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Comparison of the Effect of Different Resistance Training Frequencies on Phase Angle and Handgrip Strength in Obese Women: a Randomized Controlled Trial

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#	Paper	IF	Citations
32	Mediterranean Personalized Diet Combined with Physical Activity Therapy for the Prevention of Cardiovascular Diseases in Italian Women. <i>Nutrients</i> , 2020 , 12,	6.7	8
31	Effects of Different Resistance Training Frequencies on Body Composition, Cardiometabolic Risk Factors, and Handgrip Strength in Overweight and Obese Women: A Randomized Controlled Trial. <i>Journal of Functional Morphology and Kinesiology</i> , 2020 , 5,	2.4	3
30	Phase angle associated with different indicators of health-related physical fitness in adults with obesity. <i>Physiology and Behavior</i> , 2020 , 225, 113104	3.5	11
29	Effects of Resistance Training with Different Pyramid Systems on Bioimpedance Vector Patterns, Body Composition, and Cellular Health in Older Women: A Randomized Controlled Trial. <i>Sustainability</i> , 2020 , 12, 6658	3.6	7
28	Effects of Pyramid Resistance-Training System with Different Repetition Zones on Cardiovascular Risk Factors in Older Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	9
27	Cardiometabolic risk factors associated with educational level in older people: comparison between Norway and Brazil. <i>Journal of Public Health</i> , 2020 ,	3.5	0
26	Bioimpedance Vector References Need to Be Period-Specific for Assessing Body Composition and Cellular Health in Elite Soccer Players: A Brief Report. <i>Journal of Functional Morphology and Kinesiology</i> , 2020 , 5,	2.4	19
25	Phase Angle as a Marker of Muscular Strength in Breast Cancer Survivors. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	8
24	Handgrip Strength in Young Adults: Association with Anthropometric Variables and Laterality. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	9
23	The Effect of Environmental Contexts on Motor Proficiency and Social Maturity of Children: An Ecological Perspective. <i>Children</i> , 2021 , 8,	2.8	2
22	The Independent Role of Body Mass Index (BMI) and Severity of Depressive Symptoms on Biological Changes of Women Affected by Overweight/Obesity. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	6
21	Segmental Phase Angle and Body Composition Fluctuation of Elite Ski Jumpers between Summer and Winter FIS Competitions. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
20	The Influence of Specific Bioactive Collagen Peptides on Body Composition and Muscle Strength in Middle-Aged, Untrained Men: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	3
19	Body Composition and Physical Health in Sports Practice: An Editorial. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	0
18	Relative Handgrip Strength as Marker of Cardiometabolic Risk in Women with Systemic Lupus Erythematosus. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	0
17	Bioelectrical Impedance Vector Analysis: A Valuable Tool to Monitor Daily Body Hydration Dynamics at Altitude. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
16	The Effect of a Mixed Circuit of Aerobic and Resistance Training on Body Composition in Older Adults-Retrospective Study. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	2

15	Physical Activity Level Following Resistance Training in Community-Dwelling Older Adults Receiving Home Care: Results from a Cluster-Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
14	Effects of a 12-Week Suspension versus Traditional Resistance Training Program on Body Composition, Bioimpedance Vector Patterns, and Handgrip Strength in Older Men: A Randomized Controlled Trial. <i>Nutrients</i> , 2021 , 13,	6.7	5
13	Bioelectrical impedance (BIA)-derived phase angle in adults with obesity: A systematic review. <i>Clinical Nutrition</i> , 2021 , 40, 5238-5248	5.9	5
12	Resistance but not elastic tubes training improves bioimpedance vector patterns and body composition in older women: A randomized trial. <i>Experimental Gerontology</i> , 2021 , 154, 111526	4.5	2
11	Somatotype and Bioimpedance Vector Analysis: A New Target Zone for Male Athletes. <i>Sustainability</i> , 2020 , 12, 4365	3.6	10
10	Effects of 12 Weeks of Strength Training and Gluten-Free Diet on Quality of Life, Body Composition and Strength in Women with Celiac Disease: A Randomized Controlled Trial. <i>Applied Sciences (Switzerland)</i> , 2021 , 11, 10960	2.6	0
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1	Phase angle, muscle tissue, and resistance training.		1