quercetin Glycoside Supplementation Combined With Low-Intensity Resistance Training on Muscle Quantity and Stiffness: A Randomized, Controlled Trial. <i>Frontiers in Nutrition</i> , 0, 9, .	1.6	4
2462	Triceps brachii hypertrophy is substantially greater after elbow extension training performed in the overhead versus neutral arm position. <i>European Journal of Sport Science</i> , 2023, 23, 1240-1250.	1.4	9
2463	Effect of low-intensity exercise with blood flow restriction during rest intervals on muscle function and perception. <i>Clinical Physiology and Functional Imaging</i> , 2022, 42, 348-355.	0.5	2
2464	Intramuscular sex steroid hormones are reduced after resistance training in postmenopausal women, but not affected by estrogen therapy. <i>Steroids</i> , 2022, 186, 109087.	0.8	1

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2465	Acute effects of different external compression with blood flow restriction on force-velocity profile during squat and bench press exercises. <i>Biology of Sport</i> , 0, , .	1.7	1
2466	ACUTE EFFECT OF DIFFERENT LOADS ON MUSCLE PERFORMANCE AND PERCEIVED EXERTION IN YOUNG WOMEN. <i>Revista Brasileira De Medicina Do Esporte</i> , 0, 29, .	0.1	0
2467	Comment on: "Effects of resistance training intensity on muscle quantity/quality in middle-aged and older people: a randomized controlled trial" by Otsuka et al.. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 0, , .	2.9	1
2468	Blood flow restriction training for an individual with relapsing-remitting multiple sclerosis: a case report. <i>Physiotherapy Theory and Practice</i> , 2024, 40, 161-169.	0.6	2
2469	Tracking the Fatigue Status after a Resistance Exercise through Different Parameters. <i>International Journal of Sports Medicine</i> , 0, , .	0.8	0
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2471	Effect of Set-Structure on Upper-Body Muscular Hypertrophy and Performance in Recreationally-Trained Male and Female. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2176-2185.	1.0	2
2472	Improved Electrical Stimulation-Based Exercise Model to Induce Mice Tibialis Anterior Muscle Hypertrophy and Function. <i>Applied Sciences (Switzerland)</i> , 2022, 12, 7673.	1.3	0
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2474	Can genetics guide exercise prescriptions in osteoarthritis?. <i>Frontiers in Rehabilitation Sciences</i> , 0, 3, .	0.5	0
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2618	Energy Expenditure, Intensity, and Perceived Effort in Recreational Functional Training. <i>Research Quarterly for Exercise and Sport</i> , 2024, 95, 81-90.	0.8	0
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