

Effects of BodyPump and resistance training with and without
muscle strength and body composition in overweight and obese
controlled trial

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Citation Report

#	ARTICLE	IF	CITATIONS
1	A comparison of the acute physiological responses to BODYPUMP [®] , [®] versus iso-caloric and iso-time steady state cycling. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 1085-1089.	1.3	3
2	A mÃsica nas aulas de body combat [®] , [®] melhora o estado de Ãnimo de adolescentes. <i>Revista Da EducaÃo FÃsica</i> , 2018, 30, 3009.	0.0	0
3	Does low and heavy load resistance training affect musculoskeletal pain in overweight and obese women? Secondary analysis of a randomized controlled trial. <i>Brazilian Journal of Physical Therapy</i> , 2019, 23, 156-163.	2.5	1
4	Holistic physical exercise training improves physical literacy among physically inactive adults: a pilot intervention study. <i>BMC Public Health</i> , 2019, 19, 393.	2.9	40
5	Are changes in physical fitness, body composition and weight associated with exercise attendance and dropout among fitness club members? Longitudinal prospective study. <i>BMJ Open</i> , 2019, 9, e027987.	1.9	18
6	Resistance training leads to large improvements in strength and moderate improvements in physical function in adults who are overweight or obese: a systematic review. <i>Journal of Physiotherapy</i> , 2020, 66, 214-224.	1.7	7
7	Investigating self-perceived health and quality of life: a longitudinal prospective study among beginner recreational exercisers in a fitness club setting. <i>BMJ Open</i> , 2020, 10, e036250.	1.9	13
8	Similar Energy Expenditure During BodyPump and Heavy Load Resistance Exercise in Overweight Women. <i>Frontiers in Physiology</i> , 2020, 11, 570.	2.8	1
9	What exercise prescription is optimal to improve body composition and cardiorespiratory fitness in adults living with obesity? A network meta-analysis. <i>Obesity Reviews</i> , 2021, 22, e13137.	6.5	69
10	Stay True to Your Workout: Does Repeated Physical Testing Boost Exercise Attendance? A One-Year Follow-Up Study. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 35-44.	1.6	2
11	Does regular strength training cause urinary incontinence in overweight inactive women? A randomized controlled trial. <i>International Urogynecology Journal</i> , 2021, 32, 2827-2834.	1.4	3
12	What Makes Individuals Stick to Their Exercise Regime? A One-Year Follow-Up Study Among Novice Exercisers in a Fitness Club Setting. <i>Frontiers in Psychology</i> , 2021, 12, 638928.	2.1	13
13	Effect of different types of regular exercise on physical fitness in adults with overweight or obesity: Systematic review and meta-analysis. <i>Obesity Reviews</i> , 2021, 22, e13239.	6.5	33
14	Effects of 8-week of fitness classes on blood pressure, body composition, and physical fitness. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 59, 2066-2074.	0.7	5
15	Effect of three fitness programs on strength, speed, flexibility and muscle power on sedentary subjects. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, 62, .	0.7	2
16	Effects of Simple Resistance Training on Body Composition of Female – A Meta-Analysis. <i>Advances in Physical Sciences</i> , 2019, 07, 116-127.	0.1	0
17	Which Strength Training?. , 2020, , 19-33.		2
18	Comparison of the effect of resistance training on the body compositions of different women groups: a systematic review and meta-analysis of randomized controlled trials. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 1118-1127.	0.7	1

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19	A importância do personal trainer no aspecto motivacional para a saúde e bem-estar na prática da musculação. Revista Interdisciplinar De Promoção Da Saúde, 2020, 2, 118-123.	0.0	0
20	Impact of training modes on fitness and body composition in women with obesity: A systematic review and meta-analysis. Obesity, 2022, 30, 300-319.	3.0	7
21	Resistance training effectiveness on body composition and body weight outcomes in individuals with overweight and obesity across the lifespan: A systematic review and meta-analysis. Obesity Reviews, 2022, 23, e13428.	6.5	39
22	Short-term supervised virtual training maintains intensity of effort and represents an efficacious alternative to traditional studio-based, supervised strength training. Physiology and Behavior, 2022, 249, 113748.	2.1	4
23	Comparative Efficacy of 5 Exercise Types on Cardiometabolic Health in Overweight and Obese Adults: A Systematic Review and Network Meta-Analysis of 81 Randomized Controlled Trials. Circulation: Cardiovascular Quality and Outcomes, 2022, 15, 101161CIRCOUTCOMES121008243.	2.2	30
24	Moderators of Resistance Training Effects in Overweight and Obese Adults: A Systematic Review and Meta-analysis. Medicine and Science in Sports and Exercise, 2022, 54, 1804-1816.	0.4	5
25	The effects of technological and traditional feedback on back squat performance in untrained women. BMC Sports Science, Medicine and Rehabilitation, 2022, 14, .	1.7	1
26	The Coronavirus pandemic and closed fitness clubs negatively affected members exercise habits. Frontiers in Sports and Active Living, 0, 4, .	1.8	1