# R S Pinto

List of Publications by Year
in descending order



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|---|---|---|---|
| 144 papers | 4,355 citations | 117625 34 h-index | 144013 57 g-index |
| 145 all docs | 145 docs citations | 145 times ranked | 3938 citing authors |

| # | Article | IF | Citations |
|---|---|---|---|
| 1 | Benefits of resistance training in physically frail elderly: a systematic review. Aging Clinical and Experimental Research, 2018, 30, 889-899. | 2.9 | 193 |
| 2 | Echo intensity is associated with skeletal muscle power and cardiovascular performance in elderly men. Experimental Gerontology, 2012, 47, 473-478. | 2.8 | 184 |
| 3 | Strength and Endurance Training Prescription in Healthy and Frail Elderly. , 2014, 5, 183-95. | | 178 |
| 4 | Relationship between quadriceps femoris echo intensity, muscle power, and functional capacity of older men. Age, 2014, 36, 9625. | 3.0 | 160 |
| 5 | Echo intensity is negatively associated with functional capacity in older women. Age, 2014, 36, 9708. | 3.0 | 160 |
| 6 | Neuromuscular adaptations to concurrent training in the elderly: effects of intrasession exercise sequence. Age, 2013, 35, 891-903. | 3.0 | 115 |
| 7 | Physiological Effects of Concurrent Training in Elderly Men. International Journal of Sports Medicine, 2010, 31, 689-697. | 1.7 | 107 |
| 8 | Short-term strength training improves muscle quality and functional capacity of elderly women. Age, 2014, 36, 365-372. | 3.0 | 106 |
| 9 | Inter-machine reliability of the Biodex and Cybex isokinetic dynamometers for knee flexor/extensor isometric, concentric and eccentric tests. Physical Therapy in Sport, 2015, 16, 59-65. | 1.9 | 102 |
| 10 | Time course of low- and high-volume strength training on neuromuscular adaptations and muscle quality in older women. Age, 2014, 36, 881-892. | 3.0 | 101 |
| 11 | Low- and high-volume strength training induces similar neuromuscular improvements in muscle quality in elderly women. Experimental Gerontology, 2013, 48, 710-716. | 2.8 | 100 |
| 12 | Dose-Response of 1, 3, and 5 Sets of Resistance Exercise on Strength, Local Muscular Endurance, and Hypertrophy. Journal of Strength and Conditioning Research, 2015, 29, 1349-1358. | 2.1 | 98 |
| 13 | Resistance Training Load Effects on Muscle Hypertrophy and Strength Gain: Systematic Review and Network Meta-analysis. Medicine and Science in Sports and Exercise, 2021, 53, 1206-1216. | 0.4 | 98 |
| 14 | Strength prior to endurance intra-session exercise sequence optimizes neuromuscular and cardiovascular gains in elderly men. Experimental Gerontology, 2012, 47, 164-169. | 2.8 | 92 |
| 15 | Lower-Extremity Strength Ratios of Professional Soccer Players According to Field Position. Journal of Strength and Conditioning Research, 2015, 29, 1220-1226. | 2.1 | 91 |
| 16 | Muscle conduction velocity, strength, neural activity, and morphological changes after eccentric and concentric training. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, e343-52. | 2.9 | 78 |
| 17 | Echo intensity independently predicts functionality in sedentary older men. Muscle and Nerve, 2017, 55, 9-15. | 2.2 | 73 |
| 18 | Time Course of Strength and Echo Intensity Recovery After Resistance Exercise in Women. Journal of Strength and Conditioning Research, 2012, 26, 2577-2584. | 2.1 | 69 |

| # | Article | IF | Citations |
|---|---|---|---|
| 19 | Coronavirus Disease-19 Quarantine Is More Detrimental Than Traditional Off-Season on Physical Conditioning of Professional Soccer Players. Journal of Strength and Conditioning Research, 2020, 34, 3316-3320. | 2.1 | 69 |
| 20 | Concurrent strength and endurance training exercise sequence does not affect neuromuscular adaptations in older men. Experimental Gerontology, 2014, 60, 207-214. | 2.8 | 68 |
| 21 | 3 Different Types of Strength Training in Older Women. International Journal of Sports Medicine, 2012, 33, 962-969. | 1.7 | 67 |
| 22 | Effects of Strength, Endurance, and Concurrent Training on Aerobic Power and Dynamic Neuromuscular Economy in Elderly Men. Journal of Strength and Conditioning Research, 2011, 25, 758-766. | 2.1 | 61 |
| 23 | Dissociated Time Course of Recovery Between Genders After Resistance Exercise. Journal of Strength and Conditioning Research, 2011, 25, 3039-3044. | 2.1 | 57 |
| 24 | Concurrent Training with Different Aerobic Exercises. International Journal of Sports Medicine, 2012, 33, 627-634. | 1.7 | 55 |
| 25 | Neuromuscular Adaptations to Unilateral vs. Bilateral Strength Training in Women. Journal of Strength and Conditioning Research, 2016, 30, 1924-1932. | 2.1 | 51 |
| 26 | Effects of strength training and detraining on knee extensor strength, muscle volume and muscle quality in elderly women. Age, 2013, 35, 1899-1904. | 3.0 | 49 |
| 27 | Effect of Range of Motion on Muscle Strength and Thickness. Journal of Strength and Conditioning Research, 2012, 26, 2140-2145. | 2.1 | 45 |
| 28 | Hormonal Responses to Concurrent Strength and Endurance Training with Different Exercise Orders. Journal of Strength and Conditioning Research, 2012, 26, 3281-3288. | 2.1 | 44 |
| 29 | Hamstring-to-Quadriceps Torque Ratios of Professional Male Soccer Players: A Systematic Review. Journal of Strength and Conditioning Research, 2020, 34, 281-293. | 2.1 | 43 |
| 30 | Alternative Methods of Determining Hamstrings-to-Quadriceps Ratios: a Comprehensive Review. Sports Medicine - Open, 2019, 5, 11. | 3.1 | 42 |
| 31 | Effects of single vs. multiple-set short-term strength training in elderly women. Age, 2014, 36, 9720. | 3.0 | 41 |
| 32 | Neuromuscular Economy, Strength, and Endurance in Healthy Elderly Men. Journal of Strength and Conditioning Research, 2011, 25, 997-1003. | 2.1 | 40 |
| 33 | Effects of resistance training concentric velocity on older adults' functional capacity: A systematic review and meta-analysis of randomised trials. Experimental Gerontology, 2019, 127, 110731. | 2.8 | 40 |
| 34 | Efficiency of twice weekly concurrent training in trained elderly men. Experimental Gerontology, 2013, 48, 1236-1242. | 2.8 | 39 |
| 35 | Effects of Traditional and Vascular Restricted Strength Training Program With Equalized Volume on Isometric and Dynamic Strength, Muscle Thickness, Electromyographic Activity, and Endothelial Function Adaptations in Young Adults. Journal of Strength and Conditioning Research, 2020, 34, 689-698. | 2.1 | 39 |
| 36 | Effects of Intra-session Exercise Sequence during Water-based Concurrent Training. International Journal of Sports Medicine, 2014, 35, 41-48. | 1.7 | 35 |

| # | Article | IF | Citations |
|---|---|---|---|
| 37 | Repetitions to failure versus not to failure during concurrent training in healthy elderly men: A randomized clinical trial. Experimental Gerontology, 2018, 108, 18-27. | 2.8 | 35 |
| 38 | Effects of strength training, detraining and retraining in muscle strength, hypertrophy and functional tasks in older female adults. Clinical Physiology and Functional Imaging, 2016, 36, 306-310. | 1.2 | 34 |
| 39 | COVID-19 pandemic is an urgent time for older people to practice resistance exercise at home. Experimental Gerontology, 2020, 141, 111101. | 2.8 | 34 |
| 40 | The Effects of Resistance Training Performed in Water on Muscle Strength in the Elderly. Journal of Strength and Conditioning Research, 2010, 24, 3150-3156. | 2.1 | 33 |
| 41 | Effects of Different Concurrent Resistance and Aerobic Training Frequencies on Muscle Power and Muscle Quality in Trained Elderly Men: A Randomized Clinical Trial. , 2016, 7, 697. | | 32 |
| 42 | Does Rest Time before Ultrasonography Imaging Affect Quadriceps Femoris Muscle Thickness, Cross-Sectional Area and Echo Intensity Measurements?. Ultrasound in Medicine and Biology, 2019, 45, 612-616. | 1.5 | 32 |
| 43 | The effects of periodized concurrent and aerobic training on oxidative stress parameters, endothelial function and immune response in sedentary male individuals of middle age. Cell Biochemistry and Function, 2011, 29, 534-542. | 2.9 | 31 |
| 44 | Neuromuscular adaptations to water-based concurrent training in postmenopausal women: effects of intrasession exercise sequence. Age, 2015, 37, 9751. | 3.0 | 31 |
| 45 | Explosive type of contractions should not be avoided during resistance training in elderly. Experimental Gerontology, 2018, 102, 81-83. | 2.8 | 30 |
| 46 | Test-Retest Reliability of Muscle Thickness, Echo-Intensity and Cross Sectional Area of Quadriceps and Hamstrings Muscle Groups Using B-mode Ultrasound. International Journal of Kinesiology and Sports Science, 2017, 5, 35. | 0.8 | 30 |
| 47 | Neuromuscular, Hormonal, and Metabolic Responses to Different Plyometric Training Volumes in Rugby Players. Journal of Strength and Conditioning Research, 2013, 27, 3001-3010. | 2.1 | 29 |
| 48 | Heat-induced extracellular HSP72 release is blunted in elderly diabetic people compared with healthy middle-aged and older adults, but it is partially restored by resistance training. Experimental Gerontology, 2018, 111, 180-187. | 2.8 | 29 |
| 49 | Effects of dancing compared to walking on cardiovascular risk and functional capacity of older women: A randomized controlled trial. Experimental Gerontology, 2018, 114, 67-77. | 2.8 | 28 |
| 50 | Higher muscle power training volume is not determinant for the magnitude of neuromuscular improvements in elderly women. Experimental Gerontology, 2018, 110, 15-22. | 2.8 | 27 |
| 51 | Muscle quality and functionality in older women improve similarly with muscle power training using one or three sets. Experimental Gerontology, 2019, 128, 110745. | 2.8 | 27 |
| 52 | Effect of exercise intensity on postprandial lipemia, markers of oxidative stress, and endothelial function after a high-fat meal. Applied Physiology, Nutrition and Metabolism, 2016, 41, 1278-1284. | 1.9 | 26 |
| 53 | Hamstringâ€toâ€quadriceps fatigue ratio offers new and different muscle function information than the conventional nonâ€fatigued ratio. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 282-293. | 2.9 | 26 |
| 54 | AvaliaÃ§Ã£o IsocinÃ©tica em Jogadores de Futebol Profissional e ComparaÃ§Ã£o do Desempenho Entre as Diferentes PosiÃ§Ãµes Ocupadas no Campo. Revista Brasileira De Medicina Do Esporte, 2010, 16, 264-268. | 0.2 | 25 |

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|---|---|---|---|
| 55 | Differential Effects of 30- Vs. 60-Second Static Muscle Stretching on Vertical Jump Performance. Journal of Strength and Conditioning Research, 2014, 28, 3440-3446. | 2.1 | 24 |
| 56 | Effectiveness of Multimodal Training on Functional Capacity in Frail Older People: A Meta-Analysis of Randomized Controlled Trials. Journal of Aging and Physical Activity, 2018, 26, 407-418. | 1.0 | 24 |
| 57 | Effects of resistance training on neuromuscular parameters in elderly with type 2 diabetes mellitus: A randomized clinical trial. Experimental Gerontology, 2018, 113, 141-149. | 2.8 | 24 |
| 58 | Hamstring rate of torque development is more affected than maximal voluntary contraction after a professional soccer match. European Journal of Sport Science, 2019, 19, 1336-1341. | 2.7 | 24 |
| 59 | A PercepÃ§Ã£o de EsforÃ§o no Treinamento de ForÃ§a. Revista Brasileira De Medicina Do Esporte, 2010, 16, 301-309. | 0.2 | 23 |
| 60 | Functional and physiological adaptations following concurrent training using sets with and without concentric failure in elderly men: A randomized clinical trial. Experimental Gerontology, 2018, 110, 182-190. | 2.8 | 22 |
| 61 | Effect of Three Different Muscle Action Training Protocols on Knee Strength Ratios and Performance. Journal of Strength and Conditioning Research, 2018, 32, 2154-2165. | 2.1 | 21 |
| 62 | Cardiorespiratory Adaptations in Elderly Men Following Different Concurrent Training Regimes. Journal of Nutrition, Health and Aging, 2018, 22, 483-490. | 3.3 | 21 |
| 63 | Resistance training in breast cancer patients undergoing primary treatment: a systematic review and meta-regression of exercise dosage. Breast Cancer, 2021, 28, 16-24. | 2.9 | 21 |
| 64 | Eccentric resistance training of the knee extensor muscle: Training programs and neuromuscular adaptations. Isokinetics and Exercise Science, 2015, 23, 183-198. | 0.4 | 20 |
| 65 | Acute Effects of Static vs. Ballistic Stretching on Strength and Muscular Fatigue Between Ballet Dancers and Resistance-Trained Women. Journal of Strength and Conditioning Research, 2016, 30, 3220-3227. | 2.1 | 19 |
| 66 | Effects of antagonist pre-load on knee extensor isokinetic muscle performance. Journal of Sports Sciences, 2011, 29, 271-278. | 2.0 | 18 |
| 67 | Effects of a Single Session of High- and Moderate-Intensity Resistance Exercise on Endothelial Function of Middle-Aged Sedentary Men. Frontiers in Physiology, 2019, 10, 777. | 2.8 | 18 |
| 68 | High-volume resistance training reduces postprandial lipaemia in postmenopausal women. Journal of Sports Sciences, 2015, 33, 1890-1901. | 2.0 | 17 |
| 69 | Texture analysis of ultrasound images is a sensitive method to followâ€up muscle damage induced by eccentric exercise. Clinical Physiology and Functional Imaging, 2018, 38, 477-482. | 1.2 | 17 |
| 70 | Bilateral deficit between concentric and isometric muscle actions. Isokinetics and Exercise Science, 2013, 21, 161-165. | 0.4 | 16 |
| 71 | Nonsteroidal Anti-Inflammatory Drug Use and Endurance During Running in Male Long-Distance Runners. Journal of Athletic Training, 2015, 50, 295-302. | 1.8 | 16 |
| 72 | Order Effects of Combined Strength and Endurance Training on Testosterone, Cortisol, Growth Hormone, and IGF-1 Binding Protein 3 in Concurrently Trained Men. Journal of Strength and Conditioning Research, 2015, 29, 74-79. | 2.1 | 16 |

| # | Article | IF | Citations |
|---|---|---|---|
| 73 | Effects of short-term resistance training on endothelial function and inflammation markers in elderly patients with type 2 diabetes: A randomized controlled trial. Experimental Gerontology, 2019, 118, 19-25. | 2.8 | 16 |
| 74 | Adaptations in mechanical muscle function, muscle morphology, and aerobic power to high-intensity endurance training combined with either traditional or power strength training in older adults: a randomized clinical trial. European Journal of Applied Physiology, 2020, 120, 1165-1177. | 2.5 | 16 |
| 75 | Chair sit-to-stand performance is associated with diagnostic features of sarcopenia in older men and women. Archives of Gerontology and Geriatrics, 2021, 96, 104463. | 3.0 | 16 |
| 76 | EMG activation of abdominal muscles in the crunch exercise performed with different external loads. Physical Therapy in Sport, 2009, 10, 57-62. | 1.9 | 15 |
| 77 | Full Range of Motion Induces Greater Muscle Damage Than Partial Range of Motion in Elbow Flexion Exercise With Free Weights. Journal of Strength and Conditioning Research, 2017, 31, 2223-2230. | 2.1 | 15 |
| 78 | Physiological Adaptations to Resistance Training in Prepubertal Boys. Research Quarterly for Exercise and Sport, 2015, 86, 172-181. | 1.4 | 14 |
| 79 | The effects of flexibility training on exerciseâ€induced muscle damage in young men with limited hamstrings flexibility. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 1671-1680. | 2.9 | 14 |
| 80 | Single-joint isometric rate of torque development is not related to counter- movement jump performance in soccer players. Isokinetics and Exercise Science, 2013, 21, 181-186. | 0.4 | 13 |
| 81 | Specific joint angle assessment of the shoulder rotators. Isokinetics and Exercise Science, 2014, 22, 197-204. | 0.4 | 13 |
| 82 | Functional capacity improves in-line with neuromuscular performance after 12Âweeks of non-linear periodization strength training in the elderly. Aging Clinical and Experimental Research, 2018, 30, 959-968. | 2.9 | 13 |
| 83 | Influence of body position on shoulder rotator muscle strength during isokinetic assessment. Isokinetics and Exercise Science, 2010, 18, 119-124. | 0.4 | 12 |
| 84 | The association between conventional and dynamic control knee strength ratios in elite soccer players. Isokinetics and Exercise Science, 2015, 23, 1-12. | 0.4 | 12 |
| 85 | Effects of Concentric and Eccentric Strength Training on Fatigue Induced by Concentric and Eccentric Exercises. International Journal of Sports Physiology and Performance, 2019, 14, 91-98. | 2.3 | 12 |
| 86 | The effects of strength, aerobic, and concurrent exercise on skeletal muscle damage in rats. Muscle and Nerve, 2014, 50, 79-86. | 2.2 | 11 |
| 87 | The effects of 6 weeks of constant-angle muscle stretching training on flexibility and muscle function in men with limited hamstringsâ€™ flexibility. European Journal of Applied Physiology, 2019, 119, 1691-1700. | 2.5 | 11 |
| 88 | Effects of Moderate-to-Heavy Sled Training Using Different Magnitudes of Velocity Loss in Professional Soccer Players. Journal of Strength and Conditioning Research, 2023, 37, 629-635. | 2.1 | 11 |
| 89 | Cardiometabolic effects of earlyv. delayed time-restricted eating plus energetic restriction in adults with overweight and obesity: an exploratory randomised clinical trial. British Journal of Nutrition, 2023, 129, 637-649. | 2.3 | 11 |
| 90 | Effects of different methods of antagonist muscles pre-activation on knee extensors neuromuscular responses. Brazilian Journal of Physical Therapy, 2011, 15, 4520-459. | 2.5 | 10 |

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|---|---|---|---|
| 91 | Moderate volume of sprint bouts does not induce muscle damage in well-trained athletes. Journal of Bodywork and Movement Therapies, 2020, 24, 206-211. | 1.2 | 10 |
| 92 | Muscle Damage and Muscle Activity Induced by Strength Training Super-Sets in Physically Active Men. Journal of Strength and Conditioning Research, 2017, 31, 1847-1858. | 2.1 | 9 |
| 93 | Alternative assessment of knee joint muscle balance of soccer players through total workâ€based hamstring:Âquadriceps ratios. European Journal of Sport Science, 2018, 18, 1398-1404. | 2.7 | 9 |
| 94 | Effects of photobiomodulation therapy associated with resistance training in elderly men: a randomized double-blinded placebo-controlled trial. European Journal of Applied Physiology, 2019, 119, 279-289. | 2.5 | 9 |
| 95 | Effects of high-intensity interval training combined with traditional strength or power training on functionality and physical fitness in healthy older men: A randomized controlled trial. Experimental Gerontology, 2021, 149, 111321. | 2.8 | 9 |
| 96 | Strength Training Prior to Endurance Exercise: Impact on the Neuromuscular System, Endurance Performance and Cardiorespiratory Responses. Journal of Human Kinetics, 2014, 44, 171-181. | 1.5 | 8 |
| 97 | Do compression sleeves worn during exercise affect muscle recovery?. Isokinetics and Exercise Science, 2014, 22, 265-271. | 0.4 | 8 |
| 98 | Resistance exercise at variable volume does not reduce postprandial lipemia in postmenopausal women. Age, 2014, 36, 869-879. | 3.0 | 8 |
| 99 | Different Muscle Action Training Protocols on Quadriceps-Hamstrings Neuromuscular Adaptations. International Journal of Sports Medicine, 2018, 39, 355-365. | 1.7 | 8 |
| 100 | Effects of Different Combinations of Concentric and Eccentric Resistance Training Programs on Traditional and Alternative Hamstrings-to-Quadriceps Ratios. Sports, 2019, 7, 221. | 1.7 | 8 |
| 101 | Decreased running economy is not associated with decreased force production capacity following downhill running in untrained, young men. European Journal of Sport Science, 2021, 21, 84-92. | 2.7 | 8 |
| 102 | Post-match recovery of eccentric knee flexor strength in male professional football players. Physical Therapy in Sport, 2021, 47, 140-146. | 1.9 | 8 |
| 103 | Efeito do uso profilÃ¡tico do anti-inflamatÃ³rio nÃ£o-esteroide ibuprofeno sobre o desempenho em uma sessÃ£o de treino de forÃ§a. Revista Brasileira De Medicina Do Esporte, 2013, 19, 116-119. | 0.2 | 7 |
| 104 | Regional fat mobilization and training type on sedentary, premenopausal overweight and obese women. Obesity, 2014, 22, 86-93. | 3.0 | 7 |
| 105 | Effects of high and low volume of strength training on muscle strength, muscle volume and lipid profile in postmenopausal women. Journal of Exercise Science and Fitness, 2014, 12, 62-67. | 2.2 | 7 |
| 106 | Concurrent training performed with and without repetitions to failure in older men: A randomized clinical trial. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1141-1152. | 2.9 | 7 |
| 107 | Acute and chronic effects of muscle power training on blood pressure in elderly patients with type 2 diabetes mellitus. Clinical and Experimental Hypertension, 2020, 42, 153-159. | 1.3 | 7 |
| 108 | Effects of long-term concurrent training to failure or not in muscle power output, muscle quality and cardiometabolic risk factors in older men: A secondary analysis of a randomized clinical trial. Experimental Gerontology, 2020, 139, 111023. | 2.8 | 7 |

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|---|---|---|---|
| 109 | Comparison of muscle quality and functional capacity between Japanese and Brazilian older individuals. PLoS ONE, 2020, 15, e0243589. | 2.5 | 7 |
| 110 | AdaptaÃ§Ãµes neuromusculares ao treinamento de forÃ§a e concorrente em homens idosos.. Revista Brasileira De Cineantropometria E Desempenho Humano, 2012, 14, . | 0.5 | 6 |
| 111 | Angle Specific Analysis of Side-to-Side Asymmetry in the Shoulder Rotators. Sports, 2015, 3, 236-245. | 1.7 | 6 |
| 112 | Acute Hemodynamic Responses to Repetitions to Failure Using Different Resistance Exercises and Protocols in Normotensive Men: A crossover study. Clinical and Experimental Hypertension, 2020, 42, 401-408. | 1.3 | 5 |
| 113 | Can supplemental protein to low-protein containing meals superimpose on resistance-training muscle adaptations in older adults? A randomized clinical trial. Experimental Gerontology, 2022, 162, 111760. | 2.8 | 5 |
| 114 | The reliability of the one maximum repetition in sedentary, active and strength-trained subjects. Motriz Revista De Educacao Fisica, 2011, 17, 700-707. | 0.2 | 4 |
| 115 | Ingestion of carbohydrate or carbohydrate plus protein does not enhance performance during endurance exercise: a randomized crossover placebo-controlled clinical trial. Applied Physiology, Nutrition and Metabolism, 2018, 43, 937-944. | 1.9 | 4 |
| 116 | Rating of Perceived Exertion as a Method to Determine Training Loads in Strength Training in Elderly Women: A Randomized Controlled Study. International Journal of Environmental Research and Public Health, 2021, 18, 7892. | 2.6 | 4 |
| 117 | DeterminaÃ§Ã£o da carga de treino nos exercÃcios supino e rosca bÃceps em mulheres jovens. Motriz Revista De Educacao Fisica, 2012, 18, 22-33. | 0.2 | 3 |
| 118 | DÃ©ficit bilateral: origem, mecanismos e implicaÃ§Ãµes para o treino de forÃ§a.. Revista Brasileira De Cineantropometria E Desempenho Humano, 2012, 14, . | 0.5 | 3 |
| 119 | The influence of running and cycling on subsequent maximal muscular performance. Isokinetics and Exercise Science, 2014, 22, 115-122. | 0.4 | 3 |
| 120 | Local cryotherapy is ineffective in accelerating recovery from exercise-induced muscle damage on biceps brachii. Sport Sciences for Health, 2017, 13, 287-293. | 1.3 | 3 |
| 121 | Oxygen consumption during concurrent training: influence of intra-session exercise sequence and aerobic exercise modality. Biology of Sport, 2018, 35, 247-252. | 3.2 | 3 |
| 122 | Moving forward with the echo intensity mean analysis: Exploring echo intensity bands in different age groups. Experimental Gerontology, 2021, 145, 111179. | 2.8 | 3 |
| 123 | Dissociation between fatigued power output and traditional peak torque for isokinetic hamstring:quadriceps ratios in professional soccer players. Sport Sciences for Health, 2022, 18, 967-973. | 1.3 | 3 |
| 124 | Respostas metabÃ³licas ao treinamento de forÃ§a: uma Ãªnfase no dispÃªndio energÃ©tico. DOI: 10.5007/1980-0037.2011v13n2p150. Revista Brasileira De Cineantropometria E Desempenho Humano, 2011, 13, . | 0.5 | 2 |
| 125 | AnÃ¡lise da forÃ§a isomÃ©trica mÃ¡xima e do sinal de EMG em exercÃcios para os membros inferiores.<br>DOI:10.5007/1980-0037.2011v13n6p429. Revista Brasileira De Cineantropometria E Desempenho Humano, 2011, 13, . | 0.5 | 2 |
| 126 | Comparison of hamstring/quadriceps ratio between isoinertial and isokinetic measurements. Isokinetics and Exercise Science, 2013, 21, 107-112. | 0.4 | 2 |

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|---|---|---|---|
| 127 | Short duration static stretching preceded by cycling warm-up reduces vertical jump performance in healthy males. Sport Sciences for Health, 2018, 14, 77-82. | 1.3 | 2 |
| 128 | Multi- and Single-Joint Resistance Exercises Promote Similar Plantar Flexor Activation in Resistance Trained Men. International Journal of Environmental Research and Public Health, 2020, 17, 9487. | 2.6 | 2 |
| 129 | Echo Intensity Reliability From Two Ultrasound Systems. Journal of Diagnostic Medical Sonography, 2020, 36, 464-469. | 0.3 | 2 |
| 130 | Acute Blood Pressure Response to High- and Moderate-Speed Resistance Exercise in Older Adults With Hypertension. Journal of Aging and Physical Activity, 2021, , 1-8. | 1.0 | 2 |
| 131 | The impact of skeletal muscle disuse on distinct echo intensity bands: A retrospective analysis. PLoS ONE, 2022, 17, e0262553. | 2.5 | 2 |
| 132 | Espessura e qualidade musculares medidas a partir de ultrassonografia: influÃªncia de diferentes locais de mensuraÃ§Ã£o. DOI: 10.5007/1980-0037.2011v13n2p87. Revista Brasileira De Cineantropometria E Desempenho Humano, 2011, 13, . | 0.5 | 1 |
| 133 | AvaliaÃ§Ã£o do dÃ©ficit bilateral em contraÃ§Ãµes isomÃ©tricas dos extensores de joelhos. DOI:10.5007/1980-0037.2012v14n2p202. Revista Brasileira De Cineantropometria E Desempenho Humano, 2012, 14, . | 0.5 | 1 |
| 134 | Qualidade muscular, mas nÃ£o espessura, Ã© reduzida em diferentes grupos etÃ¡rios em idosas ativas. Revista Brasileira De Cineantropometria E Desempenho Humano, 2015, 17, 347. | 0.5 | 1 |
| 135 | Brazilian Jiu-Jitsu fighters present greatest rapid and maximal strength imbalances at extreme elbow angles. Journal of Bodywork and Movement Therapies, 2021, 25, 126-132. | 1.2 | 1 |
| 136 | Rate of torque development as an indirect marker of muscle damage in the knee flexors. Sport Sciences for Health, 0, , 1. | 1.3 | 1 |
| 137 | Nutritional Knowledge and Eating Habits of the National Brazilian Futsal Team. Revista Espanola De Nutricion Humana Y Dietetica, 0, 25, e1393. | 0.3 | 1 |
| 138 | AvaliaÃ§Ã£o funcional em idosas: uma proposta metodolÃ³gica. Revista Brasileira De Cineantropometria E Desempenho Humano, 2013, 15, . | 0.5 | 1 |
| 139 | The time course of recovery of indirect markers of exercise-induced muscle damage induced by multi- and single-joint exercises. Sport Sciences for Health, 0, , 1. | 1.3 | 0 |
| 140 | Interval training during concurrent training optimizes cardiorespiratory adaptations in women. Revista Brasileira De Cineantropometria E Desempenho Humano, 0, 23, . | 0.5 | 0 |
| 141 | Muscle function and muscle balance in lower limbs are not impaired in individuals with general joint hypermobility. Sport Sciences for Health, 0, , 1. | 1.3 | 0 |
| 142 | Cardiorespiratory responses to isolated dance steps in young girls. International Journal of Performance Analysis in Sport, 0, , 1-16. | 1.1 | 0 |
| 143 | Lateral and functional asymmetries in the lower limbs of college-level female handball players. Motriz Revista De Educacao Fisica, 2022, 28, . | 0.2 | 0 |
| 144 | Relationship Between Dual-Energy X-Ray Absorptiometry, Ultrasonography, and Anthropometry Methods to Estimate Muscle Mass and Muscle Quality in Older Adults. Journal of Aging and Physical Activity, 2022, , 1-7. | 1.0 | 0 |