

High intensity interval training (HIIT) improves resting capacity and heart rate reserve without compromising men

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Citation Report

#	ARTICLE	IF	CITATIONS
1	HIIT produces increases in muscle power and free testosterone in male masters athletes. <i>Endocrine Connections</i> , 2017, 6, 430-436.	0.8	34
2	Is sedentary behaviour just physical inactivity by another name?. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 142.	2.0	205
3	Combined exercise is a modality for improving insulin resistance and aging-related hormone biomarkers in elderly Korean women. <i>Experimental Gerontology</i> , 2018, 114, 13-18.	1.2	30
4	Functional high-intensity exercise training ameliorates insulin resistance and cardiometabolic risk factors in type 2 diabetes. <i>Experimental Physiology</i> , 2018, 103, 985-994.	0.9	53
5	Cardiac autonomic and left ventricular mechanics following high intensity interval training: a randomized crossover controlled study. <i>Journal of Applied Physiology</i> , 2018, 125, 1030-1040.	1.2	20
6	Evidence-Based, High-Intensity Exercise and Physical Activity for Compressing Morbidity in Older Adults: A Narrative Review. <i>Innovation in Aging</i> , 2019, 3, igz020.	0.0	21
7	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
8	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
9	Individual Adaptation in Cross-Country Skiing Based on Tracking during Training Conditions. <i>Sports</i> , 2019, 7, 211.	0.7	2
10	Peak Power Output Is Similarly Recovered After Three- and Five-Days Rest Following Sprint Interval Training in Young and Older Adults. <i>Sports</i> , 2019, 7, 94.	0.7	13
11	Can High-Intensity Functional Suspension Training over Eight Weeks Improve Resting Blood Pressure and Quality of Life in Young Adults? A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 5062.	1.2	12
12	Twelve Weeks of Combined Resistance and Aerobic Exercise Improves Cardiometabolic Biomarkers and Enhances Red Blood Cell Hemorheological Function in Obese Older Men: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 5020.	1.2	24
13	Short-Duration High-Intensity Interval Exercise Training Is More Effective Than Long Duration for Blood Pressure and Arterial Stiffness But Not for Inflammatory Markers and Lipid Profiles in Patients With Stage 1 Hypertension. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2019, 39, 50-55.	1.2	18
14	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
15	Cardiac autonomic and blood pressure responses to an acute session of battling ropes exercise. <i>Physiology and Behavior</i> , 2020, 227, 113167.	1.0	6
16	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
17	High-intensity interval training on body composition, functional capacity and biochemical markers in healthy young versus older people. <i>Experimental Gerontology</i> , 2020, 141, 111096.	1.2	13
18	Two early rehabilitation training models in male patients after coronary artery bypass surgery: application of continuous walking training as an alternative to interval cycle ergometer training. <i>Kardiochirurgia I Torakochirurgia Polska</i> , 2020, 17, 87-93.	0.1	2

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19	The time course of physiological adaptations to high-intensity interval training in older adults. <i>Aging Medicine (Milton (N S W))</i> , 2020, 3, 245-251.	0.9	11
20	High-Intensity Interval Circuit Training Versus Moderate-Intensity Continuous Training on Cardiorespiratory Fitness in Middle-Aged and Older Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1805.	1.2	12
21	Hemoglobin, hematocrit and plasma volume variations following combined sprint and strength: Effect of advanced age. <i>Science and Sports</i> , 2021, 36, e13-e21.	0.2	3
22	Time-efficient physical activity interventions to reduce blood pressure in older adults: a randomised controlled trial. <i>Age and Ageing</i> , 2021, 50, 980-984.	0.7	13
23	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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25	Short-Term, Equipment-Free High Intensity Interval Training Elicits Significant Improvements in Cardiorespiratory Fitness Irrespective of Supervision in Early Adulthood. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 697518.	0.9	2
26	Sex-Specific Impacts of Exercise on Cardiovascular Remodeling. <i>Journal of Clinical Medicine</i> , 2021, 10, 3833.	1.0	11
27	Cardiac Response to Exercise in Normal Ageing: What Can We Learn from Masters Athletes?. <i>Current Cardiology Reviews</i> , 2018, 14, 245-253.	0.6	10
28	Investigation and Comparison of the Effects of Eight Weeks of Resistance and Endurance Training with Vitamin D3 Supplementation on Blood Pressure, Resting Heart Rate, and Body Composition in Obese Hypertensive Middle-Aged Men. <i>Journal of Clinical Research in Paramedical Sciences</i> , 2018, In Press.	0.1	2
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30	High-Intensity Interval Versus Moderate-Intensity Continuous Training in Cardiac Rehabilitation. <i>Bioengineered</i> , 2020, 9, 10-16.	1.4	1
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32	Exercise in Octogenarians: How Much Is Too Little?. <i>Annual Review of Medicine</i> , 2022, 73, 377-391.	5.0	2
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34	High-Intensity Interval Training Improves Cardiac Autonomic Function in Patients with Type 2 Diabetes: A Randomized Controlled Trial. <i>Biology</i> , 2022, 11, 66.	1.3	7
35	The high-intensity interval training introduced in physical education lessons decrease systole in high blood pressure adolescents. <i>Scientific Reports</i> , 2022, 12, 1974.	1.6	16
36	LATIHAN FISIK INTENSITAS TINGGI MENURUNKAN TEKANAN DARAH. <i>Jurnal Ilmiah Keperawatan (Scientific) Tj ETQq1_1_0.784314 rgBT</i>	0,0	0

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38	Central Hemodynamic Adjustments during Post-Exercise Hypotension in Hypertensive Patients with Ischemic Heart Disease: Concurrent Circuit Exercise versus High-Intensity Interval Exercise. A Preliminary Study. <i>Journal of Clinical Medicine</i> , 2021, 10, 5881.	1.0	4
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47	A Shorter-Bout of HIIT Is More Effective to Promote Serum BDNF and VEGF-A Levels and Improve Cognitive Function in Healthy Young Men. <i>Frontiers in Physiology</i> , 0, 13, .	1.3	4
48	Equipment-free, unsupervised high intensity interval training elicits significant improvements in the physiological resilience of older adults. <i>BMC Geriatrics</i> , 2022, 22, .	1.1	6
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50	Benefits of 6 weeks of high interval intensity training based on basic fitness variables and losing weight during the pandemic of covid-19 period.. <i>Studia Sportiva</i> , 2022, 16, 102-112.	0.0	1
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52	Effects of high-intensity and moderate-intensity exercise training on cardiopulmonary function in patients with coronary artery disease: A meta-analysis. <i>Frontiers in Cardiovascular Medicine</i> , 0, 9, .	1.1	1
53	Effects of Aerobic Exercise Versus High-Intensity Interval Training on $\dot{V}\dot{E}T_{O2max}$ and Blood Pressure. <i>Cureus</i> , 2022, , .	0.2	0
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56	Molecular mechanisms of exercise contributing to tissue regeneration. <i>Signal Transduction and Targeted Therapy</i> , 2022, 7, .	7.1	24
57	Effects of endurance exercise training on left ventricular structure in healthy adults: a systematic review and meta-analysis. <i>European Journal of Preventive Cardiology</i> , 2023, 30, 772-793.	0.8	9

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58	Effects of aquatic high intensity interval training on parameters of functional autonomy, mental health, and oxidative dysfunction in elderly subjects with type 2 diabetes. International Journal of Environmental Health Research, 2024, 34, 826-838.	1.3	2
62	Exercise in primary and secondary prevention of CVDs., 2023, , .		0