

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

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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.	0.5	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.	1.4	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.	1.9	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.	2.1	80
5	What does individual strength say about resistance training status?. <i>Muscle and Nerve</i> , 2017, 55, 455-457.	2.2	17
6	A Scientific Rationale to Improve Resistance Training Prescription in Exercise Oncology. <i>Sports Medicine</i> , 2017, 47, 1457-1465.	6.5	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.	2.1	18
8	Tapering Practices of Croatian Open-Class Powerlifting Champions. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2371-2378.	2.1	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.	2.3	20
10	Accuracy in Estimating Repetitions to Failure During Resistance Exercise. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2162-2168.	2.1	40
11	Quantification of Training Load and Training Response for Improving Athletic Performance. <i>Strength and Conditioning Journal</i> , 2017, 39, 3-13.	1.4	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.	2.1	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.	0.5	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.	2.8	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.	4.1	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.	1.7	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.	3.9	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.	2.0	32

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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.	2.1	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.	2.1	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.	2.1	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.	2.1	10
23	Analysis of Factors Related to Back Squat Concentric Velocity. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2435-2441.	2.1	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.	2.1	12
25	The Reliability of Individualized Loadâ€“Velocity Profiles. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 763-769.	2.3	81
26	Reduced Volume â€“Daily Maxâ€™ Training Compared to Higher Volume Periodized Training in Powerlifters Preparing for Competitionâ€“A Pilot Study. <i>Sports</i> , 2018, 6, 86.	1.7	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.	3.9	34
28	RPE vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions. <i>Frontiers in Physiology</i> , 2018, 9, 247.	2.8	51
29	Effects of Graded Whey Supplementation During Extreme-Volume Resistance Training. <i>Frontiers in Nutrition</i> , 2018, 5, 84.	3.7	34
30	The acute effects of resistance exercise on affect, anxiety, and mood â€“ practical implications for designing resistance training programs. <i>International Review of Sport and Exercise Psychology</i> , 2019, 12, 295-324.	5.7	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.	2.3	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.	2.0	9
33	Inter- and intra-individual variability in the kinematics of the back squat. <i>Human Movement Science</i> , 2019, 67, 102510.	1.4	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.	1.6	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.	1.7	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.	1.7	10

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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.	2.0	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.	2.1	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.	2.1	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.	1.9	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.	2.1	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, .	2.1	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.	0.4	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.	2.1	10
46	Does Training to Failure Maximize Muscle Hypertrophy?. <i>Strength and Conditioning Journal</i> , 2019, 41, 108-113.	1.4	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.	2.1	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.	2.1	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.	2.8	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.	2.3	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.	2.3	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.	2.1	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.	2.1	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.	2.1	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.	2.1	24

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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.	0.8	6
57	Rating of Perceived Effort: Methodological Concerns and Future Directions. <i>Sports Medicine</i> , 2020, 50, 679-687.	6.5	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.	6.5	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.	6.5	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.	4.1	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.	2.1	6
62	Short-Term Compound Training on Physical Performance in Young Soccer Players. <i>Sports</i> , 2020, 8, 108.	1.7	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.	2.8	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.	2.1	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.	2.9	3
66	Autoregulation in Resistance Training: Addressing the Inconsistencies. <i>Sports Medicine</i> , 2020, 50, 1873-1887.	6.5	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.	2.1	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.	1.4	1
69	PRACTICAL IMPLICATIONS FOR STRENGTH AND CONDITIONING OF OLDER PRE-FRAIL FEMALES. <i>Journal of Frailty &amp; Aging</i> , 2020, 9, 1-4.	1.3	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.	2.5	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.	1.9	6
72	The Benefits of Strength Training on Musculoskeletal System Health: Practical Applications for Interdisciplinary Care. <i>Sports Medicine</i> , 2020, 50, 1431-1450.	6.5	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.	2.0	12

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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.	1.8	21
75	Acute kick-boxing exercise alters effective connectivity in the brain of females with methamphetamine dependencies. <i>Neuroscience Letters</i> , 2020, 720, 134780.	2.1	7
76	Does squatting need attention?â€”A dual-task study on cognitive resources in resistance exercise. <i>PLoS ONE</i> , 2020, 15, e0226431.	2.5	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.	2.8	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.	4.1	53
79	Developing Powerful Athletes Part 2: Practical Applications. <i>Strength and Conditioning Journal</i> , 2021, 43, 23-31.	1.4	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.	2.1	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.	2.9	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.	2.1	3
83	Strong representationalism and bodily sensations: Reliable causal covariance and biological function. <i>Philosophical Psychology</i> , 2021, 34, 210-232.	0.9	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.	2.1	14
85	Proximity to Failure and Total Repetitions Performed in a Set Influences Accuracy of Intrasets Repetitions in Reserve-Based Rating of Perceived Exertion. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, S158-S165.	2.1	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.	2.1	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.	2.1	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.	2.0	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.	2.9	20
91	Validity and reliability of RPE as a measure of intensity during isometric wall squat exercise. <i>Journal of Clinical and Translational Research</i> , 0, , .	0.3	2

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92	Transcranial Stimulation Improves Volume and Perceived Exertion but does not Change Power. International Journal of Sports Medicine, 2021, 42, 630-637.	1.7	5
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. Journal of Aging and Physical Activity, 2022, 30, 364-388.	1.0	6
94	Effects of training frequency on muscular strength for trained men under volume matched conditions. PeerJ, 2021, 9, e10781.	2.0	4
95	Repetitions in Reserve Is a Reliable Tool for Prescribing Resistance Training Load. Journal of Strength and Conditioning Research, 2021, Publish Ahead of Print, .	2.1	6
96	Autoregulated heavy slow resistance training combined with radial shockwave therapy for plantar heel pain: Protocol for a mixedâ€methods pilot randomised controlled trial. Musculoskeletal Care, 2021, 19, 319-330.	1.4	4
97	Rating of Perceived Exertion and Velocity Relationships Among Trained Males and Females in the Front Squat and Hexagonal Bar Deadlift. Journal of Strength and Conditioning Research, 2021, 35, S23-S30.	2.1	11
98	The Short Grit Scale (GRIT-S) does not Relate to Acute Muscular Endurance Performance. Journal of Human Kinetics, 2021, 78, 263-269.	1.5	1
99	Utility of Back-Off Sets: An Overview. Strength and Conditioning Journal, 2021, 43, 65-76.	1.4	0
100	The Implementation of Velocity-Based Training Paradigm for Team Sports: Framework, Technologies, Practical Recommendations and Challenges. Sports, 2021, 9, 47.	1.7	21
101	Differences between adjusted vs. non-adjusted loads in velocity-based training: consequences for strength training control and programming. PeerJ, 2021, 9, e10942.	2.0	16
102	Predicting Adaptations to Resistance Training Plus Overfeeding Using Bayesian Regression: A Preliminary Investigation. Journal of Functional Morphology and Kinesiology, 2021, 6, 36.	2.4	5
103	Heavy resistance training in the management of hip pain in older adults: A case series. Physiotherapy Theory and Practice, 2021, , 1-9.	1.3	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. Journal of Orthopaedic and Sports Physical Therapy, 2021, 51, 174-187.	3.5	3
105	The effects of different doses of exercise on pancreatic Î²-cell function in patients with newly diagnosed type 2 diabetes: study protocol for and rationale behind the â€DOSE-EXâ€multi-arm parallel-group randomised clinical trial. Trials, 2021, 22, 244.	1.6	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. Clinical Interventions in Aging, 2021, Volume 16, 571-582.	2.9	7
107	Effectiveness of Resistance Training and Associated Program Characteristics in Patients at Risk for Type 2 Diabetes: a Systematic Review and Meta-analysis. Sports Medicine - Open, 2021, 7, 38.	3.1	22
108	Training for Muscular Strength: Methods for Monitoring and Adjusting Training Intensity. Sports Medicine, 2021, 51, 2051-2066.	6.5	33
109	Investigating the Effects of Mental Fatigue on Resistance Exercise Performance. International Journal of Environmental Research and Public Health, 2021, 18, 6794.	2.6	5



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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.	2.1	5
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.	2.1	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.	2.3	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.	1.7	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.	2.5	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.	2.6	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.	1.7	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.	2.8	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.	2.3	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.	1.3	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.	1.8	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.	6.5	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.	2.3	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.	4.6	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.	0.4	6
125	Autoregulation in Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	2.1	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.	2.1	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.	2.1	7



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128	The Use of Lifting Straps Alters the Entire Load-Velocity Profile During the Deadlift Exercise. Journal of Strength and Conditioning Research, 2020, 34, 3331-3337.	2.1	13
129	Relationship Between the Rating of Perceived Exertion Scale and the Load Intensity of Resistance Training. Strength and Conditioning Journal, 2018, 40, 94-109.	1.4	37
130	Repetitions in reserve vs. maximum effort resistance training programs in youth female athletes. Journal of Sports Medicine and Physical Fitness, 2020, 60, 1231-1239.	0.7	14
131	Methods for Regulating and Monitoring Resistance Training. Journal of Human Kinetics, 2020, 74, 23-42.	1.5	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. International Journal of Sports Physical Therapy, 2019, 14, 804-817.	1.3	3
133	Guidelines and Resources for Prescribing Load using Velocity Based Training. International Universities Strength and Conditioning Association Journal, 2020, 1, .	0.3	3
134	Skeletal Muscle Adaptations and Performance Outcomes Following a Step and Exponential Taper in Strength Athletes. Frontiers in Physiology, 2021, 12, 735932.	2.8	10
136	Detraining attenuation during the COVID-19 pandemic: practical considerations for home-based strength and power training. Revista Brasileira De Fisiologia Do Exercício, 2020, 19, 47.	0.1	0
137	Inter- and Intra-Day Comparisons of Smartphone-Derived Heart Rate Variability across Resistance Training Overload and Taper Microcycles. International Journal of Environmental Research and Public Health, 2021, 18, 177.	2.6	1
138	Step vs. Two-Phase Gradual Volume Reduction Tapering Protocols in Strength Training. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	2.1	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). BMJ Open Sport and Exercise Medicine, 2020, 6, e000846.	2.9	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. Applied Neuropsychology Adult, 2024, 31, 48-55.	1.2	2
142	Improved Ankle Mobility After a 4-Week Training Program Affects Landing Mechanics: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2022, 36, 1875-1883.	2.1	4
143	Manual Resistance versus Conventional Resistance Training: Impact on Strength and Muscular Endurance in Recreationally Trained Men. Journal of Sports Science and Medicine, 2017, 16, 343-349.	1.6	1
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