A Matter of Degrees: A Systematic Review of the Ergoge Trained Athletes

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#	Article	IF	Citations
1	A Mixed-Method Approach of Pre-Cooling Enhances High-Intensity Running Performance in the Heat. Journal of Sports Science and Medicine, 2021, 20, 26-34.	1.6	9
3	Do environmental temperatures and altitudes affect physical outputs of elite football athletes in match conditions? A systematic review of the â€˜real worldâ€™ studies. Science and Medicine in Football, 2023, 7, 81-92.	2.0	5
4	Effects of hypohydration and fluid balance in athletesâ€™ cognitive performance: a systematic review. African Health Sciences, 2022, 22, 367-76.	0.7	2
5	Effects of different external cooling placements prior to and during exercise on athletic performance in the heat: A systematic review and meta-analysis. Frontiers in Physiology, 0, 13, .	2.8	0
6	Is the Cooling Vest an Ergogenic Tool for Physically Active Individuals? Assessment of Perceptual Response, Thermo-Physiological Behavior, and Sports Performance: A Systematic Review and Meta-Analysis. Bioengineering, 2023, 10, 132.	3.5	0
7	Influence of Acute Melatonin Administration on Human Physical Performance: A Systematic Review. Sports Health, 2024, 16, 70-78.	2.7	0
9	Effects of internal cooling on physical performance, physiological and perceptional parameters when exercising in the heat: A systematic review with meta-analyses. Frontiers in Physiology, 0, 14, .	2.8	0
10	Cumulative pre-cooling methods do not enhance cycling performance in tropical climate. PLoS ONE, 2023, 18, e0291951.	2.5	0