

Impact of low-volume, high-intensity interval training on health-related quality of life and motivation to exercise

Age

37, 25

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Citation Report

#	ARTICLE	IF	CITATIONS
1	Associations between Dietary Factors and Self-Reported Physical Health in Chinese Scientific Workers. <i>International Journal of Environmental Research and Public Health</i> , 2015, 12, 16060-16069.	1.2	3
2	Commentary: Why sprint interval training is inappropriate for a largely sedentary population. <i>Frontiers in Psychology</i> , 2015, 6, 1359.	1.1	23
3	Effectiveness of High-Intensity Interval Training (HIT) and Continuous Endurance Training for VO ₂ max Improvements: A Systematic Review and Meta-Analysis of Controlled Trials. <i>Sports Medicine</i> , 2015, 45, 1469-1481.	3.1	604
4	Salutary effects of high-intensity interval training in persons with elevated cardiovascular risk. <i>F1000Research</i> , 2016, 5, 2254.	0.8	12
5	A 31-day time to surgery compliant exercise training programme improves aerobic health in the elderly. <i>Techniques in Coloproctology</i> , 2016, 20, 375-382.	0.8	30
6	High-intensity interval training (HIIT) or miss: is HIIT the way forward for obese children?. <i>Perspectives in Public Health</i> , 2016, 136, 335-336.	0.8	3
7	Physical activity intensity can be accurately monitored by smartphone global positioning system app™. <i>European Journal of Sport Science</i> , 2016, 16, 624-631.	1.4	14
8	One session of high-intensity interval training (HIIT) every 5 days, improves muscle power but not static balance in lifelong sedentary ageing men. <i>Medicine (United States)</i> , 2017, 96, e6040.	0.4	51
9	Exercise training improves free testosterone in lifelong sedentary aging men. <i>Endocrine Connections</i> , 2017, 6, 306-310.	0.8	47
10	High-intensity interval training (HIIT) increases insulin-like growth factor-I (IGF-I) in sedentary aging men but not masters™ athletes: an observational study. <i>Aging Male</i> , 2017, 20, 54-59.	0.9	23
11	Lifelong exercise, but not short-term high-intensity interval training, increases GDF11, a marker of successful aging: a preliminary investigation. <i>Physiological Reports</i> , 2017, 5, e13343.	0.7	33
12	HIIT produces increases in muscle power and free testosterone in male masters athletes. <i>Endocrine Connections</i> , 2017, 6, 430-436.	0.8	34
13	The Effects of Acute High-Intensity Interval Training on Hematological Parameters in Sedentary Subjects. <i>Medical Sciences (Basel, Switzerland)</i> , 2017, 5, 15.	1.3	25
14	High-Intensity Interval Training After Stroke: An Opportunity to Promote Functional Recovery, Cardiovascular Health, and Neuroplasticity. <i>Neurorehabilitation and Neural Repair</i> , 2018, 32, 543-556.	1.4	89
15	High-intensity Interval Training Frequency: Cardiometabolic Effects and Quality of Life. <i>International Journal of Sports Medicine</i> , 2018, 39, 210-217.	0.8	49
16	High Intensity Interval Training Improves Physical Performance and Frailty in Aged Mice. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2018, 73, 429-437.	1.7	72
17	High intensity interval training (HIIT) improves resting blood pressure, metabolic (MET) capacity and heart rate reserve without compromising cardiac function in sedentary aging men. <i>Experimental Gerontology</i> , 2018, 109, 75-81.	1.2	69
18	Effect of High-Intensity Interval Training Combined with L-Citrulline Supplementation on Functional Capacities and Muscle Function in Dynapenic-Obese Older Adults. <i>Journal of Clinical Medicine</i> , 2018, 7, 561.	1.0	38

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19	The effect of 12 weeks of combined upper- and lower-body high-intensity interval training on muscular and cardiorespiratory fitness in older adults. <i>Aging Clinical and Experimental Research</i> , 2019, 31, 661-671.	1.4	41
20	The effects of functional and traditional strength training on different strength parameters of elderly women: a randomized and controlled trial. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 380-386.	0.4	22
21	A Randomized Clinical Trial Comparing Three Different Exercise Strategies for Optimizing Aerobic Capacity and Skeletal Muscle Performance in Older Adults: Protocol for the DART Study. <i>Frontiers in Medicine</i> , 2019, 6, 236.	1.2	10
22	Study Protocol: Does an Acute Intervention of High-Intensity Physical Exercise Followed by a Brain Training Video Game Have Immediate Effects on Brain Activity of Older People During Stroop Task in fMRI? A Randomized Controlled Trial With Crossover Design. <i>Frontiers in Aging Neuroscience</i> , 2019, 11, 260.	1.7	7
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24	Effects of high-intensity interval training frequency on perceptual responses and future physical activity participation. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 952-957.	0.9	13
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26	Can Sprint Interval Training (SIT) Improve the Psychological and Physiological Health of Adolescents with SMI?. <i>Evidence-Based Practice in Child and Adolescent Mental Health</i> , 2019, 4, 219-234.	0.7	1
27	High intensity interval training improves physical performance in aged female mice: A comparison of mouse frailty assessment tools. <i>Mechanisms of Ageing and Development</i> , 2019, 180, 49-62.	2.2	21
28	Menopause and high-intensity interval training: effects on body composition and physical performance. <i>Menopause</i> , 2019, 26, 1232-1233.	0.8	0
29	Risk of Falls in Healthy Older Adults: Benefits of High-Intensity Interval Training Using Lower Body Suspension Exercises. <i>Journal of Aging and Physical Activity</i> , 2019, 27, 325-333.	0.5	20
30	Suspension Training HIIT Improves Gait Speed, Strength and Quality of Life in Older Adults. <i>International Journal of Sports Medicine</i> , 2019, 40, 116-124.	0.8	43
31	Aerobic Training Protects Cardiac Function During Advancing Age: A Meta-Analysis of Four Decades of Controlled Studies. <i>Sports Medicine</i> , 2019, 49, 199-219.	3.1	11
32	Effects of 12-Week Concurrent High-Intensity Interval Strength and Endurance Training Program on Physical Performance in Healthy Older People. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1445-1452.	1.0	38
33	Modelling of amino acid turnover in the horse during training and racing: A basis for developing a novel supplementation strategy. <i>PLoS ONE</i> , 2020, 15, e0226988.	1.1	1
34	High intensity interval training (HIIT) produces small improvements in fasting glucose, insulin, and insulin resistance in sedentary older men but not masters athletes. <i>Experimental Gerontology</i> , 2020, 140, 111074.	1.2	10
35	Efficacy of a Six-Week Dispersed Wingate-Cycle Training Protocol on Peak Aerobic Power, Leg Strength, Insulin Sensitivity, Blood Lipids and Quality of Life in Healthy Adults. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4860.	1.2	4
36	Vitamin C and E Treatment Blunts Sprint Interval Training-Induced Changes in Inflammatory Mediator-, Calcium-, and Mitochondria-Related Signaling in Recreationally Active Elderly Humans. <i>Antioxidants</i> , 2020, 9, 879.	2.2	21

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42	Effect of Different Endurance Training Protocols During Cardiac Rehabilitation on Quality of Life. <i>American Journal of Medicine</i> , 2021, 134, 805-811.	0.6	7
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44	Aerobic, resistance, and mind-body exercise are equivalent to mitigate symptoms of depression in older adults: A systematic review and network meta-analysis of randomised controlled trials. <i>F1000Research</i> , 2020, 9, 1325.	0.8	11
45	Impact of high-intensity interval training on cardiorespiratory fitness, body composition, physical fitness, and metabolic parameters in older adults: A meta-analysis of randomized controlled trials. <i>Experimental Gerontology</i> , 2021, 150, 111345.	1.2	38
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47	High Intensity Interval Training (HIIT) as a Potential Countermeasure for Phenotypic Characteristics of Sarcopenia: A Scoping Review. <i>Frontiers in Physiology</i> , 2021, 12, 715044.	1.3	11
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58	The benefits and physiological changes of high intensity interval training. <i>Universa Medicina</i> , 2019, 38, 209-216.	0.1	1
60	The Effects of High-Intensity Interval Training (HIIT) on Fall Risk Factors in Healthy Older Adults: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11809.	1.2	8
61	Exercise in Octogenarians: How Much Is Too Little?. <i>Annual Review of Medicine</i> , 2022, 73, 377-391.	5.0	2
62	The Influence of Acute Sprint Interval Training on Cognitive Performance of Healthy Younger Adults. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 613.	1.2	8
63	Promoting exercise in older people to support healthy ageing. <i>Nursing Standard (Royal College of)</i> Tj ETQq1 1 0.784314 rgBT ₂ /Overlo	0.1	2
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