Efficacy of the Repetitions in Reserve-Based Rating of P
Press in Experienced and Novice Benchers

Journal of Strength and Conditioning Research

33, 337-345

DOI: 10.1519/jsc.0000000000001901

Citation Report

#	Article	IF	Citations
1	Inflammatory Signaling in Post-Stroke Fatigue and Depression. European Neurology, 2018, 80, 138-148.	0.6	54
2	RPE vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions. Frontiers in Physiology, 2018, 9, 247.	1.3	51
3	The effects of eccentric phase duration on concentric outcomes in the back squat and bench press in well-trained males. Journal of Sports Sciences, 2019, 37, 2676-2684.	1.0	9
4	The effects of a caffeine-like supplement, TeaCrineÂ®, on muscular strength, endurance and power performance in resistance-trained men. Journal of the International Society of Sports Nutrition, 2019, 16, 47.	1.7	17
5	Self-Regulated Force and Neuromuscular Responses During Fatiguing Isometric Leg Extensions Anchored to a Rating of Perceived Exertion. Applied Psychophysiology Biofeedback, 2019, 44, 343-350.	1.0	10
6	The Effects of Increasing Training Load on Affect and Perceived Exertion. Journal of Strength and Conditioning Research, 2019, Publish Ahead of Print, .	1.0	3
7	Optimal Approach to Load Progressions during Strength Training in Older Adults. Medicine and Science in Sports and Exercise, 2019, 51, 2224-2233.	0.2	28
8	Rating of Perceived Effort: Methodological Concerns and Future Directions. Sports Medicine, 2020, 50, 679-687.	3.1	61
9	Using Velocity to Predict the Maximum Dynamic Strength in the Power Clean. Sports, 2020, 8, 129.	0.7	9
10	Autoregulation in Resistance Training: Addressing the Inconsistencies. Sports Medicine, 2020, 50, 1873-1887.	3.1	35
11	Sex-Related Differences in Performance Fatigability Independent of Blood Flow Following a Sustained Muscle Action at a Low Perceptual Intensity. Journal of Science in Sport and Exercise, 2020, 2, 173-182.	0.4	4
12	Repetitions in Reserve and Rate of Perceived Exertion Increase the Prediction Capabilities of the Load-Velocity Relationship. Journal of Strength and Conditioning Research, 2021, 35, 724-730.	1.0	14
13	Proximity to Failure and Total Repetitions Performed in a Set Influences Accuracy of Intraset Repetitions in Reserve-Based Rating of Perceived Exertion. Journal of Strength and Conditioning Research, 2021, 35, S158-S165.	1.0	29
14	Influence of Movement Velocity on Accuracy of Estimated Repetitions to Failure in Resistance-Trained Men. Journal of Strength and Conditioning Research, 2022, 36, 2701-2708.	1.0	10
15	Effects of subjective and objective autoregulation methods for intensity and volume on enhancing maximal strength during resistance-training interventions: a systematic review. PeerJ, 2021, 9, e10663.	0.9	16
16	Repetitions in Reserve Is a Reliable Tool for Prescribing Resistance Training Load. Journal of Strength and Conditioning Research, 2021, Publish Ahead of Print, .	1.0	6
17	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.	1.0	11
18	Training for Muscular Strength: Methods for Monitoring and Adjusting Training Intensity. Sports Medicine, 2021, 51, 2051-2066.	3.1	33

#	Article	IF	Citations
19	Validation of a Smartwatch-Based Workout Analysis Application in Exercise Recognition, Repetition Count and Prediction of 1RM in the Strength Training-Specific Setting. Sports, 2021, 9, 118.	0.7	3
20	The efficacy of repetitions-in-reserve vs. traditional percentage-based resistance training: a 4-week pre-season randomized intervention in elite rugby league players. Sport Sciences for Health, 2022, 18, 525-535.	0.4	5
21	Methods for Regulating and Monitoring Resistance Training. Journal of Human Kinetics, 2020, 74, 23-42.	0.7	13
22	Reliability of the velocity achieved during the last repetition of sets to failure and its association with the velocity of the 1-repetition maximum. PeerJ, 2020, 8, e8760.	0.9	18
23	Contemporary Training Practices of Norwegian Powerlifters. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	1.0	7
24	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
25	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
26	Does the Level of Training Interfere with the Sustainability of Static and Dynamic Strength in Paralympic Powerlifting Athletes?. Sustainability, 2022, 14, 5049.	1.6	3
27	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
28	Effect of High-Volume Cluster Sets vs. Lower-Volume Traditional Sets on Accuracy of Estimated Repetitions to Failure. Journal of Strength and Conditioning Research, 2023, 37, 1191-1198.	1.0	2
29	Accuracy of Predicted Intraset Repetitions in Reserve (RIR) in Single- and Multi-Joint Resistance Exercises Among Trained and Untrained Men and Women. Perceptual and Motor Skills, 0, , 003151252311698.	0.6	0
31	The Predictive Validity of Individualised Loadâ€“Velocity Relationships for Predicting 1RM: A Systematic Review and Individual Participant Data Meta-analysis. Sports Medicine, 0, , .	3.1	0