Eleftherios Kellis

List of Publications by Year in descending order

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76326 114465 4,678 134 40 63 citations h-index g-index papers 135 135 135 4006 docs citations times ranked citing authors all docs

#	Article	IF	CITATIONS
1	Determining Variables of Plyometric Training for Improving Vertical Jump Height Performance: A Meta-Analysis. Journal of Strength and Conditioning Research, 2009, 23, 495-506.	2.1	233
2	Muscle co-activation around the knee in drop jumping using the co-contraction index. Journal of Electromyography and Kinesiology, 2003, 13, 229-238.	1.7	172
3	Quantification of Quadriceps and Hamstring Antagonist Activity. Sports Medicine, 1998, 25, 37-62.	6.5	171
4	Ankle Sprain Injuries and Risk Factors in Amateur Soccer Players during a 2-Year Period. American Journal of Sports Medicine, 2007, 35, 458-466.	4.2	151
5	Effects of Two 4-Week Proprioceptive Neuromuscular Facilitation Programs on Muscle Endurance, Flexibility, and Functional Performance in Women With Chronic Low Back Pain. Physical Therapy, 2006, 86, 1001-1012.	2.4	144
6	Muscle activation differences between eccentric and concentric isokinetic exercise. Medicine and Science in Sports and Exercise, 1998, 30, 1616-1623.	0.4	144
7	Validity of architectural properties of the hamstring muscles: Correlation of ultrasound findings with cadaveric dissection. Journal of Biomechanics, 2009, 42, 2549-2554.	2.1	136
8	Isokinetic Eccentric Exercise. Sports Medicine, 1995, 19, 202-222.	6.5	127
9	Biomechanical characteristics and determinants of instep soccer kick. Journal of Sports Science and Medicine, 2007, 6, 154-65.	1.6	101
10	The effects of antagonist moment on the resultant knee joint moment during isokinetic testing of the knee extensors. European Journal of Applied Physiology, 1997, 76, 253-259.	2.5	98
11	In vivo determination of the patella tendon and hamstrings moment arms in adult males using videofluoroscopy during submaximal knee extension and flexion. Clinical Biomechanics, 1999, 14, 118-124.	1.2	98
12	Reliability of Spinal Range of Motion in Healthy Boys Using a Skin-Surface Device. Journal of Manipulative and Physiological Therapeutics, 2008, 31, 570-576.	0.9	85
13	Effects of combined strength and kick coordination training on soccer kick biomechanics in amateur players. Scandinavian Journal of Medicine and Science in Sports, 2006, 16, 102-110.	2.9	82
14	Effects of small-sided games on physical conditioning and performance in young soccer players. Journal of Sports Science and Medicine, 2009, 8, 374-80.	1.6	81
15	Architectural differences between the hamstring muscles. Journal of Electromyography and Kinesiology, 2012, 22, 520-526.	1.7	79
16	Effects of an intermittent exercise fatigue protocol on biomechanics of soccer kick performance. Scandinavian Journal of Medicine and Science in Sports, 2006, 16, 334-344.	2.9	74
17	The effects of normalization method on antagonistic activity patterns during eccentric and concentric isokinetic knee extension and flexion. Journal of Electromyography and Kinesiology, 1996, 6, 235-245.	1.7	73
18	Knee Biomechanics of the Support Leg in Soccer Kicks from Three Angles of Approach. Medicine and Science in Sports and Exercise, 2004, 36, 1017-1028.	0.4	73

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19	Muscle architecture variations along the human semitendinosus and biceps femoris (long head) length. Journal of Electromyography and Kinesiology, 2010, 20, 1237-1243.	1.7	73
20	Static balance control and lower limb strength in blind and sighted women. European Journal of Applied Physiology, 2009, 107, 571-579.	2.5	72
21	Vertical Jump Biomechanics after Plyometric, Weight Lifting, and Combined (Weight Lifting +) Tj ETQq1 1 0.7843	14.rgBT /	Overlock 10 72
22	Agonist versus antagonist muscle fatigue effects on thigh muscle activity and vertical ground reaction during drop landing. Journal of Electromyography and Kinesiology, 2009, 19, 55-64.	1.7	71
23	Effect of a hippotherapy intervention program on static balance and strength in adolescents with intellectual disabilities. Research in Developmental Disabilities, 2012, 33, 2265-2270.	2.2	70
24	The relationship between jumping performance and isokinetic strength of hip and knee extensors and ankle plantar flexors. Isokinetics and Exercise Science, 2002, 10, 107-115.	0.4	65
25	Effect of Strength and Aerobic Training in Children with Cerebral Palsy. Medicine and Science in Sports and Exercise, 2007, 39, 1902-1909.	0.4	62
26	Resistive Eccentric Exercise: Effects of Visual Feedback on Maximum Moment of Knee Extensors and Flexors. Journal of Orthopaedic and Sports Physical Therapy, 1996, 23, 120-124.	3.5	59
27	Fatigue resistance during high-intensity intermittent exercise from childhood to adulthood in males and females. European Journal of Applied Physiology, 2009, 106, 645-653.	2.5	56
28	The Effect of Selective Muscle Fatigue on Sagittal Lower Limb Kinematics and Muscle Activity During Level Running. Journal of Orthopaedic and Sports Physical Therapy, 2009, 39, 210-220.	3.5	54
29	Bilateral isokinetic concentric and eccentric strength profiles of the knee extensors and flexors in young soccer players. Isokinetics and Exercise Science, 2001, 9, 31-39.	0.4	53
30	Olympic Weightlifting Training Causes Different Knee Muscle–Coactivation Adaptations Compared with Traditional Weight Training. Journal of Strength and Conditioning Research, 2012, 26, 2192-2201.	2.1	53
31	Effects of two 4-week proprioceptive neuromuscular facilitation programs on muscle endurance, flexibility, and functional performance in women with chronic low back pain. Physical Therapy, 2006, 86, 1001-12.	2.4	52
32	The effects of fatigue on the resultant joint moment, agonist and antagonist electromyographic activity at different angles during dynamic knee extension efforts. Journal of Electromyography and Kinesiology, 1999, 9, 191-199.	1.7	50
33	Effects of Pilates and trunk strengthening exercises on health-related quality of life in women with chronic low back pain. Journal of Back and Musculoskeletal Rehabilitation, 2016, 29, 649-659.	1.1	50
34	Plantar pressure distribution during barefoot standing, walking and landing in preschool boys. Gait and Posture, 2001, 14, 92-97.	1.4	47
35	Effects of load on ground reaction force and lower limb kinematics during concentric squats. Journal of Sports Sciences, 2005, 23, 1045-1055.	2.0	45
36	Gravitational moment correction in isokinetic dynamometry using anthropometric data. Medicine and Science in Sports and Exercise, 1996, 28, 900-907.	0.4	45

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37	Co-activation of vastus lateralis and biceps femoris muscles in pubertal children and adults. European Journal of Applied Physiology, 1999, 79, 504-511.	2.5	44
38	The effects of the antagonist muscle force on intersegmental loading during isokinetic efforts of the knee extensors. Journal of Biomechanics, 1999, 32, 19-25.	2.1	42
39	Sequentially allocated clinical trial of rhythmic stabilization exercises and TENS in women with chronic low back pain. Clinical Rehabilitation, 2008, 22, 99-111.	2.2	42
40	Kinematics and knee muscle activation during sit-to-stand movement in women with knee osteoarthritis. Clinical Biomechanics, 2015, 30, 599-607.	1.2	42
41	The Effects of Age and Gender on the Weight and Use of Schoolbags. Pediatric Physical Therapy, 2010, 22, 17-25.	0.6	40
42	Intra- and Inter-MuscularÂVariations in Hamstring Architecture and Mechanics and Their Implications for Injury: A Narrative Review. Sports Medicine, 2018, 48, 2271-2283.	6.5	40
43	Ankle sprain injuries: a 2-year prospective cohort study in female Greek professional basketball players. Journal of Athletic Training, 2007, 42, 388-94.	1.8	40
44	Three-dimensional kinematics and ground reaction forces during the instep and outstep soccer kicks in pubertal players. Journal of Sports Sciences, 2010, 28, 1233-1241.	2.0	37
45	Mechanisms that influence accuracy of the soccer kick. Journal of Electromyography and Kinesiology, 2013, 23, 125-131.	1.7	37
46	Reliability of Isokinetic Concentric and Eccentric Strength in Circumpubertal Soccer Players. Pediatric Exercise Science, 1999, 11, 218-228.	1.0	36
47	Effects of two proprioceptive training programs on ankle range of motion, pain, functional and balance performance in individuals with ankle sprain. Journal of Back and Musculoskeletal Rehabilitation, 2018, 31, 437-446.	1.1	35
48	Force variability during isometric wrist flexion in highly skilled and sedentary individuals. European Journal of Applied Physiology, 2009, 107, 715-722.	2.5	34
49	Muscle Coactivation Before and After the Impact Phase of Running Following Isokinetic Fatigue. Journal of Athletic Training, 2011, 46, 11-19.	1.8	34
50	Can balance trampoline training promote motor coordination and balance performance in children with developmental coordination disorder?. Research in Developmental Disabilities, 2015, 36, 13-19.	2.2	34
51	Age and gender differences in kinematics of powerful instep kicks in soccer. Sports Biomechanics, 2015, 14, 287-299.	1.6	33
52	Agonist and antagonist muscle activation during maximal and submaximal isokinetic fatigue tests of the knee extensors. Journal of Electromyography and Kinesiology, 2006, 16, 661-668.	1.7	30
53	Reliability of EMG power-spectrum and amplitude of the semitendinosus and biceps femoris muscles during ramp isometric contractions. Journal of Electromyography and Kinesiology, 2008, 18, 351-358.	1.7	30
54	Tibiofemoral joint forces during maximal isokinetic eccentric and concentric efforts of the knee flexors. Clinical Biomechanics, 2001, 16, 229-236.	1.2	28

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55	Effects of agonist and antagonist muscle fatigue on muscle coactivation around the knee in pubertal boys. Journal of Electromyography and Kinesiology, 2001, 11, 307-318.	1.7	28
56	Correlation between semitendinosus and gracilis tendon cross-sectional area determined using ultrasound, magnetic resonance imaging and intraoperative tendon measurements. Journal of Electromyography and Kinesiology, 2016, 26, 44-51.	1.7	27
57	Quantification of functional knee flexor to extensor moment ratio using isokinetics and electromyography. Journal of Athletic Training, 2007, 42, 477-85.	1.8	27
58	Agonist and antagonist moment and EMG-angle relationship during isokinetic eccentric and concentric exercise. Isokinetics and Exercise Science, 1996, 6, 79-87.	0.4	26
59	Cross-training effects of a proprioceptive neuromuscular facilitation exercise programme on knee musculature. Physical Therapy in Sport, 2007, 8, 109-116.	1.9	25
60	Neuromuscular efficiency during sit to stand movement in women with knee osteoarthritis. Journal of Electromyography and Kinesiology, 2011, 21, 689-694.	1.7	25
61	Reliability of Single-leg and Double-leg Balance Tests in Subjects with Anterior Cruciate Ligament Reconstruction and Controls. Research in Sports Medicine, 2015, 23, 151-166.	1.3	23
62	Muscle fatigue during intermittent exercise in individuals with mental retardation. Research in Developmental Disabilities, 2010, 31, 388-396.	2.2	22
63	Effects of a 10-Week Resistance Exercise Program on Soccer Kick Biomechanics and Muscle Strength. Journal of Strength and Conditioning Research, 2013, 27, 3391-3401.	2.1	21
64	Antagonist moment of force during maximal knee extension in pubertal boys: effects of quadriceps fatigue. European Journal of Applied Physiology, 2003, 89, 271-280.	2.5	19
65	Muscle reaction function of individuals with intellectual disabilities may be improved through therapeutic use of a horse. Research in Developmental Disabilities, 2013, 34, 2442-2448.	2.2	19
66	Postâ€activation potentiation: The neural effects of post—activation depression. Muscle and Nerve, 2015, 52, 252-259.	2.2	19
67	Prediction of Knee Extensor and Flexor Isokinetic Strength in Young Male Soccer Players. Journal of Orthopaedic and Sports Physical Therapy, 2000, 30, 693-701.	3.5	18
68	Hamstring antagonist moment estimation using clinically applicable models: Muscle dependency and synergy effects. Journal of Electromyography and Kinesiology, 2008, 18, 144-153.	1.7	18
69	Static vs. Dynamic Acute Stretching Effect on Quadriceps Muscle Activity during Soccer Instep Kicking. Journal of Human Kinetics, 2013, 39, 37-47.	1.5	18
70	Effects of hip flexion angle on surface electromyographic activity of the biceps femoris and semitendinosus during isokinetic knee flexion. Muscles, Ligaments and Tendons Journal, 2017, 7, 286.	0.3	18
71	Tendon vibration during submaximal isometric strength and postural tasks. European Journal of Applied Physiology, 2012, 112, 3807-3817.	2.5	17
72	Synergetic and Antagonist Muscle Strength and Activity in Women With Knee Osteoarthritis. Journal of Geriatric Physical Therapy, 2014, 37, 17-23.	1.1	17

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73	Is hamstrings-to-quadriceps torque ratio useful for predicting anterior cruciate ligament and hamstring injuries? A systematic and critical review. Journal of Sport and Health Science, 2023, 12, 343-358.	6.5	17
74	Effects of sex and mode of carrying schoolbags on ground reaction forces and temporal characteristics of gait. Journal of Pediatric Orthopaedics Part B, 2009, 18, 275-282.	0.6	16
75	Vibration Effects on Static Balance and Strength. International Journal of Sports Medicine, 2010, 31, 610-616.	1.7	16
76	Incline plyometrics-induced improvement of jumping performance. European Journal of Applied Physiology, 2012, 112, 2353-2361.	2.5	16
77	Effects of two proprioceptive training programs on joint position sense, strength, activation and recurrent injuries after ankle sprains. Isokinetics and Exercise Science, 2017, 25, 289-300.	0.4	15
78	Biceps femoris fascicle length during passive stretching. Journal of Electromyography and Kinesiology, 2018, 38, 119-125.	1.7	15
79	Intra- and inter-muscular differences in the cross-sectional area of the quadriceps muscles assessed by extended field-of-view ultrasonography. Medical Ultrasonography, 2020, 22, 152.	0.8	15
80	The Effects of a Calisthenics and a Light Strength Training Program on Lower Limb Muscle Strength and Body Composition in Mature Women. Journal of Strength and Conditioning Research, 2003, 17, 590.	2.1	15
81	Biceps femoris and semitendinosus tendon/aponeurosis strain during passive and active (isometric) conditions. Journal of Electromyography and Kinesiology, 2016, 26, 111-119.	1.7	14
82	In vivo and in vitro Examination of the Tendinous Inscription of the Human Semitendinosus Muscle. Cells Tissues Organs, 2012, 195, 365-376.	2.3	13
83	Reliability of a practicable EMG–moment model for antagonist moment prediction. Neuroscience Letters, 2005, 383, 266-271.	2.1	12
84	Medial Gastrocnemius Architectural Properties During Isometric Contractions in Boys and Men. Pediatric Exercise Science, 2010, 22, 152-164.	1.0	12
85	Effects of Stabilization Exercises on Health-Related Quality of Life in Women With Chronic Low Back Pain. Journal of Physical Activity and Health, 2014, 11, 1295-1303.	2.0	12
86	Effects of Exercise and an Integrated Neuromuscular Inhibition Technique Program in the Management of Chronic Mechanical Neck Pain: A Randomized Controlled Trial. Journal of Manipulative and Physiological Therapeutics, 2020, 43, 100-113.	0.9	12
87	Acute Effects of Warm-Up, Exercise and Recovery-Related Strategies on Assessments of Soccer Kicking Performance: A Critical and Systematic Review. Sports Medicine, 2021, 51, 661-705.	6.5	12
88	Neuromuscular interactions around the knee in children, adults and elderly. World Journal of Orthopedics, 2014, 5, 469.	1.8	12
89	Differences in Soccer Kick Kinematics Between Blind Players and Controls. Adapted Physical Activity Quarterly, 2011, 28, 251-266.	0.8	10
90	Hamstring Elongation Quantified Using Ultrasonography During the Straight Leg Raise Test in Individuals With Low Back Pain. PM and R, 2015, 7, 576-583.	1.6	10

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91	Hamstring-to-Quadriceps Ratio in Female Athletes with a Previous Hamstring Injury, Anterior Cruciate Ligament Reconstruction, and Controls. Sports, 2019, 7, 214.	1.7	10
92	Muscle Length of the Hamstrings Using Ultrasonography Versus Musculoskeletal Modelling. Journal of Functional Morphology and Kinesiology, 2021, 6, 26.	2.4	10
93	Muscle Thickness During Core Stability Exercises in Children and Adults. Journal of Human Kinetics, 2020, 71, 131-144.	1.5	10
94	Strain and elongation of the human semitendinosus muscle – Tendon unit. Journal of Electromyography and Kinesiology, 2013, 23, 1384-1390.	1.7	9
95	Recovery of Powerful Kick Biomechanics After Intense Running Fatigue in Male and Female Soccer Players. Asian Journal of Sports Medicine, 2014, 5, e24013.	0.3	9
96	Patellar tendon and hamstring moment-arms and cross-sectional area in patients with anterior cruciate ligament reconstruction and controls. Computer Methods in Biomechanics and Biomedical Engineering, 2015, 18, 1083-1089.	1.6	9
97	The length of tibialis anterior does not influence force steadiness during submaximal isometric contractions with the dorsiflexors. European Journal of Sport Science, 2022, 22, 539-548.	2.7	9
98	Agonist and antagonist strength of ankle musculature in basketball players aged 12 to 17 years. Isokinetics and Exercise Science, 2006, 14, 81-89.	0.4	8
99	Is soccer kick performance better after a "faking―(cutting) maneuver task?. Sports Biomechanics, 2011, 10, 35-45.	1.6	8
100	Women with knee osteoarthritis increase knee muscle co-contraction to perform stand to sit. Aging Clinical and Experimental Research, 2020, 32, 655-662.	2.9	8
101	Hamstring to quadriceps strength ratio and cross-sectional area of the quadriceps and hamstrings muscles assessed using extended field-of-view ultrasonography. Research in Sports Medicine, 2021, 29, 25-42.	1.3	8
102	Organisation of instep kicking in young U11 to U20 soccer players. Science and Medicine in Football, 2021, 5, 111-120.	2.0	8
103	The relationship between isokinetic knee extension and flexion strength with soccer kick kinematics: an electromyographic evaluation. Journal of Sports Medicine and Physical Fitness, 2007, 47, 385-94.	0.7	8
104	Leg Dominance Does Not Influence Maximal Force, Force Steadiness, or Motor Unit Discharge Characteristics. Medicine and Science in Sports and Exercise, 2022, 54, 1278-1287.	0.4	8
105	In vivo examination of the morphology of the tendinous inscription of the human semitendinosus muscle: Gender and joint position effects. Journal of Morphology, 2014, 275, 57-64.	1.2	7
106	Acute Effects of Different Agonist and Antagonist Stretching Arrangements on Static and Dynamic Range of Motion. Asian Journal of Sports Medicine, 2015, 6, e26844.	0.3	7
107	Effect of Hip Flexion Angle on the Hamstring to Quadriceps Strength Ratio. Sports, 2019, 7, 43.	1.7	7
108	Semitendinosus muscle architecture during maximum isometric contractions in individuals with anterior cruciate ligament reconstruction and controls. Muscles, Ligaments and Tendons Journal, 2017, 7, 147.	0.3	7

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109	Effects of a 12-Week Aerobic Exercise Program Combined with Music Therapy and Memory Exercises on Cognitive and Functional Ability in People with Middle Type of Alzheimer's Disease. International Journal of Physiotherapy, 2017, 4, .	0.1	7
110	Effects of an integrated neuromuscular inhibition technique program on neck muscle strength and endurance in individuals with chronic mechanical neck pain. Journal of Bodywork and Movement Therapies, 2019, 23, 643-651.	1.2	5
111	Transversus Abdominis Thickness at Rest and Exercise in Individuals with Poststroke Hemiparesis. Sports, 2020, 8, 86.	1.7	5
112	Effect of knee joint angle on individual hamstrings morphology quantified using free-hand 3D ultrasonography. Journal of Electromyography and Kinesiology, 2022, 62, 102619.	1.7	5
113	Health-Related Quality of Life in Children Attending Special and Typical Education Greek Schools. International Journal of Disability Development and Education, 2017, 64, 76-87.	1.1	4
114	Antagonist muscle architecture and aponeurosis/tendon strain of biceps femoris long head during maximal isometric efforts. European Journal of Applied Physiology, 2019, 119, 73-83.	2.5	4
115	Reliability of Distal Hamstring Tendon Length and Cross-sectional Area Using 3-D Freehand Ultrasound. Ultrasound in Medicine and Biology, 2021, 47, 2579-2588.	1.5	4
116	The Effect of Additional External Resistance on Inter-Set Changes in Abdominal Muscle Thickness during Bridging Exercise. Journal of Sports Science and Medicine, 2020, 19, 102-111.	1.6	4
117	Biomechanical Differences Between Incline and Plane Hopping. Journal of Strength and Conditioning Research, 2011, 25, 3334-3341.	2.1	3
118	Ankle Angle but Not Knee Angle Influences Force Fluctuations During Plantar Flexion. International Journal of Sports Medicine, 2022, 43, 131-137.	1.7	3
119	Effects of Two Plyometric Protocols at Different Surfaces on Mechanical Properties of Achilles Tendon in Children. Asian Journal of Sports Medicine, 2018, 9, .	0.3	3
120	Reliability of Maximum Isometric Force-Time Parameters during a Leg Press Test in Pubertal Basketball Players. Pediatric Exercise Science, 2002, 14, 193-201.	1.0	2
121	Reliability of Sonographic Assessment of Biceps Femoris Distal Tendon Strain during Passive Stretching. Ultrasound in Medicine and Biology, 2017, 43, 1769-1779.	1.5	2
122	The "Journal of Functional Morphology and Kinesiology―Journal Club Series: Highlights on Recent Papers in Strength and Conditioning. Journal of Functional Morphology and Kinesiology, 2017, 2, 36.	2.4	2
123	Anatomy, Morphology and Function of the Tensor of Vastus Intermedius: A Systematic Review. Journal of Functional Morphology and Kinesiology, 2021, 6, 77.	2.4	2
124	Bilateral Leg Differences in Soccer Kick Kinematics Following Exhaustive Running Fatigue. Asian Journal of Sports Medicine, 2017, In press, .	0.3	2
125	Is the Integration of Additional Eccentric, Balance and Core Muscles Exercises into a Typical Soccer Program Effective in Improving Strength and Postural Stability?. Sports, 2021, 9, 147.	1.7	2
126	On the Evaluation of Postural Stability after ACL Recostruction. Journal of Sports Science and Medicine, 2011, 10, 422-3.	1.6	2

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127	Use of Ultrasound to Monitor Biceps Femoris Mechanical Adaptations after Injury in a Professional Soccer Player. Journal of Sports Science and Medicine, 2016, 15, 75-9.	1.6	2
128	Assessment of Rectus Abdominis muscle thickness during isometric trunk and leg lifting exercises using extended field of view (EFOV) ultrasound. Medical Ultrasonography, 2020, 22, 430.	0.8	2
129	Is Muscle Architecture Different in Athletes with a Previous Hamstring Strain? A Systematic Review and Meta-Analysis. Journal of Functional Morphology and Kinesiology, 2022, 7, 16.	2.4	2
130	Pubertal children are unable to relax during the passive gravity correction procedure on the isokinetic dynamometer. Isokinetics and Exercise Science, 2002, 10, 97-105.	0.4	1
131	The Effects of a Calisthenics and a Light Strength Training Program on Lower Limb Muscle Strength and Body Composition in Mature Women. Journal of Strength and Conditioning Research, 2003, 17, 590-598.	2.1	О
132	Quantification of Functional Knee Flexor to Extensor Moment Ratio Using Isokinetics and Electromyography. Yearbook of Sports Medicine, 2009, 2009, 64-65.	0.0	0
133	Lumbar Multifidus Muscle Thickness During Graded Quadruped and Prone Exercises. International Journal of Exercise Science, 2021, 14, 101-112.	0.5	О
134	Transversus Abdominis and Lumbar Multifidus Thickness Among Three Dance Positions in Argentine Tango Dancers. International Journal of Exercise Science, 2021, 14, 473-485.	0.5	0