

Novel Resistance Trainingâ€™Specific Rating of Perceived Repetitions in Reserve

Journal of Strength and Conditioning Research

30, 267-275

DOI: 10.1519/jsc.0000000000001049

Citation Report

#	ARTICLE	IF	CITATIONS
1	Differentiation between perceived effort and discomfort during resistance training in older adults: Reliability of trainee ratings of effort and discomfort, and reliability and validity of trainer ratings of trainee effort. <i>Journal of Trainology</i> , 2016, 6, 1-8.	1.2	45
2	Application of the Repetitions in Reserve-Based Rating of Perceived Exertion Scale for Resistance Training. <i>Strength and Conditioning Journal</i> , 2016, 38, 42-49.	0.7	129
3	Volume-equated high- and low-repetition daily undulating programming strategies produce similar hypertrophy and strength adaptations. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 699-705.	0.9	46
4	RPE and Velocity Relationships for the Back Squat, Bench Press, and Deadlift in Powerlifters. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 292-297.	1.0	80
5	What does individual strength say about resistance training status?. <i>Muscle and Nerve</i> , 2017, 55, 455-457.	1.0	17
6	A Scientific Rationale to Improve Resistance Training Prescription in Exercise Oncology. <i>Sports Medicine</i> , 2017, 47, 1457-1465.	3.1	64
7	Ratings of Perceived Exertion During Acute Resistance Exercise Performed at Imposed and Self-Selected Loads in Recreationally Trained Women. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2313-2318.	1.0	18
8	Tapering Practices of Croatian Open-Class Powerlifting Champions. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2371-2378.	1.0	38
9	The Potential for a Targeted Strength-Training Program to Decrease Asymmetry and Increase Performance: A Proof of Concept in Sprinting. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1392-1395.	1.1	20
10	Accuracy in Estimating Repetitions to Failure During Resistance Exercise. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2162-2168.	1.0	40
11	Quantification of Training Load and Training Response for Improving Athletic Performance. <i>Strength and Conditioning Journal</i> , 2017, 39, 3-13.	0.7	19
12	Self-Rated Accuracy of Rating of Perceived Exertion-Based Load Prescription in Powerlifters. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2938-2943.	1.0	19
13	Relationship between concentric velocities at varying intensity in the back squat using a wireless inertial sensor. <i>Journal of Trainology</i> , 2017, 6, 9-12.	1.2	6
14	Analysis of Wearable and Smartphone-Based Technologies for the Measurement of Barbell Velocity in Different Resistance Training Exercises. <i>Frontiers in Physiology</i> , 2017, 8, 649.	1.3	87
15	Effects of Whey, Soy or Leucine Supplementation with 12 Weeks of Resistance Training on Strength, Body Composition, and Skeletal Muscle and Adipose Tissue Histological Attributes in College-Aged Males. <i>Nutrients</i> , 2017, 9, 972.	1.7	76
16	Increases in Variation of Barbell Kinematics Are Observed with Increasing Intensity in a Graded Back Squat Test. <i>Sports</i> , 2017, 5, 51.	0.7	14
17	Effects of two pre-workout supplements on concentric and eccentric force production during lower body resistance exercise in males and females: a counterbalanced, double-blind, placebo-controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 46.	1.7	17
18	Ability to predict repetitions to momentary failure is not perfectly accurate, though improves with resistance training experience. <i>PeerJ</i> , 2017, 5, e4105.	0.9	32

#	ARTICLE	IF	CITATIONS
19	Training Load Indices, Perceived Tolerance, and Enjoyment Among Different Models of Resistance Training in Older Adults. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 867-875.	1.0	8
20	Estimation of Repetitions to Failure for Monitoring Resistance Exercise Intensity: Building a Case for Application. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1352-1359.	1.0	19
21	Rating of Perceived Exertion as a Method of Volume Autoregulation Within a Periodized Program. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1627-1636.	1.0	25
22	Monitoring Resistance Exercise Intensity Using Ratings of Perceived Exertion in Previously Untrained Patients With Prostate Cancer Undergoing Androgen Deprivation Therapy. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1360-1365.	1.0	10
23	Analysis of Factors Related to Back Squat Concentric Velocity. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2435-2441.	1.0	7
24	Sex-Related Differences in the Accuracy of Estimating Target Force Using Percentages of Maximal Voluntary Isometric Contractions vs. Ratings of Perceived Exertion During Isometric Muscle Actions. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 3294-3300.	1.0	12
25	The Reliability of Individualized Load-Velocity Profiles. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 763-769.	1.1	81
26	Reduced Volume "Daily Max"™ Training Compared to Higher Volume Periodized Training in Powerlifters Preparing for Competition" A Pilot Study. <i>Sports</i> , 2018, 6, 86.	0.7	19
27	The effects of chronic betaine supplementation on body composition and performance in collegiate females: a double-blind, randomized, placebo controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2018, 15, 37.	1.7	34
28	RPE vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions. <i>Frontiers in Physiology</i> , 2018, 9, 247.	1.3	51
29	Effects of Graded Whey Supplementation During Extreme-Volume Resistance Training. <i>Frontiers in Nutrition</i> , 2018, 5, 84.	1.6	34
30	The acute effects of resistance exercise on affect, anxiety, and mood " practical implications for designing resistance training programs. <i>International Review of Sport and Exercise Psychology</i> , 2019, 12, 295-324.	3.1	22
31	Comparison of the Effects of Velocity-Based Training Methods and Traditional 1RM-Percent-Based Training Prescription on Acute Kinetic and Kinematic Variables. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 246-255.	1.1	42
32	The effects of eccentric phase duration on concentric outcomes in the back squat and bench press in well-trained males. <i>Journal of Sports Sciences</i> , 2019, 37, 2676-2684.	1.0	9
33	Inter- and intra-individual variability in the kinematics of the back squat. <i>Human Movement Science</i> , 2019, 67, 102510.	0.6	11
34	Rating of perceived exertion and velocity loss as variables for controlling the level of effort in the bench press exercise. <i>Sports Biomechanics</i> , 2022, 21, 41-55.	0.8	3
35	The Effects of a Multi-Ingredient Performance Supplement Combined with Resistance Training on Exercise Volume, Muscular Strength, and Body Composition. <i>Sports</i> , 2019, 7, 152.	0.7	5
36	Self-Regulated Force and Neuromuscular Responses During Fatiguing Isometric Leg Extensions Anchored to a Rating of Perceived Exertion. <i>Applied Psychophysiology Biofeedback</i> , 2019, 44, 343-350.	1.0	10

#	ARTICLE	IF	CITATIONS
37	A randomised controlled trial of movement quality-focused exercise versus traditional resistance exercise for improving movement quality and physical performance in trained adults. <i>Journal of Sports Sciences</i> , 2019, 37, 2806-2817.	1.0	8
38	Load-Velocity Relationships of the Back vs. Front Squat Exercises in Resistance-Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 301-306.	1.0	15
39	Factors Related to Average Concentric Velocity of Four Barbell Exercises at Various Loads. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 597-605.	1.0	19
40	Time course of recovery is similar for the back squat, bench press, and deadlift in well-trained males. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 1033-1042.	0.9	15
41	Body Mass and Femur Length Are Inversely Related to Repetitions Performed in the Back Squat in Well-Trained Lifters. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 890-895.	1.0	17
43	The Effects of Increasing Training Load on Affect and Perceived Exertion. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, .	1.0	3
44	Optimal Approach to Load Progressions during Strength Training in Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 2224-2233.	0.2	28
45	Kinematic Differences Between the Front and Back Squat and Conventional and Sumo Deadlift. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 3213-3219.	1.0	10
46	Does Training to Failure Maximize Muscle Hypertrophy?. <i>Strength and Conditioning Journal</i> , 2019, 41, 108-113.	0.7	24
47	Autoregulation by "Repetitions in Reserve" Leads to Greater Improvements in Strength Over a 12-Week Training Program Than Fixed Loading. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2451-2456.	1.0	29
48	Validity and Reliability of the Rear Foot Elevated Split Squat 5 Repetition Maximum to Determine Unilateral Leg Strength Symmetry. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 3269-3275.	1.0	9
49	Tensiomyography Derived Parameters Reflect Skeletal Muscle Architectural Adaptations Following 6-Weeks of Lower Body Resistance Training. <i>Frontiers in Physiology</i> , 2019, 10, 1493.	1.3	25
50	Validity of the Open Barbell and Tendo Weightlifting Analyzer Systems Versus the Optotrak Certus 3D Motion-Capture System for Barbell Velocity. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 540-543.	1.1	31
51	Dose-Response Relationship of Weekly Resistance-Training Volume and Frequency on Muscular Adaptations in Trained Men. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 360-368.	1.1	22
52	Efficacy of the Repetitions in Reserve-Based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 337-345.	1.0	34
53	The High-Bar and Low-Bar Back-Squats: A Biomechanical Analysis. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, S1-S18.	1.0	18
54	Mechanical, Metabolic, and Perceptual Acute Responses to Different Set Configurations in Full Squat. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1581-1590.	1.0	35
55	Auto-Regulated Exercise Selection Training Regimen Produces Small Increases in Lean Body Mass and Maximal Strength Adaptations in Strength-trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1133-1140.	1.0	24

#	ARTICLE	IF	CITATIONS
56	Quantifying Training Load During Physically Demanding Tasks in U.S. Army Soldiers: A Comparison of Physiological and Psychological Measurements. <i>Military Medicine</i> , 2020, 185, e847-e852.	0.4	6
57	Rating of Perceived Effort: Methodological Concerns and Future Directions. <i>Sports Medicine</i> , 2020, 50, 679-687.	3.1	61
58	The Effectiveness of Two Methods of Prescribing Load on Maximal Strength Development: A Systematic Review. <i>Sports Medicine</i> , 2020, 50, 919-938.	3.1	29
59	The Minimum Effective Training Dose Required to Increase 1RM Strength in Resistance-Trained Men: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2020, 50, 751-765.	3.1	44
60	Effects of High Intensity Dynamic Resistance Exercise and Whey Protein Supplements on Osteosarcopenia in Older Men with Low Bone and Muscle Mass. Final Results of the Randomized Controlled FrOST Study. <i>Nutrients</i> , 2020, 12, 2341.	1.7	45
61	Bench Press Load-Velocity Profiles and Strength After Overload and Taper Microcycles in Male Powerlifters. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3338-3345.	1.0	6
62	Short-Term Compound Training on Physical Performance in Young Soccer Players. <i>Sports</i> , 2020, 8, 108.	0.7	15
63	Effects of High-Intensity Resistance Training on Fitness and Fatness in Older Men With Osteosarcopenia. <i>Frontiers in Physiology</i> , 2020, 11, 1014.	1.3	14
64	Alterations in Body Composition, Resting Metabolic Rate, Muscular Strength, and Eating Behavior in Response to Natural Bodybuilding Competition Preparation: A Case Study. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3124-3138.	1.0	32
65	Protocol for Minute Calisthenics: a randomized controlled study of a daily, habit-based, bodyweight resistance training program. <i>BMC Public Health</i> , 2020, 20, 1242.	1.2	3
66	Autoregulation in Resistance Training: Addressing the Inconsistencies. <i>Sports Medicine</i> , 2020, 50, 1873-1887.	3.1	35
67	“Just One More Rep” Ability to Predict Proximity to Task Failure in Resistance Trained Persons. <i>Frontiers in Psychology</i> , 2020, 11, 565416.	1.1	9
68	Comparison of Heart Rate Variability Responses to Varying Resistance Exercise Volume-Loads. <i>Research Quarterly for Exercise and Sport</i> , 2022, 93, 391-400.	0.8	1
69	PRACTICAL IMPLICATIONS FOR STRENGTH AND CONDITIONING OF OLDER PRE-FRAIL FEMALES. <i>Journal of Frailty & Aging</i> , 2020, 9, 1-4.	0.8	2
70	Order of same-day concurrent training influences some indices of power development, but not strength, lean mass, or aerobic fitness in healthy, moderately-active men after 9 weeks of training. <i>PLoS ONE</i> , 2020, 15, e0233134.	1.1	18
71	Low-volume acute multi-joint resistance exercise elicits a circulating brain-derived neurotrophic factor response but not a cathepsin B response in well-trained men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 1332-1338.	0.9	6
72	The Benefits of Strength Training on Musculoskeletal System Health: Practical Applications for Interdisciplinary Care. <i>Sports Medicine</i> , 2020, 50, 1431-1450.	3.1	78
73	Comparison of individual and group-based load-velocity profiling as a means to dictate training load over a 6-week strength and power intervention. <i>Journal of Sports Sciences</i> , 2020, 38, 2013-2020.	1.0	12

#	ARTICLE	IF	CITATIONS
74	High Intensity Resistance Exercise Training to Improve Body Composition and Strength in Older Men With Osteosarcopenia. Results of the Randomized Controlled Franconian Osteopenia and Sarcopenia Trial (FrOST). <i>Frontiers in Sports and Active Living</i> , 2020, 2, 4.	0.9	21
75	Acute kick-boxing exercise alters effective connectivity in the brain of females with methamphetamine dependencies. <i>Neuroscience Letters</i> , 2020, 720, 134780.	1.0	7
76	Does squatting need attention?â€”A dual-task study on cognitive resources in resistance exercise. <i>PLoS ONE</i> , 2020, 15, e0226431.	1.1	13
77	Effects of High-Intensity Resistance Training on Osteopenia and Sarcopenia Parameters in Older Men with Osteosarcopeniaâ€”One-Year Results of the Randomized Controlled Franconian Osteopenia and Sarcopenia Trial (<sc>FrOST</sc>). <i>Journal of Bone and Mineral Research</i> , 2020, 35, 1634-1644.	3.1	71
78	Four Weeks of Time-Restricted Feeding Combined with Resistance Training Does Not Differentially Influence Measures of Body Composition, Muscle Performance, Resting Energy Expenditure, and Blood Biomarkers. <i>Nutrients</i> , 2020, 12, 1126.	1.7	53
79	Developing Powerful Athletes Part 2: Practical Applications. <i>Strength and Conditioning Journal</i> , 2021, 43, 23-31.	0.7	21
80	Repetitions in Reserve and Rate of Perceived Exertion Increase the Prediction Capabilities of the Load-Velocity Relationship. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 724-730.	1.0	14
81	Detraining effects after 18-Months of high intensity resistance training on osteosarcopenia in older menâ€”Six-month follow-up of the randomized controlled Franconian Osteopenia and Sarcopenia Trial (FrOST). <i>Bone</i> , 2021, 142, 115772.	1.4	10
82	Ergogenic effects of lifting straps on movement velocity, grip strength, perceived exertion and grip security during the deadlift exercise. <i>Physiology and Behavior</i> , 2021, 229, 113283.	1.0	3
83	Strong representationalism and bodily sensations: Reliable causal covariance and biological function. <i>Philosophical Psychology</i> , 2021, 34, 210-232.	0.5	5
84	Impact of Two High-Volume Set Configuration Workouts on Resistance Training Outcomes in Recreationally Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, S136-S143.	1.0	14
85	Proximity to Failure and Total Repetitions Performed in a Set Influences Accuracy of Intra-set Repetitions in Reserve-Based Rating of Perceived Exertion. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, S158-S165.	1.0	29
86	Impact of Cognitive Measures and Sleep on Acute Squat Strength Performance and Perceptual Responses Among Well-Trained Men and Women. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, S16-S22.	1.0	2
87	Influence of Movement Velocity on Accuracy of Estimated Repetitions to Failure in Resistance-Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2701-2708.	1.0	10
88	Effects of subjective and objective autoregulation methods for intensity and volume on enhancing maximal strength during resistance-training interventions: a systematic review. <i>PeerJ</i> , 2021, 9, e10663.	0.9	16
89	Perceived effort and exertion. , 0, , 294-315.		1
90	Changes in Menopausal Risk Factors in Early Postmenopausal Osteopenic Women After 13 Months of High-Intensity Exercise: The Randomized Controlled ACTLIFE-RCT. <i>Clinical Interventions in Aging</i> , 2021, Volume 16, 83-96.	1.3	20
92	Transcranial Stimulation Improves Volume and Perceived Exertion but does not Change Power. <i>International Journal of Sports Medicine</i> , 2021, 42, 630-637.	0.8	5

#	ARTICLE	IF	CITATIONS
93	A Randomized Controlled Feasibility Trial Evaluating a Resistance Training Intervention With Frail Older Adults in Residential Care: The Keeping Active in Residential Elderly Trial. <i>Journal of Aging and Physical Activity</i> , 2022, 30, 364-388.	0.5	6
94	Effects of training frequency on muscular strength for trained men under volume matched conditions. <i>PeerJ</i> , 2021, 9, e10781.	0.9	4
95	Repetitions in Reserve Is a Reliable Tool for Prescribing Resistance Training Load. <i>Journal of Strength and Conditioning Research</i> , 2021, Publish Ahead of Print, .	1.0	6
96	Autoregulated heavy slow resistance training combined with radial shockwave therapy for plantar heel pain: Protocol for a mixed-methods pilot randomised controlled trial. <i>Musculoskeletal Care</i> , 2021, 19, 319-330.	0.6	4
97	Rating of Perceived Exertion and Velocity Relationships Among Trained Males and Females in the Front Squat and Hexagonal Bar Deadlift. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, S23-S30.	1.0	11
98	The Short Grit Scale (GRIT-S) does not Relate to Acute Muscular Endurance Performance. <i>Journal of Human Kinetics</i> , 2021, 78, 263-269.	0.7	1
99	Utility of Back-Off Sets: An Overview. <i>Strength and Conditioning Journal</i> , 2021, 43, 65-76.	0.7	0
100	The Implementation of Velocity-Based Training Paradigm for Team Sports: Framework, Technologies, Practical Recommendations and Challenges. <i>Sports</i> , 2021, 9, 47.	0.7	21
101	Differences between adjusted vs. non-adjusted loads in velocity-based training: consequences for strength training control and programming. <i>PeerJ</i> , 2021, 9, e10942.	0.9	16
102	Predicting Adaptations to Resistance Training Plus Overfeeding Using Bayesian Regression: A Preliminary Investigation. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 36.	1.1	5
103	Heavy resistance training in the management of hip pain in older adults: A case series. <i>Physiotherapy Theory and Practice</i> , 2021, , 1-9.	0.6	0
104	No Added Benefit of 8 Weeks of Shoulder External Rotation Strength Training for Youth Handball Players Over Usual Handball Training Alone: A Randomized Controlled Trial. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2021, 51, 174-187.	1.7	3
105	The effects of different doses of exercise on pancreatic β -cell function in patients with newly diagnosed type 2 diabetes: study protocol for and rationale behind the "DOSE-EX" multi-arm parallel-group randomised clinical trial. <i>Trials</i> , 2021, 22, 244.	0.7	7
106	Changes in Body Composition and Cardiometabolic Health After Detraining in Older Men with Osteosarcopenia: 6-Month Follow-Up of the Randomized Controlled Franconian Osteopenia and Sarcopenia Trial (FrOST) Study. <i>Clinical Interventions in Aging</i> , 2021, Volume 16, 571-582.	1.3	7
107	Effectiveness of Resistance Training and Associated Program Characteristics in Patients at Risk for Type 2 Diabetes: a Systematic Review and Meta-analysis. <i>Sports Medicine - Open</i> , 2021, 7, 38.	1.3	22
108	Training for Muscular Strength: Methods for Monitoring and Adjusting Training Intensity. <i>Sports Medicine</i> , 2021, 51, 2051-2066.	3.1	33
109	Investigating the Effects of Mental Fatigue on Resistance Exercise Performance. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6794.	1.2	5
110	Molecular Differences in Skeletal Muscle After 1 Week of Active vs. Passive Recovery From High-Volume Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2102-2113.	1.0	5

#	ARTICLE	IF	CITATIONS
111	Comparison of Indirect Calorimetry and Common Prediction Equations for Evaluating Changes in Resting Metabolic Rate Induced by Resistance Training and a Hypercaloric Diet. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 3093-3104.	1.0	2
112	Tracking changes in body composition: comparison of methods and influence of pre-assessment standardisation. <i>British Journal of Nutrition</i> , 2022, 127, 1656-1674.	1.2	15
113	Validation of the Repetitions in Reserve Rating Scale in Paralympic Powerlifting Athletes. <i>International Journal of Sports Medicine</i> , 2022, 43, 366-372.	0.8	3
114	Exploring the acute affective responses to resistance training: A comparison of the predetermined and the estimated repetitions to failure approaches. <i>PLoS ONE</i> , 2021, 16, e0256231.	1.1	6
115	A Biomechanical Comparison of the Safety-Bar, High-Bar and Low-Bar Squat around the Sticking Region among Recreationally Resistance-Trained Men and Women. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8351.	1.2	3
116	Validation of a Smartwatch-Based Workout Analysis Application in Exercise Recognition, Repetition Count and Prediction of 1RM in the Strength Training-Specific Setting. <i>Sports</i> , 2021, 9, 118.	0.7	3
117	Autoregulation in Resistance Training for Lower Limb Tendinopathy: A Potential Method for Addressing Individual Factors, Intervention Issues, and Inadequate Outcomes. <i>Frontiers in Physiology</i> , 2021, 12, 704306.	1.3	6
118	Maximum Strength, Relative Strength, and Strength Deficit: Relationships With Performance and Differences Between Elite Sprinters and Professional Rugby Union Players. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1148-1153.	1.1	21
119	The efficacy of repetitions-in-reserve vs. traditional percentage-based resistance training: a 4-week pre-season randomized intervention in elite rugby league players. <i>Sport Sciences for Health</i> , 2022, 18, 525-535.	0.4	5
120	Effects of Stance Width and Barbell Placement on Kinematics, Kinetics, and Myoelectric Activity in Back Squats. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 719013.	0.9	3
121	Accuracy in Predicting Repetitions to Task Failure in Resistance Exercise: A Scoping Review and Exploratory Meta-analysis. <i>Sports Medicine</i> , 2022, 52, 377-390.	3.1	20
122	How One Feels During Resistance Exercises: A Repetition-by-Repetition Analysis Across Exercises and Loads. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 135-144.	1.1	10
123	Effects of 16 months of high intensity resistance training on thigh muscle fat infiltration in elderly men with osteosarcopenia. <i>GeroScience</i> , 2021, 43, 607-617.	2.1	13
124	A Field-based Three-Compartment Model Derived from Ultrasonography and Bioimpedance for Estimating Body Composition Changes. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 658-667.	0.2	6
125	Autoregulation in Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	1.0	26
126	A Comparison Between Total Body and Split Routine Resistance Training Programs in Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1520-1526.	1.0	7
127	Is the OUTPUT Sports Unit Reliable and Valid When Estimating Back Squat and Bench Press Concentric Velocity?. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2069-2076.	1.0	7
128	The Use of Lifting Straps Alters the Entire Load-Velocity Profile During the Deadlift Exercise. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3331-3337.	1.0	13

#	ARTICLE	IF	CITATIONS
129	Relationship Between the Rating of Perceived Exertion Scale and the Load Intensity of Resistance Training. <i>Strength and Conditioning Journal</i> , 2018, 40, 94-109.	0.7	37
130	Repetitions in reserve vs. maximum effort resistance training programs in youth female athletes. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 1231-1239.	0.4	14
131	Methods for Regulating and Monitoring Resistance Training. <i>Journal of Human Kinetics</i> , 2020, 74, 23-42.	0.7	13
132	RETURN TO ADVANCED STRENGTH TRAINING AND WEIGHTLIFTING IN AN ATHLETE POST-LUMBAR DISCECTOMY UTILIZING PAIN NEUROSCIENCE EDUCATION AND PROPER PROGRESSION: RESIDENT'S CASE REPORT. <i>International Journal of Sports Physical Therapy</i> , 2019, 14, 804-817.	0.5	3
133	Guidelines and Resources for Prescribing Load using Velocity Based Training. <i>International Universities Strength and Conditioning Association Journal</i> , 2020, 1, .	0.3	3
134	Skeletal Muscle Adaptations and Performance Outcomes Following a Step and Exponential Taper in Strength Athletes. <i>Frontiers in Physiology</i> , 2021, 12, 735932.	1.3	10
136	Detraining attenuation during the COVID-19 pandemic: practical considerations for home-based strength and power training. <i>Revista Brasileira De Fisiologia Do Exercício</i> , 2020, 19, 47.	0.0	0
137	Inter- and Intra-Day Comparisons of Smartphone-Derived Heart Rate Variability across Resistance Training Overload and Taper Microcycles. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 177.	1.2	1
138	Step vs. Two-Phase Gradual Volume Reduction Tapering Protocols in Strength Training. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	1.0	4
139	Effect of high-intensity resistance exercise on cardiometabolic health in older men with osteosarcopenia: the randomised controlled Franconian Osteopenia and Sarcopenia Trial (FrOST). <i>BMJ Open Sport and Exercise Medicine</i> , 2020, 6, e000846.	1.4	9
140	Trainingsziele, -inhalte, -mittel und -methoden im Sport. , 2020, , 1-14.		3
141	Effects of smartphone use before resistance exercise on inhibitory control, heart rate variability, and countermovement jump. <i>Applied Neuropsychology Adult</i> , 2024, 31, 48-55.	0.7	2
142	Improved Ankle Mobility After a 4-Week Training Program Affects Landing Mechanics: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1875-1883.	1.0	4
143	Manual Resistance versus Conventional Resistance Training: Impact on Strength and Muscular Endurance in Recreationally Trained Men. <i>Journal of Sports Science and Medicine</i> , 2017, 16, 343-349.	0.7	1
144	Anthropometrical Determinants of Deadlift Variant Performance. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 448-453.	0.7	3
145	RETURN TO ADVANCED STRENGTH TRAINING AND WEIGHTLIFTING IN AN ATHLETE POST-LUMBAR DISCECTOMY UTILIZING PAIN NEUROSCIENCE EDUCATION AND PROPER PROGRESSION: RESIDENT'S CASE REPORT. <i>International Journal of Sports Physical Therapy</i> , 2019, 14, 804-817.	0.5	0
146	THE MANAGEMENT OF PROXIMAL HAMSTRING TENDINOPATHY IN A COMPETITIVE POWERLIFTER WITH HEAVY SLOW RESISTANCE TRAINING - A CASE REPORT. <i>International Journal of Sports Physical Therapy</i> , 2020, 15, 814-822.	0.5	0
147	Validity and reliability of RPE as a measure of intensity during isometric wall squat exercise. <i>Journal of Clinical and Translational Research</i> , 2021, 7, 248-256.	0.3	3

#	ARTICLE	IF	CITATIONS
148	Determinação e controle da intensidade e volume do treinamento de força na pesquisa nas ciências do exercício e sua aplicação. Revista Brasileira De Fisiologia Do Exercício, 2021, 20, 592-603.	0.0	1
149	Impact of Training Protocols on Lifting Velocity Recovery in Resistance Trained Males and Females. Sports, 2021, 9, 157.	0.7	3
150	Effect of the Repetitions-In-Reserve Resistance Training Strategy on Bench Press Performance, Perceived Effort, and Recovery in Trained Men. Journal of Strength and Conditioning Research, 2022, 36, 1-9.	1.0	8
151	Convergent Validity of Ratings of Perceived Exertion During Resistance Exercise in Healthy Participants: A Systematic Review and Meta-Analysis. Sports Medicine - Open, 2022, 8, 2.	1.3	19
152	THE MANAGEMENT OF PROXIMAL HAMSTRING TENDINOPATHY IN A COMPETITIVE POWERLIFTER WITH HEAVY SLOW RESISTANCE TRAINING – A CASE REPORT. International Journal of Sports Physical Therapy, 2020, 15, 814-822.	0.5	3
153	Range of Motion Predicts Performance in National-Level New Zealand Male Powerlifters. Journal of Strength and Conditioning Research, 2023, 37, 123-128.	1.0	1
154	Velocity-Based Resistance Training on 1-RM, Jump and Sprint Performance: A Systematic Review of Clinical Trials. Sports, 2022, 10, 8.	0.7	8
155	The Effect of Load and Volume Autoregulation on Muscular Strength and Hypertrophy: A Systematic Review and Meta-Analysis. Sports Medicine - Open, 2022, 8, 9.	1.3	15
156	Agreement Between Kinovea Video Analysis and the Open Barbell System for Resistance Training Movement Outcomes. Journal of Human Kinetics, 2022, 81, 27-39.	0.7	4
157	The role of the neural stimulus in regulating skeletal muscle hypertrophy. European Journal of Applied Physiology, 2022, 122, 1111-1128.	1.2	21
158	Does performing resistance exercise to failure homogenize the training stimulus by accounting for differences in local muscular endurance?. European Journal of Sport Science, 2023, 23, 82-91.	1.4	2
159	The Influence of Muscular Strength and Local Muscular Endurance on Accuracy of Estimated Repetitions to Failure in Resistance-Trained Males. Sports, 2022, 10, 27.	0.7	1
161	Methods for Controlling and Reporting Resistance Training Proximity to Failure: Current Issues and Future Directions. Sports Medicine, 2022, 52, 1461-1472.	3.1	11
162	The Effects of 3 vs. 5 Days of Training Cessation on Maximal Strength. Journal of Strength and Conditioning Research, 2022, 36, 633-640.	1.0	1
163	ACL Reconstruction Rehabilitation: Clinical Data, Biologic Healing, and Criterion-Based Milestones to Inform a Return-to-Sport Guideline. Sports Health, 2022, 14, 770-779.	1.3	40
168	Utilizing Technology for Diet and Exercise Change in Complex Chronic Conditions Across Diverse Environments (U-DECIDE): Protocol for a Randomized Controlled Trial. JMIR Research Protocols, 2022, 11, e37556.	0.5	5
169	Effects of Multi-Ingredient Pre-Workout Supplement and Caffeine on Bench Press Performance: A Single-Blind Cross-Over Study. Nutrients, 2022, 14, 1750.	1.7	2
170	Accuracy of Predicting One-Repetition Maximum from Submaximal Velocity in the Barbell Back Squat and Bench Press. Journal of Human Kinetics, 0, 82, 201-212.	0.7	6

#	ARTICLE	IF	CITATIONS
171	Reliability and validity of velocity measures and regression methods to predict maximal strength ability in the back-squat using a novel linear position transducer. Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology, 0, , 175433712210931.	0.4	6
172	Exercise oncology during and beyond the COVID-19 pandemic: Are virtually supervised exercise interventions a sustainable alternative?. Critical Reviews in Oncology/Hematology, 2022, 174, 103699.	2.0	12
173	Towards an improved understanding of proximity-to-failure in resistance training and its influence on skeletal muscle hypertrophy, neuromuscular fatigue, muscle damage, and perceived discomfort: A scoping review. Journal of Sports Sciences, 2022, 40, 1369-1391.	1.0	12
174	The effectiveness of traditional vs. velocity-based strength training on explosive and maximal strength performance: A network meta-analysis. Frontiers in Physiology, 0, 13, .	1.3	10
175	Set to fail: Affective dynamics in a resistance training program designed to reach muscle concentric failure. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 1710-1723.	1.3	5
177	The Analgesic Effect of Resistance Training after Breast Cancer (ANTRAC): A Randomized Controlled Trial. Medicine and Science in Sports and Exercise, 2023, 55, 167-176.	0.2	3
178	The Effect of Blood Flow Restriction Therapy on Shoulder Function Following Shoulder Stabilization Surgery: A Case Series. International Journal of Sports Physical Therapy, 2022, 17, .	0.5	0
179	Tempo-controlled resistance training of the hip abductors and ankle dorsiflexors with light loads does not improve postural sway in older adults. Experimental Brain Research, 2022, 240, 3049-3060.	0.7	2
180	Is the Relationship between Acute and Chronic Workload a Valid Predictive Injury Tool? A Bayesian Analysis. Journal of Clinical Medicine, 2022, 11, 5945.	1.0	1
181	Influence of Resistance Training Proximity-to-Failure on Skeletal Muscle Hypertrophy: A Systematic Review with Meta-analysis. Sports Medicine, 2023, 53, 649-665.	3.1	13
182	Barbell load distribution and lifting velocity affect bench press exercise volume and perceived exertion. PLoS ONE, 2022, 17, e0278909.	1.1	1
183	Biomechanical, Anthropometric and Psychological Determinants of Barbell Bench Press Strength. Sports, 2022, 10, 199.	0.7	1
184	The Effect of Unilateral Versus Bilateral Strength Training on Isometric-Squat Peak Force and Interlimb Asymmetry in Young, Recreationally Strength-Trained Men. International Journal of Sports Physiology and Performance, 2023, 18, 195-203.	1.1	0
185	Frequency, intensity and duration of muscle strengthening activity and associations with mental health. Journal of Affective Disorders, 2023, 325, 41-47.	2.0	4
186	Perception of effort and the allocation of physical resources: A generalization to upper-limb motor tasks. Frontiers in Psychology, 0, 13, .	1.1	0
187	New Perspectives in Resistance Training Periodization: Mixed Session vs. Block Periodized Programs in Trained Men. Journal of Strength and Conditioning Research, 2023, 37, 537-545.	1.0	1
188	Relationship Between the Number of Repetitions in Reserve and Lifting Velocity During the Prone Bench Pull Exercise: An Alternative Approach to Control Proximity-to-Failure. Journal of Strength and Conditioning Research, 2023, 37, 1551-1558.	1.0	1
189	Rating of perceived effort but relative to what? A comparison between imposed and self-selected anchors. Psychology of Sport and Exercise, 2023, 66, 102396.	1.1	2

#	ARTICLE	IF	CITATIONS
190	Influence of Resistance Training Proximity-to-Failure, Determined by Repetitions-in-Reserve, on Neuromuscular Fatigue in Resistance-Trained Males and Females. <i>Sports Medicine - Open</i> , 2023, 9, .	1.3	6
191	Enhanced Maximal Upper-Body Strength Increases Performance in Sprint Kayaking. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, e305-e312.	1.0	2
192	Velocity Loss Is Not an Accurate Predictor of the Percentage of Completed Repetitions During the Prone Bench Pull Exercise. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, 1001-1008.	1.0	2
193	Association of Strength Performance in Bench Press and Squat with Anthropometric Variables between Resistance-Trained Males and Females. <i>Journal of Functional Morphology and Kinesiology</i> , 2023, 8, 19.	1.1	3
194	Effect of High-Volume Cluster Sets vs. Lower-Volume Traditional Sets on Accuracy of Estimated Repetitions to Failure. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, 1191-1198.	1.0	2
195	Conditioning Strategy for Previous Injured Players. , 0, , .		0
196	Auswirkungen eines dreiphasigen Krafttrainingsprogramms vor der Saison auf die sportliche Leistung von Elite-Volleyballspielern“ eine Beobachtungsstudie. <i>German Journal of Exercise and Sport Research</i> , 2023, 53, 163-170.	1.0	2
197	Concentric Phase Assistance Enhances Eccentric Peak Power During Flywheel Squats: Intersession Reliability and the Linear Relationship Between Concentric and Eccentric Phases. <i>International Journal of Sports Physiology and Performance</i> , 2023, 18, 428-434.	1.1	1
198	Trainingsziele, -inhalte, -mittel und -methoden im Sport. , 2023, , 757-769.		1
199	Analysis of Competition Performance Leading to Success at the International Powerlifting Federation World Championships Between 2013 and 2019. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, e555-e562.	1.0	1
201	Accuracy of Predicted Intrasets Repetitions in Reserve (RIR) in Single- and Multi-Joint Resistance Exercises Among Trained and Untrained Men and Women. <i>Perceptual and Motor Skills</i> , 0, , 003151252311698.	0.6	0
203	Predicting Total Back Squat Repetitions from Repetition Velocity and Velocity Loss. <i>Journal of Human Kinetics</i> , 0, 87, 167-178.	0.7	0
212	The Predictive Validity of Individualised Load“Velocity Relationships for Predicting 1RM: A Systematic Review and Individual Participant Data Meta-analysis. <i>Sports Medicine</i> , 0, , .	3.1	0
224	Enhancing Load Evaluation in Intelligent Tutoring Systems Through Velocity-Based Training. <i>Advances in Sustainability Science and Technology</i> , 2023, , 21-37.	0.4	0