

Systematic Review of High-Intensity Progressive Resistance Training of the Lower Limb Compared With Other Intensities of Strength Training

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Citation Report

#	ARTICLE	IF	CITATIONS
1	Protective effect of a hydroethanolic extract from <i>Bowdichia virgilioides</i> on muscular damage and oxidative stress caused by strenuous resistance training in rats. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, 58.	3.9	12
2	A Framework for Exercise Prescription. <i>Topics in Geriatric Rehabilitation</i> , 2014, 30, 79-101.	0.4	3
3	Identification and treatment of older persons with sarcopenia. <i>Aging Male</i> , 2014, 17, 199-204.	1.9	23
5	The Effect of Treadmill-based Incremental Leg Weight Loading Training on the Balance of Stroke Patients. <i>Journal of Physical Therapy Science</i> , 2014, 26, 235-237.	0.6	11
6	High-Intensity Progressive Resistance Training Increases Strength With No Change in Cardiovascular Function and Autonomic Neural Regulation in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2015, 23, 339-345.	1.0	22
8	High-intensity versus low-intensity physical activity or exercise in people with hip or knee osteoarthritis. <i>The Cochrane Library</i> , 2015, 2015, CD010203.	2.8	85
9	High Intensity Exercise in Multiple Sclerosis: Effects on Muscle Contractile Characteristics and Exercise Capacity, a Randomised Controlled Trial. <i>PLoS ONE</i> , 2015, 10, e0133697.	2.5	71
10	Dose-Response Relationships of Resistance Training in Healthy Old Adults: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015, 45, 1693-1720.	6.5	460
11	Aerobic training alone or combined with strength training affects fitness in elderly: Randomized trial. <i>European Journal of Sport Science</i> , 2015, 15, 773-783.	2.7	19
12	Psychosocial factors in healthy ageing. <i>Psychology and Health</i> , 2015, 30, 607-626.	2.2	16
13	Effects of Three Types of Exercise Interventions on Healthy Old Adults'™ Gait Speed: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015, 45, 1627-1643.	6.5	126
14	Effects of elastic band resistance training and nutritional supplementation on physical performance of institutionalised elderly – A randomized controlled trial. <i>Experimental Gerontology</i> , 2015, 72, 99-108.	2.8	71
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16	Postacute Rehabilitation Quality of Care: Toward a Shared Conceptual Framework. <i>Archives of Physical Medicine and Rehabilitation</i> , 2015, 96, 960-969.	0.9	36
17	Rational Emotive Behavior Therapy (REBT), Irrational and Rational Beliefs, and the Mental Health of Athletes. <i>Frontiers in Psychology</i> , 2016, 07, 1423.	2.1	99
18	Effects of resistance training with moderate vs heavy loads on muscle mass and strength in the elderly: A meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2016, 26, 995-1006.	2.9	165
21	Task-Oriented Exercise to Reduce Activities of Daily Living Disability in Vulnerable Older Adults: A Feasibility Study of the 3-Step Workout for Life. <i>Journal of Aging and Physical Activity</i> , 2016, 24, 384-392.	1.0	15
22	Progressive Resistance Training in End-Stage Renal Disease: Systematic Review. <i>American Journal of Nephrology</i> , 2016, 44, 32-45.	3.1	50

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23	Supervised progressive cross-continuum strength training compared with usual care in older medical patients: study protocol for a randomized controlled trial (the STAND-Cph trial). <i>Trials</i> , 2016, 17, 176.	1.6	6
24	Updating the Evidence for Physical Activity: Summative Reviews of the Epidemiological Evidence, Prevalence, and Interventions to Promote "Active Aging". <i>Gerontologist</i> , The, 2016, 56, S268-S280.	3.9	475
25	Resistance Training as a Tool for Preventing and Treating Musculoskeletal Disorders. <i>Sports Medicine</i> , 2016, 46, 1239-1248.	6.5	64
26	Body composition and physical function after progressive resistance and balance training among older adults after stroke: an exploratory randomized controlled trial. <i>Disability and Rehabilitation</i> , 2017, 39, 1207-1214.	1.8	13
27	Does Concurrent Training Intensity Distribution Matter?. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 181-195.	2.1	16
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30	Effect of Resistance Training Systems on Oxidative Stress in Older Women. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017, 27, 439-447.	2.1	14
31	Effects of Traditional and Pyramidal Resistance Training Systems on Muscular Strength, Muscle Mass, and Hormonal Responses in Older Women: A Randomized Crossover Trial. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1888-1896.	2.1	19
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33	The effects of a high-intensity functional exercise group on clinical outcomes in hospitalised older adults: an assessor-blinded, randomised-controlled trial. <i>Age and Ageing</i> , 2017, 46, 208-213.	1.6	14
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43	Can we prevent OA? Epidemiology and public health insights and implications. Rheumatology, 2018, 57, iv3-iv9.	1.9	26
44	The Effect of Moderate- Versus High-Intensity Resistance Training on Systemic Redox State and DNA Damage in Healthy Older Women. Biological Research for Nursing, 2018, 20, 205-217.	1.9	21
45	Skeletal Muscle Power Measurement in Older People: A Systematic Review of Testing Protocols and Adverse Events. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2018, 73, 914-924.	3.6	45
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66	Current Concepts in Healthy Aging and Physical Activity: A Viewpoint. <i>Journal of Aging and Physical Activity</i> , 2019, 27, 755-761.	1.0	2
67	A randomized controlled trial of the effect of supervised progressive cross-continuum strength training and protein supplementation in older medical patients: the STAND-Cph trial. <i>Trials</i> , 2019, 20, 655.	1.6	8
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86	Effectiveness of physical activity interventions in older adults with frailty or prefrailty: a systematic review and meta-analysis. <i>CMAJ Open</i> , 2021, 9, E728-E743.	2.4	17
87	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.	1.9	10
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105	The influence of considering individual resistance training variables as a whole on muscle strength: A systematic review and meta-analysis protocol. <i>PLoS ONE</i> , 2022, 17, e0262674.	2.5	9
106	Comparison of Quadriceps Exercise Modalities on Pain, Muscle Strength, Function, and Balance in Bilateral Knee Osteoarthritis. <i>Åstanbul Medical Journal</i> ., 2022, 23, 6-11.	0.1	0
108	Effects of high- and low-load resistance training in patients with coronary artery disease: a randomized controlled clinical trial. <i>European Journal of Preventive Cardiology</i> , 2022, 29, e338-e342.	1.8	10
109	The role of High-, Moderate-, and Low-Intensity Training in Enhancing Functional Mobility and Muscle Strength of Aged Female: A Randomized Controlled Trial. <i>Pertanika Journal of Social Science and Humanities</i> , 2022, 30, 57-78.	0.3	1
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113	Effects of an increased habitual dietary protein intake followed by resistance training on fitness, muscle quality and body composition of seniors: A randomised controlled trial. <i>Clinical Nutrition</i> , 2022, 41, 1034-1045.	5.0	7
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117	Community-based group physical activity and/or nutrition interventions to promote mobility in older adults: an umbrella review. <i>BMC Geriatrics</i> , 2022, 22, .	2.7	6
118	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, , .	7.3	1
119	A Systematic Review and Meta-Analysis of Resistance Training on Quality of Life, Depression, Muscle Strength, and Functional Exercise Capacity in Older Adults Aged 60 Years or More. <i>Biological Research for Nursing</i> , 2023, 25, 88-106.	1.9	13
120	Combined resistance training with aerobic training improves physical performance in patients with coronary artery disease: A secondary analysis of a randomized controlled clinical trial. <i>Frontiers in Cardiovascular Medicine</i> , 0, 9, .	2.4	4
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122	Device-measured physical activity and incident affective disorders. <i>BMC Medicine</i> , 2022, 20, .	5.5	0
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128	Manipulating the Resistance Training Volume in Middle-Aged and Older Adults: A Systematic Review with Meta-Analysis of the Effects on Muscle Strength and Size, Muscle Quality, and Functional Capacity. <i>Sports Medicine</i> , 2023, 53, 503-518.	6.5	13
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130	Low-intensity resistance training to improve knee extension strength in community-dwelling older adults: Systematic review and meta-analysis of randomized controlled studies. <i>Experimental Gerontology</i> , 2023, 172, 112041.	2.8	4
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132	Effect of strength training on functional outcomes and strength in patients with polyneuropathy: A scoping review. <i>Frontiers in Physiology</i> , 0, 14, .	2.8	0
133	Exercise Guidelines to Counteract Physical Deconditioning in Long-Term Care Facilities: What to Do and How to Do It?. <i>Journal of the American Medical Directors Association</i> , 2023, , .	2.5	4
134	High intensity exercise training on functional outcomes in persons with multiple sclerosis: A systematic review. <i>Multiple Sclerosis and Related Disorders</i> , 2023, 75, 104748.	2.0	1
135	High-velocity power training has similar effects to traditional resistance training for functional performance in older adults: a systematic review. <i>Journal of Physiotherapy</i> , 2023, 69, 148-159.	1.7	0

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136	Dose-response relationships of resistance training in Type 2 diabetes mellitus: a meta-analysis of randomized controlled trials. <i>Frontiers in Endocrinology</i> , 0, 14, .	3.5	0
137	Preferred Reporting Items for Resistance Exercise Studies (PRIRES): A Checklist Developed Using an Umbrella Review of Systematic Reviews. <i>Sports Medicine - Open</i> , 2023, 9, .	3.1	0
139	Resistance Training in Cardiac Rehabilitation. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2024, 44, 79-82.	2.1	0
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