Edilson Serpeloni Cyrino

List of Publications by Year
in descending order

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263	4,503	126907	189892
papers	citations	33 h-index	50 g-index

264	264	264	4743
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Resistance training reduces depressive and anxiety symptoms in older women: a pilot study. Aging and Mental Health, 2022, 26, 1136-1142.	2.8	4
2	Volume Reduction: Which Dose is Sufficient to Retain Resistance Training Adaptations in Older Women?. International Journal of Sports Medicine, 2022, 43, 68-76.	1.7	6
3	Effects of Different Resistance Training Loads on the Muscle Quality Index in Older Women. Journal of Strength and Conditioning Research, 2022, 36, 1445-1449.	2.1	12
4	Effects of Resistance Training at Different Loads on Inflammatory Biomarkers, Muscle Mass, Muscular Strength, and Physical Performance in Postmenopausal Women. Journal of Strength and Conditioning Research, 2022, 36, 1582-1590.	2.1	5
5	Comparison of 2 Weekly Frequencies of Resistance Training on Muscular Strength, Body Composition, and Metabolic Biomarkers in Resistance-Trained Older Women: Effects of Detraining and Retraining. Journal of Strength and Conditioning Research, 2022, 36, 1437-1444.	2.1	4
6	Improvement of Oxidative Stress in Older Women Is Dependent on Resistance Training Volume: Active Aging Longitudinal Study. Journal of Strength and Conditioning Research, 2022, 36, 1141-1146.	2.1	3
7	Age and Sex-Related Associations between Marital Status, Physical Activity and TV Time. International Journal of Environmental Research and Public Health, 2022, 19, 502.	2.6	9
8	Whey Protein Supplementation Is Superior to Leucine-Matched Collagen Peptides to Increase Muscle Thickness During a 10-Week Resistance Training Program in Untrained Young Adults. International Journal of Sport Nutrition and Exercise Metabolism, 2022, 32, 133-143.	2.1	6
9	Moderate and Higher Protein Intakes Promote Superior Body Recomposition in Older Women Performing Resistance Training. Medicine and Science in Sports and Exercise, 2022, 54, 807-813.	0.4	5
10	Association of parentsâ€™ physical activity and weight status with obesity and metabolic risk of their offspring. Ciencia E Saude Coletiva, 2022, 27, 783-792.	0.5	1
11	Changes in Intra-to-Extra-Cellular Water Ratio and Bioelectrical Parameters from Day-Before to Day-Of Competition in Bodybuilders: A Pilot Study. Sports, 2022, 10, 23.	1.7	2
12	Partial range of motion and muscle hypertrophy: not all ROMs lead to Rome. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 632-633.	2.9	2
13	Physical Activity Guidelines for the Brazilian Population: Development and Methods. Journal of Physical Activity and Health, 2022, 19, 367-373.	2.0	1
14	Physical Activity Guidelines for the Brazilian Population: Recommendations Report. Journal of Physical Activity and Health, 2022, 19, 374-381.	2.0	12
15	Does Varying Resistance Exercises Promote Superior Muscle Hypertrophy and Strength Gains? A Systematic Review. Journal of Strength and Conditioning Research, 2022, 36, 1753-1762.	2.1	13
16	Does Varying Resistance Exercises for the Same Muscle Group Promote Greater Strength Gains?. Journal of Strength and Conditioning Research, 2022, 36, 3032-3039.	2.1	1
17	Impact of Exercise Intervention-Based Changes on Physical Function Biomarkers in Older Adults After Hospital Discharge: A Systematic Review with Meta-Analysis of Randomized Clinical Trials. Ageing Research Reviews, 2022, , 101673.	10.9	1
18	Differential Responsiveness for Strength Gain Between Limbs After Resistance Training in Older Women: Impact on Interlimb Asymmetry Reduction. Journal of Strength and Conditioning Research, 2022, 36, 3209-3216.	2.1	2

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19	Muscular strength and skeletal muscle mass in 511 physically independent older women aged 60â€“88Âyears. Experimental Gerontology, 2022, 166, 111867.	2.8	3
20	Effects of four exercise orders on perceived exertion, feeling, and arousal in older women following 12 weeks of resistance training. Science and Sports, 2021, 36, 176-178.	0.5	3
21	What influence does resistance exercise order have on muscular strength gains and muscle hypertrophy? A systematic review and metaâ€analysis. European Journal of Sport Science, 2021, 21, 149-157.	2.7	35
22	Acute effects of muscle failure and training system (traditional vs. rest-pause) in resistance exercise on countermovement jump performance in trained adults. Isokinetics and Exercise Science, 2021, 29, 11-20.	0.4	5
23	Acute Effect of Drop-Set, Traditional, and Pyramidal Systems in Resistance Training on Neuromuscular Performance in Trained Adults. Journal of Strength and Conditioning Research, 2021, 35, 991-996.	2.1	11
24	Comparision of Low and High Volume of Resistance Training on Body Fat and Blood Biomarkers in Untrained Older Women: A Randomized Clinical Trial. Journal of Strength and Conditioning Research, 2021, 35, 1-8.	2.1	15
25	Physical activity can attenuate, but not eliminate, the negative relationships of high TV viewing with some chronic diseases: findings from a cohort of 60Â202 Brazilian adults. Journal of Public Health, 2021, 43, e7-e15.	1.8	5
26	Does Performing Different Resistance Exercises for the Same Muscle Group Induce Non-homogeneous Hypertrophy?. International Journal of Sports Medicine, 2021, 42, 803-811.	1.7	8
27	Performing Repetitions To Failure in Lower-Limb Single-Joint Exercise does not Reduce Countermovement Jump Performance in Trained Male Adults. Journal of Human Kinetics, 2021, 78, 209-217.	1.5	1
28	Equating Resistance-Training Volume Between Programs Focused on Muscle Hypertrophy. Sports Medicine, 2021, 51, 1171-1178.	6.5	8
29	Effect of Resistance Training Intensity on Blood Pressure in Older Women. Journal of Aging and Physical Activity, 2021, 29, 225-232.	1.0	2
30	Does resistance training promote enough muscular strength increases to move weak older women to better strength categories?. Experimental Gerontology, 2021, 149, 111322.	2.8	8
31	Acute effect of high-definition and conventional tDCS on exercise performance and psychophysiological responses in endurance athletes: a randomized controlled trial. Scientific Reports, 2021, 11, 13911.	3.3	22
32	Effect of whole-body resistance training at different load intensities on circulating inflammatory biomarkers, body fat, muscular strength, and physical performance in postmenopausal women. Applied Physiology, Nutrition and Metabolism, 2021, 46, 925-933.	1.9	11
33	Resistance exercise intervention on muscular strength and power, and functional capacity in acute hospitalized older adults: a systematic review and meta-analysis of 2498 patients in 7 randomized clinical trials. GeroScience, 2021, 43, 2693-2705.	4.6	13
34	Responsiveness to muscle mass gain following 12 and 24Âweeks of resistance training in older women. Aging Clinical and Experimental Research, 2021, 33, 1071-1078.	2.9	15
35	Leucine Supplementation Does Not Improve Muscle Recovery from Resistance Exercise in Young Adults: A Randomized, Double-Blinded, Crossover Study. International Journal of Exercise Science, 2021, 14, 486-497.	0.5	0
36	Self-perceived social relationships are related to health risk behaviors and mental health in adolescents. Ciencia E Saude Coletiva, 2021, 26, 5273-5280.	0.5	2

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37	Independent and Combined Effects of Weight Status and Maturation on Aerobic Fitness in Adolescent School-Aged Males. Journal of Strength and Conditioning Research, 2020, 34, 2663-2671.	2.1	2
38	Resistance Exercise Order Does Not Affect the Magnitude and Duration of Postexercise Blood Pressure in Older Women. Journal of Strength and Conditioning Research, 2020, 34, 1062-1070.	2.1	7
39	Resistance Training Performed With Single and Multiple Sets Induces Similar Improvements in Muscular Strength, Muscle Mass, Muscle Quality, and IGF-1 in Older Women: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2020, 34, 1008-1016.	2.1	48
40	Resistance Training Improves a Cellular Health Parameter in Obese Older Women: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2020, 34, 2996-3002.	2.1	19
41	Agreement Between Bioelectrical Impedance and Dual-Energy X-Ray Absorptiometry to Track Changes in Fat-Free Mass After Resistance Training in Older Women. Journal of Strength and Conditioning Research, 2020, 34, 1700-1708.	2.1	2
42	Effects of Different Weekly Sets-Equated Resistance Training Frequencies on Muscular Strength, Muscle Mass, and Body Fat in Older Women. Journal of Strength and Conditioning Research, 2020, 34, 2990-2995.	2.1	11
43	Influence of Resistance Training Exercise Order on Muscle Strength, Hypertrophy, and Anabolic Hormones in Older Women: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2020, 34, 3103-3109.	2.1	14
44	Total and regional bone mineral density are associated with cellular health in older men and women. Archives of Gerontology and Geriatrics, 2020, 90, 104156.	3.0	8
45	Effects of Three Resistance Exercise Orders on Muscular Function and Body Composition in Older Women. International Journal of Sports Medicine, 2020, 41, 1024-1031.	1.7	10
46	Different Foot Positioning During Calf Training to Induce Portion-Specific Gastrocnemius Muscle Hypertrophy. Journal of Strength and Conditioning Research, 2020, 34, 2347-2351.	2.1	24
47	Placing Greater Torque at Shorter or Longer Muscle Lengths? Effects of Cable vs. Barbell Preacher Curl Training on Muscular Strength and Hypertrophy in Young Adults. International Journal of Environmental Research and Public Health, 2020, 17, 5859.	2.6	17
48	Effects of Resistance Training with Different Pyramid Systems on Bioimpedance Vector Patterns, Body Composition, and Cellular Health in Older Women: A Randomized Controlled Trial. Sustainability, 2020, 12, 6658.	3.2	15
49	Effects of Pyramid Resistance-Training System with Different Repetition Zones on Cardiovascular Risk Factors in Older Women: A Randomized Controlled Trial. International Journal of Environmental Research and Public Health, 2020, 17, 6115.	2.6	13
50	Phase angle predicts physical function in older adults. Archives of Gerontology and Geriatrics, 2020, 90, 104151.	3.0	36
51	Acute effects of equated volume-load resistance training leading to muscular failure versus non-failure on neuromuscular performance. Journal of Exercise Science and Fitness, 2020, 18, 94-100.	2.2	11
52	Does stretch training induce muscle hypertrophy in humans? A review of the literature. Clinical Physiology and Functional Imaging, 2020, 40, 148-156.	1.2	31
53	Influence of Handgrip Stabilization During Isokinetic Knee Strength Assessment in Older Women. Perceptual and Motor Skills, 2020, 127, 671-683.	1.3	4
54	Creatine Supplementation Does Not Influence the Ratio Between Intracellular Water and Skeletal Muscle Mass in Resistance-Trained Men. International Journal of Sport Nutrition and Exercise Metabolism, 2020, 30, 405-411.	2.1	9

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55	Comparison of the effects of different weekly frequencies of resistance training on metabolic health markers and body fat in older women. Journal of Sports Medicine and Physical Fitness, 2020, 60, 618-624.	0.7	3
56	Does rest interval between sets affect resistance training volume, density, and rating of perceived exertion when adopting the crescent pyramid system in young women?. Journal of Sports Medicine and Physical Fitness, 2020, 60, 992-998.	0.7	0
57	The Generality of Strength: Relationship between Different Measures of Muscular Strength in Older Women. International Journal of Exercise Science, 2020, 13, 1638-1649.	0.5	2
58	Effect of resistance training with different frequencies and subsequent detraining on muscle mass and appendicular lean soft tissue, IGFâ€1, and testosterone in older women. European Journal of Sport Science, 2019, 19, 199-207.	2.7	17
59	Phase Angle is Moderately Associated with Short-term Maximal Intensity Efforts in Soccer Players. International Journal of Sports Medicine, 2019, 40, 739-743.	1.7	24
60	Relationship of different domains of physical activity practice with health-related quality of life among community-dwelling older people: a cross-sectional study. BMJ Open, 2019, 9, e027751.	1.9	22
61	Prenatal, biological and environmental factors associated with physical activity maintenance from childhood to adolescence. Ciencia E Saude Coletiva, 2019, 24, 1201-1210.	0.5	4
62	Effect of resistance training volume on heart rate variability in young adults. Isokinetics and Exercise Science, 2019, 27, 69-77.	0.4	2
63	Effects of Protein Intake Beyond Habitual Intakes Associated With Resistance Training on Metabolic Syndrome-Related Parameters, Isokinetic Strength, and Body Composition in Older Women. Journal of Aging and Physical Activity, 2019, 27, 545-552.	1.0	7
64	Effects of functional and traditional training in body composition and muscle strength components in older women: A randomized controlled trial. Archives of Gerontology and Geriatrics, 2019, 84, 103902.	3.0	21
65	Effect of whey protein supplementation combined with resistance training on body composition, muscular strength, functional capacity, and plasma-metabolism biomarkers in older women with sarcopenic obesity: A randomized, double-blind, placebo-controlled trial. Clinical Nutrition ESPEN, 2019, 32, 88-95.	1.2	61
66	Effects of preâ€or postâ€exercise whey protein supplementation on oxidative stress and antioxidant enzymes in older women. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1101-1108.	2.9	18
67	Allometric scaling of aerobic fitness outputs in school-aged pubertal girls. BMC Pediatrics, 2019, 19, 96.	1.7	9
68	Effects of higher habitual protein intake on resistance-training-induced changes in body composition and muscular strength in untrained older women: A clinical trial study. Nutrition and Health, 2019, 25, 103-112.	1.5	8
69	Effect of whey protein supplementation combined with resistance training on cellular health in pre-conditioned older women: A randomized, double-blind, placebo-controlled trial. Archives of Gerontology and Geriatrics, 2019, 82, 232-237.	3.0	9
70	Tracking of physical fitness in elementary school children: The role of changes in body fat. American Journal of Human Biology, 2019, 31, e23221.	1.6	6
71	Supervised training in primary care units but not self-directed physical activity lowered cardiovascular risk in Brazilian low-income patients: a controlled trial. BMC Public Health, 2019, 19, 1738.	2.9	6
72	Resistance training performed with single-set is sufficient to reduce cardiovascular risk factors in untrained older women: The randomized clinical trial. Active Aging Longitudinal Study. Archives of Gerontology and Geriatrics, 2019, 81, 171-175.	3.0	18

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73	Effects of pre- or post-exercise whey protein supplementation on body fat and metabolic and inflammatory profile in pre-conditioned older women: A randomized, double-blind, placebo-controlled trial. Nutrition, Metabolism and Cardiovascular Diseases, 2019, 29, 290-300.	2.6	6
74	Improvements in Phase Angle Are Related With Muscle Quality Index After Resistance Training in Older Women. Journal of Aging and Physical Activity, 2019, 27, 515-520.	1.0	43
75	Effects of order of resistance training exercises on muscle hypertrophy in young adult men. Applied Physiology, Nutrition and Metabolism, 2019, 44, 420-424.	1.9	7
76	Phase Angle Is Moderately Associated With Muscle Quality and Functional Capacity, Independent of Age and Body Composition in Older Women. Journal of Geriatric Physical Therapy, 2019, 42, 281-286.	1.1	50
77	Usefulness of Reflection Scanning in Determining Whole-Body Composition in Broadly Built Individuals Using Dual-Energy X-ray Absorptiometry. Journal of Clinical Densitometry, 2019, 22, 429-436.	1.2	6
78	Agreement Between GT3X Accelerometer and ActivPAL Inclinometer for Estimating and Detecting Changes in Different Contexts of Sedentary Time Among Adolescents. Journal of Physical Activity and Health, 2019, 16, 780-784.	2.0	6
79	Effects of linear versus nonperiodized resistance training on isometric force and skeletal muscle mass adaptations in sarcopenic older adults. Journal of Exercise Rehabilitation, 2019, 15, 148-154.	1.0	9
80	Identifying children who are susceptible to dropping out from physical activity and sport: a cross-sectional study. Sao Paulo Medical Journal, 2019, 137, 329-335.	0.9	11
81	The usefulness of Tanita TBF-310 for body composition assessment in Judo athletes using a four-compartment molecular model as the reference method. Revista Da AssociaÃ§Ã£o MÃ©dica Brasileira, 2019, 65, 1283-1289.	0.7	12
82	Effects of Different Dietary Energy Intake Following Resistance Training on Muscle Mass and Body Fat in Bodybuilders: A Pilot Study. Journal of Human Kinetics, 2019, 70, 125-134.	1.5	5
83	EFFECT OF 16 WEEKS OF RESISTANCE TRAINING ON STRENGTH ENDURANCE IN MEN AND WOMEN. Revista Brasileira De Medicina Do Esporte, 2019, 25, 399-403.	0.2	0
84	Similar Effects of 24 Weeks of Resistance Training Performed with Different Frequencies on Muscle Strength, Muscle Mass, and Muscle Quality in Older Women. International Journal of Exercise Science, 2019, 12, 623-635.	0.5	10
85	Starting the Resistance-Training Session with Lower-Body Exercises Provides Lower Session Perceived Exertion without Altering the Training Volume in Older Women. International Journal of Exercise Science, 2019, 12, 1187-1197.	0.5	3
86	Impact of a classroom standing desk intervention on daily objectively measured sedentary behavior and physical activity in youth. Journal of Science and Medicine in Sport, 2018, 21, 919-924.	1.3	38
87	Relationship of Parental and Adolescentsâ€™ Screen Time to Self-Rated Health: A Structural Equation Modeling. Health Education and Behavior, 2018, 45, 764-771.	2.5	5
88	Does leisureâ€time physical activity attenuate or eliminate the positive association between obesity and high blood pressure?. Journal of Clinical Hypertension, 2018, 20, 959-966.	2.0	11
89	Lower protein and higher carbohydrate intake are related with altering metabolic syndrome components in elderly women: A cross-sectional study. Experimental Gerontology, 2018, 103, 132-137.	2.8	20
90	Physical Activity and Sitting Time Are Specifically Associated With Multiple Chronic Diseases and Medicine Intake in Brazilian Older Adults. Journal of Aging and Physical Activity, 2018, 26, 608-613.	1.0	8

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91	Effects of Whey Protein Supplementation Associated With Resistance Training on Muscular Strength, Hypertrophy, and Muscle Quality in Preconditioned Older Women. International Journal of Sport Nutrition and Exercise Metabolism, 2018, 28, 528-535.	2.1	32
92	Phase angle is related with inflammatory and oxidative stress biomarkers in older women. Experimental Gerontology, 2018, 102, 12-18.	2.8	59
93	Regional Socioeconomic Inequalities in Physical Activity and Sedentary Behavior Among Brazilian Adolescents. Journal of Physical Activity and Health, 2018, 15, 338-344.	2.0	17
94	TV Viewing in 60,202 Adults From the National Brazilian Health Survey: Prevalence, Correlates, and Associations With Chronic Diseases. Journal of Physical Activity and Health, 2018, 15, 510-515.	2.0	15
95	Physical activity maintenance and metabolic risk in adolescents. Journal of Public Health, 2018, 40, 493-500.	1.8	16
96	Resistance training reduces metabolic syndrome and inflammatory markers in older women: A randomized controlled trial. Journal of Diabetes, 2018, 10, 328-337.	1.8	66
97	Comment on: â€œComparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysisâ€. Sports Medicine, 2018, 48, 491-494.	6.5	21
98	Effects of Single Set Resistance Training With Different Frequencies on a Cellular Health Indicator in Older Women. Journal of Aging and Physical Activity, 2018, 26, 537-543.	1.0	21
99	Effects of Different Resistance Training Systems on Muscular Strength and Hypertrophy in Resistance-Trained Older Women. Journal of Strength and Conditioning Research, 2018, 32, 545-553.	2.1	22
100	Biocultural approach of the association between maturity and physical activity in youth. Jornal De Pediatria, 2018, 94, 658-665.	2.0	3
101	The effects of resistance training volume on osteosarcopenic obesity in older women. Journal of Sports Sciences, 2018, 36, 1564-1571.	2.0	49
102	Impacto do estado nutricional na composiÃ§Ã£o corporal e forÃ§a muscular de idosas inseridas em um programa de treinamento com pesos. Revista Brasileira De Cineantropometria E Desempenho Humano, 2018, 20, 235-246.	0.5	0
103	Effects of one resistance training session on body checking behaviors in male adults. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2018, 32, 25-32.	0.1	0
104	Effect of Volume in Resistance Training on Inhibitory Control in Young Adults: A Randomized and Crossover Investigation. Frontiers in Psychology, 2018, 9, 2028.	2.1	6
105	Biocultural approach of the association between maturity and physical activity in youth. Jornal De Pediatria (VersÃ£o Em PortuguÃªs), 2018, 94, 658-665.	0.2	1
106	Frequency of resistance training does not affect inhibitory control or improve strength in well-trained young adults. PLoS ONE, 2018, 13, e0206784.	2.5	2
107	Age at menarche and cancer risk at adulthood. Annals of Human Biology, 2018, 45, 369-372.	1.0	17
108	Improvement of cellular health indicators and muscle quality in older women with different resistance training volumes. Journal of Sports Sciences, 2018, 36, 2843-2848.	2.0	38

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109	Effects of Different Resistance Training Frequencies on Fat in Overweight/Obese Older Women. International Journal of Sports Medicine, 2018, 39, 527-534.	1.7	27
110	Resistance training with dietary intake maintenance increases strength without altering body composition in older women. Journal of Sports Medicine and Physical Fitness, 2018, 58, 457-464.	0.7	9
111	Effects of Modified Pyramid System on Muscular Strength and Hypertrophy in Older Women. International Journal of Sports Medicine, 2018, 39, 613-618.	1.7	10
112	Sport Participation and Metabolic Risk During Adolescent Years: A Structured Equation Model. International Journal of Sports Medicine, 2018, 39, 674-681.	1.7	10
113	Effect of resistance training on inflammatory markers of older adults: A meta-analysis. Experimental Gerontology, 2018, 111, 188-196.	2.8	106
114	Association between age at menarche and blood pressure in adulthood: is obesity an important mediator?. Hypertension Research, 2018, 41, 856-864.	2.7	26
115	Social, behavioral and biological correlates of cardiorespiratory fitness according to sex, nutritional status and maturity status among adolescents. A cross-sectional study. Sao Paulo Medical Journal, 2018, 136, 237-244.	0.9	8
116	Effects of Whey Protein Supplementation Pre- or Post-Resistance Training on Muscle Mass, Muscular Strength, and Functional Capacity in Pre-Conditioned Older Women: A Randomized Clinical Trial. Nutrients, 2018, 10, 563.	4.1	54
117	Twenty minutes of post-exercise hypotension are enough to predict chronic blood pressure reduction induced by resistance training in older women. Motriz Revista De Educacao Fisica, 2018, 24, .	0.2	5
118	Effect of different warm-up strategies on countermovement jump and sprint performance in basketball players. Isokinetics and Exercise Science, 2018, 26, 219-225.	0.4	4
119	Total and regional bone mineral and tissue composition in female adolescent athletes: comparison between volleyball players and swimmers. BMC Pediatrics, 2018, 18, 212.	1.7	18
120	Effect of protein intake beyond habitual intakes following resistance training on cardiometabolic risk disease parameters in pre-conditioned older women. Experimental Gerontology, 2018, 110, 9-14.	2.8	14
121	The data do not seem to support the effect of stretch training on increasing muscle thickness. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2767-2768.	2.9	4
122	Agreement between dual x-ray absorptiometers using pencil beam and fan beam: indicators of bone health and whole-body plus appendicular tissue composition in adult athletes. Revista Da AssociaÃ§Ã£o MÃ©dica Brasileira, 2018, 64, 330-338.	0.7	2
123	Reproducibility of isokinetic strength assessment of knee muscle actions in adult athletes: Torques and antagonist-agonist ratios derived at the same angle position. PLoS ONE, 2018, 13, e0202261.	2.5	27
124	Correlations between resistance trainingâ€induced changes on phase angle and biochemical markers in older women. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2173-2182.	2.9	34
125	Tracking of body adiposity indicators from childhood to adolescence: Mediation by BMI. PLoS ONE, 2018, 13, e0191908.	2.5	9
126	Ordem do treinamento com pesos, capacidade funcional e carga de treino em idosos treinados: ensaio clÃnico aleatorizado.. ConScientiae SaÃºde, 2018, 17, 469-477.	0.1	1

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127	The improvement in walking speed induced by resistance training is associated with increased muscular strength but not skeletal muscle mass in older women. European Journal of Sport Science, 2017, 17, 488-494.	2.7	49
128	Chronic Blood Pressure Reductions and Increments in Plasma Nitric Oxide Bioavailability. International Journal of Sports Medicine, 2017, 38, 290-299.	1.7	27
129	Family history of cardiovascular disease and parental lifestyle behaviors are associated with offspring cardiovascular disease risk markers in childhood. American Journal of Human Biology, 2017, 29, e22995.	1.6	6
130	Resistance training prescription with different loadâ€management methods improves phase angle in older women. European Journal of Sport Science, 2017, 17, 913-921.	2.7	35
131	Effect of Resistance Training Systems on Oxidative Stress in Older Women. International Journal of Sport Nutrition and Exercise Metabolism, 2017, 27, 439-447.	2.1	14
132	Birth weight, biological maturation and obesity in adolescents: a mediation analysis. Journal of Developmental Origins of Health and Disease, 2017, 8, 502-507.	1.4	14
133	Effects of Traditional and Pyramidal Resistance Training Systems on Muscular Strength, Muscle Mass, and Hormonal Responses in Older Women: A Randomized Crossover Trial. Journal of Strength and Conditioning Research, 2017, 31, 1888-1896.	2.1	19
134	Effect of resistance training on flexibility in young adult men and women. Isokinetics and Exercise Science, 2017, 25, 149-155.	0.4	3
135	Comparison of Skillful vs. Less Skilled Young Soccer Players on Anthropometric, Maturation, Physical Fitness and Time of Practice. International Journal of Sports Medicine, 2017, 38, 384-395.	1.7	19
136	Creatine supplementation elicits greater muscle hypertrophy in upper than lower limbs and trunk in resistance-trained men. Nutrition and Health, 2017, 23, 223-229.	1.5	11
137	Effect of rapid weight loss on physical performance in judo athletes: is rapid weight loss a help for judokas with weight problems?. International Journal of Performance Analysis in Sport, 2017, 17, 763-773.	1.1	18
138	Hypertrophy-type Resistance Training Improves Phase Angle in Young Adult Men and Women. International Journal of Sports Medicine, 2017, 38, 35-40.	1.7	27
139	Sarcopenia and physical independence in older adults: the independent and synergic role of muscle mass and muscle function. Journal of Cachexia, Sarcopenia and Muscle, 2017, 8, 245-250.	7.3	161
140	Effect of resistance training on phase angle in older women: A randomized controlled trial. Scandinavian Journal of Medicine and Science in Sports, 2017, 27, 1308-1316.	2.9	67
141	Cardiorespiratory fitness effect may be under-estimated in â€˜fat but fitâ€™ hypothesis studies. Annals of Human Biology, 2017, 44, 237-242.	1.0	14
142	Editorial. Nutrition and Health, 2017, 23, 213-213.	1.5	0
143	Dissatisfaction and Body Checking in Sports Scale: A New Measure for Athletes. Paideia, 2017, 27, 110-121.	0.1	1
144	Reliability and smallest worthwhile difference in 1RM tests according to previous resistance training experience in young women. Biology of Sport, 2017, 3, 279-285.	3.2	6

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145	Effect of traditional resistance training on blood pressure in normotensive elderly persons: a systematic review of randomized controlled trials and meta-analyses. Revista Brasileira De Geriatria E Gerontologia, 2017, 20, 571-581.	0.3	2
146	Efeito de duas diferentes frequÃªncias semanais de treinamento com pesos sobre a forÃ§a muscular e pressÃ£o arterial em mulheres idosas normotensas. Revista Brasileira De Cineantropometria E Desempenho Humano, 2017, 19, 118.	0.5	4
147	Clustering vs Multi-Sets Method in Resistance Training: Effect on Heart Rate Variability. Asian Journal of Sports Medicine, 2017, 9, .	0.3	5
148	Efeitos do polimento na potÃªncia aerÃ³bia mÃ¡xima em atletas de indoor soccer. Revista Brasileira De Cineantropometria E Desempenho Humano, 2016, 18, 341.	0.5	4
149	Nutritional status of schoolchildren aged 7-10 years enrolled in public and private schools of Cascavel, ParanÃ¡, Brazil. Revista De Nutricao, 2016, 29, 699-708.	0.4	2
150	Vertical segmental tetrapolar bioimpedance for excess body fat assessment in adolescents. Jornal De Pediatria, 2016, 92, 319-320.	2.0	4
151	Fitness but not weight status is associated with projected physical independence in older adults. Age, 2016, 38, 54.	3.0	14
152	Resistance training improves inflammatory level, lipid and glycemic profiles in obese older women: A randomized controlled trial. Experimental Gerontology, 2016, 84, 80-87.	2.8	92
153	Commentary regarding the article: â€œLifestyle mediates seasonal changes in metabolic health among the Yakut (Sakha) of Northeastern Siberiaâ€. American Journal of Human Biology, 2016, 28, 954-955.	1.6	0
154	Correlates of sports practice, occupational and leisureâ€time physical activity in Brazilian adolescents. American Journal of Human Biology, 2016, 28, 112-117.	1.6	18
155	Changes in phase angle and body composition induced by resistance training in older women. European Journal of Clinical Nutrition, 2016, 70, 1408-1413.	2.9	64
156	Effect of Conjugated Linoleic Acid Associated With Aerobic Exercise on Body Fat and Lipid Profile in Obese Women: A Randomized, Double-Blinded, and Placebo-Controlled Trial. International Journal of Sport Nutrition and Exercise Metabolism, 2016, 26, 135-144.	2.1	9
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