

Robert U Newton

List of Publications by Year in descending order

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Version: 2024-02-01

468
papers

25,138
citations

6254

80
h-index

10734

138
g-index

477
all docs

477
docs citations

477
times ranked

14539
citing authors

#	ARTICLE	IF	CITATIONS
1	Progression Models in Resistance Training for Healthy Adults. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 364-380.	0.4	1,331
2	The Importance of Muscular Strength in Athletic Performance. <i>Sports Medicine</i> , 2016, 46, 1419-1449.	6.5	658
3	Combined Resistance and Aerobic Exercise Program Reverses Muscle Loss in Men Undergoing Androgen Suppression Therapy for Prostate Cancer Without Bone Metastases: A Randomized Controlled Trial. <i>Journal of Clinical Oncology</i> , 2010, 28, 340-347.	1.6	554
4	Review of Exercise Intervention Studies in Cancer Patients. <i>Journal of Clinical Oncology</i> , 2005, 23, 899-909.	1.6	490
5	Reliability of Measures Obtained During Single and Repeated Countermovement Jumps. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 131-144.	2.3	454
6	Developing Maximal Neuromuscular Power. <i>Sports Medicine</i> , 2011, 41, 125-146.	6.5	437
7	The optimal training load for the development of dynamic athletic performance. <i>Medicine and Science in Sports and Exercise</i> , 1993, 25, 1279-1286.	0.4	431
8	Developing Maximal Neuromuscular Power. <i>Sports Medicine</i> , 2011, 41, 17-38.	6.5	426
9	The Importance of Muscular Strength: Training Considerations. <i>Sports Medicine</i> , 2018, 48, 765-785.	6.5	405
10	Effects and moderators of exercise on quality of life and physical function in patients with cancer: An individual patient data meta-analysis of 34 RCTs. <i>Cancer Treatment Reviews</i> , 2017, 52, 91-104.	7.7	398
11	Effects of heavy-resistance training on hormonal response patterns in younger vs. older men. <i>Journal of Applied Physiology</i> , 1999, 87, 982-992.	2.5	374
12	Kinematics, Kinetics, and Muscle Activation during Explosive Upper Body Movements. <i>Journal of Applied Biomechanics</i> , 1996, 12, 31-43.	0.8	310
13	Adaptations in Athletic Performance after Ballistic Power versus Strength Training. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1582-1598.	0.4	306
14	The Exercise and Sports Science Australia position statement: Exercise medicine in cancer management. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 1175-1199.	1.3	297
15	Influence of load and stretch shortening cycle on the kinematics, kinetics and muscle activation that occurs during explosive upper-body movements. <i>European Journal of Applied Physiology</i> , 1997, 75, 333-342.	2.5	279
16	Australian Association for Exercise and Sport Science position stand: Optimising cancer outcomes through exercise. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, 428-434.	1.3	251
17	Resistance Training and Reduction of Treatment Side Effects in Prostate Cancer Patients. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 2045-2052.	0.4	249
18	Evaluation of a lower-body compression garment. <i>Journal of Sports Sciences</i> , 2003, 21, 601-610.	2.0	239

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19	Changes in muscle, fat and bone mass after 36 weeks of maximal androgen blockade for prostate cancer. <i>BJU International</i> , 2008, 102, 44-47.	2.5	228
20	Can supervised exercise prevent treatment toxicity in patients with prostate cancer initiating androgen deprivation therapy: a randomised controlled trial. <i>BJU International</i> , 2015, 115, 256-266.	2.5	225
21	Comparison of Lower Body Strength, Power, Acceleration, Speed, Agility, and Sprint Momentum to Describe and Compare Playing Rank among Professional Rugby League Players. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 153-158.	2.1	218
22	Does plyometric training improve strength performance? A meta-analysis. <i>Journal of Science and Medicine in Sport</i> , 2010, 13, 513-522.	1.3	216
23	Contribution of Strength Characteristics to Change of Direction and Agility Performance in Female Basketball Athletes. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2415-2423.	2.1	215
24	Effects of ballistic training on preseason preparation of elite volleyball players. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 323-330.	0.4	215
25	Effect of resistance training on women's strength/power and occupational performances. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 1011-1025.	0.4	189
26	Training-Specific Muscle Architecture Adaptation after 5-wk Training in Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 2013-2022.	0.4	187
27	Relative Importance of Strength, Power, and Anthropometric Measures to Jump Performance of Elite Volleyball Players. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 758-765.	2.1	185
28	Low-volume circuit versus high-volume periodized resistance training in women. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 635-643.	0.4	182
29	Which exercise prescriptions improve quality of life and physical function in patients with cancer during and following treatment? A systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Sports Medicine</i> , 2018, 52, 505-513.	6.7	177
30	Physiological and performance responses to tournament wrestling. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 1367-1378.	0.4	172
31	Influence of Strength on Magnitude and Mechanisms of Adaptation to Power Training. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1566-1581.	0.4	172
32	A systematic review of pre-surgical exercise intervention studies with cancer patients. <i>Surgical Oncology</i> , 2013, 22, 92-104.	1.6	172
33	Mechanical Determinants of Faster Change of Direction and Agility Performance in Female Basketball Athletes. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2205-2214.	2.1	171
34	A Multicentre Year-long Randomised Controlled Trial of Exercise Training Targeting Physical Functioning in Men with Prostate Cancer Previously Treated with Androgen Suppression and Radiation from TROG 03.04 RADAR. <i>European Urology</i> , 2014, 65, 856-864.	1.9	170
35	The influence of direct supervision of resistance training on strength performance. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1175-1184.	0.4	169
36	Relationship Between the Number of Repetitions and Selected Percentages of One Repetition Maximum in Free Weight Exercises in Trained and Untrained Men. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 819.	2.1	169

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37	Determination of Functional Strength Imbalance of the Lower Extremities. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 971.	2.1	163
38	Changes in the Eccentric Phase Contribute to Improved Stretch-Shorten Cycle Performance after Training. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1731-1744.	0.4	162
39	Relationship Between Strength, Power, Speed, and Change of Direction Performance of Female Softball Players. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 885-895.	2.1	162
40	Hormonal Responses of Multiset Versus Single-Set Heavy-Resistance Exercise Protocols. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1997, 22, 244-255.	1.7	161
41	Mixed-methods resistance training increases power and strength of young and older men. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 1367-1375.	0.4	161
42	Changes in Exercise Performance and Hormonal Concentrations Over a Big Ten Soccer Season in Starters and Nonstarters. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 121.	2.1	161
43	Influence of exercise training on physiological and performance changes with weight loss in men. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 1320-1329.	0.4	156
44	The effects of short-term resistance training on endocrine function in men and women. <i>European Journal of Applied Physiology</i> , 1998, 78, 69-76.	2.5	155
45	Physiological Changes with Periodized Resistance Training in Women Tennis Players. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 157-168.	0.4	155
46	Effect of strength on plant foot kinetics and kinematics during a change of direction task. <i>European Journal of Sport Science</i> , 2013, 13, 646-652.	2.7	153
47	Reliability of Performance Measurements Derived From Ground Reaction Force Data During Countermovement Jump and the Influence of Sampling Frequency. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 874-882.	2.1	146
48	Neuromuscular and Endocrine Responses of Elite Players to an Australian Rules Football Match. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 359-374.	2.3	144
49	Exercise Preserves Physical Function in Prostate Cancer Patients with Bone Metastases. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 393-399.	0.4	142
50	Change of Direction and Agility Tests: Challenging Our Current Measures of Performance. <i>Strength and Conditioning Journal</i> , 2018, 40, 26-38.	1.4	141
51	The Relationship Between Vertical Jump Power Estimates and Weightlifting Ability: A Field-Test Approach. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 534.	2.1	138
52	Relationships Between Force-Time Characteristics of the Isometric Midthigh Pull and Dynamic Performance in Professional Rugby League Players. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 3070-3075.	2.1	129
53	Does Performance of Hang Power Clean Differentiate Performance of Jumping, Sprinting, and Changing of Direction?. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 412-418.	2.1	127
54	Acute hormonal responses to heavy resistance exercise in younger and older men. <i>European Journal of Applied Physiology</i> , 1998, 77, 206-211.	2.5	126

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55	Neuromuscular and Endocrine Responses of Elite Players During an Australian Rules Football Season. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 439-453.	2.3	122
56	Is it safe and efficacious for women with lymphedema secondary to breast cancer to lift heavy weights during exercise: a randomised controlled trial. <i>Journal of Cancer Survivorship</i> , 2013, 7, 413-424.	2.9	121
57	Exercise in Prevention and Management of Cancer. <i>Current Treatment Options in Oncology</i> , 2008, 9, 135-146.	3.0	115
58	Changes in Muscle Hypertrophy in Women with Periodized Resistance Training. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 697-708.	0.4	112
59	Effects of Different Exercise Modalities on Fatigue in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy: A Year-long Randomised Controlled Trial. <i>European Urology</i> , 2017, 72, 293-299.	1.9	111
60	Training for Muscular Power. <i>Physical Medicine and Rehabilitation Clinics of North America</i> , 2000, 11, 341-368.	1.3	106
61	Determining the Optimal Load for Jump Squats: A Review of Methods and Calculations. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 668.	2.1	106
62	Reliability of Traditional and Fractal Dimension Measures of Quiet Stance Center of Pressure in Young, Healthy People. <i>Archives of Physical Medicine and Rehabilitation</i> , 2005, 86, 2034-2040.	0.9	104
63	Effects of Heavy Resistance/Power Training on Maximal Strength, Muscle Morphology, and Hormonal Response Patterns in 60-75-Year-Old Men and Women. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2002, 27, 213-231.	1.7	103
64	Weightlifting Exercises Enhance Athletic Performance That Requires High-Load Speed Strength. <i>Strength and Conditioning Journal</i> , 2005, 27, 50-55.	1.4	102
65	The effect of heavy resistance exercise on the circadian rhythm of salivary testosterone in men. <i>European Journal of Applied Physiology</i> , 2001, 84, 13-18.	2.5	101
66	Relationships Between Ground Reaction Impulse and Sprint Acceleration Performance in Team Sport Athletes. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 568-573.	2.1	100
67	Effect of Knee and Trunk Angle on Kinetic Variables During the Isometric Midhigh Pull: Test-Retest Reliability. <i>International Journal of Sports Physiology and Performance</i> , 2015, 10, 58-63.	2.3	100
68	Resistance Training in Patients With Peripheral Arterial Disease: Effects on Myosin Isoforms, Fiber Type Distribution, and Capillary Supply to Skeletal Muscle. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2001, 56, B302-B310.	3.6	99
69	Misuse of "Power" and Other Mechanical Terms in Sport and Exercise Science Research. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 292-300.	2.1	99
70	A Comparison of Strength and Power Characteristics Between Power Lifters, Olympic Lifters, and Sprinters. <i>Journal of Strength and Conditioning Research</i> , 1999, 13, 58.	2.1	99
71	Resistance Training Load Effects on Muscle Hypertrophy and Strength Gain: Systematic Review and Network Meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 1206-1216.	0.4	98
72	Evaluation of resistance training to improve muscular strength and body composition in cancer patients undergoing neoadjuvant and adjuvant therapy: a meta-analysis. <i>Journal of Cancer Survivorship</i> , 2017, 11, 339-349.	2.9	96

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73	Effects of Concurrent Resistance and Aerobic Training on Load-Bearing Performance and the Army Physical Fitness Test. <i>Military Medicine</i> , 2004, 169, 994-999.	0.8	94
74	Compliance to exercise oncology guidelines in prostate cancer survivors and associations with psychological distress, unmet supportive care needs, and quality of life. <i>Psycho-Oncology</i> , 2015, 24, 1241-1249.	2.3	92
75	A Biomechanical Evaluation of Resistance. <i>Sports Medicine</i> , 2010, 40, 303-326.	6.5	87
76	Musculoskeletal Asymmetry in Football Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1379-1387.	0.4	87
77	Muscle fiber characteristics in patients with peripheral arterial disease. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 2016-2021.	0.4	85
78	Intense Exercise for Survival among Men with Metastatic Castrate-Resistant Prostate Cancer (INTERVAL-GAP4): a multicentre, randomised, controlled phase III study protocol. <i>BMJ Open</i> , 2018, 8, e022899.	1.9	85
79	Influence of a compression garment on repetitive power output production before and after different types of muscle fatigue. <i>Research in Sports Medicine</i> , 1998, 8, 163-184.	0.0	84
80	Muscle CSA, Force Production, and Activation of Leg Extensors during Isometric and Dynamic Actions in Middle-Aged and Elderly Men and Women. <i>Journal of Aging and Physical Activity</i> , 1998, 6, 232-247.	1.0	84
81	Eight Weeks of Resistance Training Can Significantly Alter Body Composition in Children Who Are Overweight or Obese. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 80-85.	2.1	84
82	Continuous Compression as an Effective Therapeutic Intervention in Treating Eccentric-Exercise-Induced Muscle Soreness. <i>Journal of Sport Rehabilitation</i> , 2001, 10, 11-23.	1.0	81
83	Assessing the Force-Velocity Characteristics of the Leg Extensors in Well-Trained Athletes: The Incremental Load Power Profile. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 1320-1326.	2.1	80
84	Comparison of Four Different Methods to Measure Power Output During the Hang Power Clean and the Weighted Jump Squat. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 314.	2.1	78
85	Functional benefits are sustained after a program of supervised resistance exercise in cancer patients with bone metastases: longitudinal results of a pilot study. <i>Supportive Care in Cancer</i> , 2014, 22, 1537-1548.	2.2	77
86	Optimal Loading for the Development of Peak Power Output in Professional Rugby Players. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 43-47.	2.1	76
87	Influence of Compression Garments on Vertical Jump Performance in NCAA Division I Volleyball Players. <i>Journal of Strength and Conditioning Research</i> , 1996, 10, 180.	2.1	75
88	Isometric Assessment of Muscular Function: The Effect of Joint Angle. <i>Journal of Applied Biomechanics</i> , 1995, 11, 205-215.	0.8	74
89	Supervised physical exercise improves VO ₂ max, quality of life, and health in early stage breast cancer patients: a randomized controlled trial. <i>Breast Cancer Research and Treatment</i> , 2015, 153, 371-382.	2.5	73
90	The effects of improved strength on obstacle negotiation in community-living older adults. <i>Gait and Posture</i> , 2003, 17, 273-283.	1.4	72

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91	Changes in Strength over a 2-Year Period in Professional Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2538-2546.	2.1	72
92	Greater Strength Gains after Training with Accentuated Eccentric than Traditional Isoinertial Loads in Already Strength-Trained Men. <i>Frontiers in Physiology</i> , 2016, 7, 149.	2.8	70
93	Four Weeks of Optimal Load Ballistic Resistance Training at the End of Season Attenuates Declining Jump Performance of Women Volleyball Players. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 955.	2.1	70
94	Effects of weighted sled towing on ground reaction force during the acceleration phase of sprint running. <i>Journal of Sports Sciences</i> , 2014, 32, 1139-1145.	2.0	69
95	The effects of amino acid supplementation on hormonal responses to resistance training overreaching. <i>Metabolism: Clinical and Experimental</i> , 2006, 55, 282-291.	3.4	68
96	Performance, biochemical, and endocrine changes during a competitive football game. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 1845-1853.	0.4	67
97	Exercise Mode Specificity for Preserving Spine and Hip Bone Mineral Density in Prostate Cancer Patients. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 607-614.	0.4	67
98	Effects and moderators of exercise on muscle strength, muscle function and aerobic fitness in patients with cancer: a meta-analysis of individual patient data. <i>British Journal of Sports Medicine</i> , 2019, 53, 812-812.	6.7	67
99	Resistance training combined with bench-step aerobics enhances women's health profile. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 259-269.	0.4	66
100	Changes in Muscle Architecture and Performance During a Competitive Season in Female Softball Players. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2655-2666.	2.1	66
101	Effects of Weighted Sled Towing With Heavy Versus Light Load on Sprint Acceleration Ability. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2738-2745.	2.1	66
102	Inhomogeneous Quadriceps Femoris Hypertrophy in Response to Strength and Power Training. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 2389-2397.	0.4	64
103	The Current State of Subjective Training Load Monitoring—a Practical Perspective and Call to Action. <i>Sports Medicine - Open</i> , 2018, 4, 58.	3.1	64
104	Long-Term Training-Induced Changes in Sprinting Speed and Sprint Momentum in Elite Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2724-2731.	2.1	63
105	The effect, moderators, and mediators of resistance and aerobic exercise on health-related quality of life in older long-term survivors of prostate cancer. <i>Cancer</i> , 2015, 121, 2821-2830.	4.1	63
106	Effects of morning versus evening combined strength and endurance training on physical performance, muscle hypertrophy, and serum hormone concentrations. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 1285-1294.	1.9	62
107	Exercise-induced myokines and their effect on prostate cancer. <i>Nature Reviews Urology</i> , 2021, 18, 519-542.	3.8	62
108	1,1,1-Trichloro-2,2-bis(p-Chlorophenyl)-Ethane (DDT) and Reduced Bone Mineral Density. <i>Archives of Environmental Health</i> , 2000, 55, 177-180.	0.4	60

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109	The effect of assisted jumping on vertical jump height in high-performance volleyball players. <i>Journal of Science and Medicine in Sport</i> , 2011, 14, 85-89.	1.3	60
110	Quality of life and psychological distress in cancer survivors: The role of psychosocial resources for resilience. <i>Psycho-Oncology</i> , 2019, 28, 271-277.	2.3	60
111	Lower-Body Muscle Structure and Its Role in Jump Performance During Squat, Countermovement, and Depth Drop Jumps. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 722-729.	2.1	58
112	Effect of androgen deprivation therapy on muscle attenuation in men with prostate cancer. <i>Journal of Medical Imaging and Radiation Oncology</i> , 2014, 58, 223-228.	1.8	58
113	Exercise Improves $\dot{V}E_{\text{max}}$ and Body Composition in Androgen Deprivation Therapy-treated Prostate Cancer Patients. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1503-1510.	0.4	56
114	Effects of Physical Conditioning on Intercollegiate Golfer Performance. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 62.	2.1	56
115	Keeping Patients With Cancer Exercising in the Age of COVID-19. <i>JCO Oncology Practice</i> , 2020, 16, 656-664.	2.9	55
116	Exercise training for advanced lung cancer. <i>The Cochrane Library</i> , 2019, 2, CD012685.	2.8	55
117	Influence of Exercise Order in a Resistance Training Exercise Session. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 141.	2.1	55
118	Interventions for prostate cancer survivorship: A systematic review of reviews. <i>Psycho-Oncology</i> , 2018, 27, 2339-2348.	2.3	53
119	The Impact of Velocity of Movement on Performance Factors in Resistance Exercise. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 760.	2.1	53
120	Effect of exercise intensity on bone density, strength, and calcium turnover in older women. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1043-1050.	0.4	52
121	The Potential Role of Exercise in Neuro-Oncology. <i>Frontiers in Oncology</i> , 2015, 5, 85.	2.8	52
122	Exercise medicine for advanced prostate cancer. <i>Current Opinion in Supportive and Palliative Care</i> , 2017, 11, 247-257.	1.3	52
123	The effects of plasma cortisol elevation on total and differential leukocyte counts in response to heavy-resistance exercise. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1996, 73, 93-97.	1.2	51
124	Testosterone Responses after Resistance Exercise in Women: Influence of Regional Fat Distribution. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2001, 11, 451-465.	2.1	50
125	Moderators of Exercise Effects on Cancer-related Fatigue: A Meta-analysis of Individual Patient Data. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 303-314.	0.4	50
126	Methods to Increase the Effectiveness of Maximal Power Training for the Upper Body. <i>Strength and Conditioning Journal</i> , 2005, 27, 24-32.	1.4	49

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127	Acute Versus Chronic Exposure to Androgen Suppression for Prostate Cancer: Impact on the Exercise Response. <i>Journal of Urology</i> , 2011, 186, 1291-1297.	0.4	49
128	Changes in myosin heavy chain composition with heavy resistance training in 60- to 75-year-old men and women. <i>European Journal of Applied Physiology</i> , 2001, 84, 127-132.	2.5	47
129	Comparison of Different Methods of Determining Power Output in Weightlifting Exercises. <i>Strength and Conditioning Journal</i> , 2006, 28, 34-40.	1.4	47
130	Fitness and Lean Mass Increases during Combined Training Independent of Loading Order. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 1758-1768.	0.4	47
131	Acute Effect on Power Output of Alternating an Agonist and Antagonist Muscle Exercise During Complex Training. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 202.	2.1	47
132	Application of Strength Diagnosis. <i>Strength and Conditioning Journal</i> , 2002, 24, 50-59.	1.4	46
133	Influence of Muscle-Tendon Unit Structure on Rate of Force Development During the Squat, Countermovement, and Drop Jumps. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 340-347.	2.1	46
134	Neither Heavy nor Light Load Resistance Exercise Acutely Exacerbates Lymphedema in Breast Cancer Survivor. <i>Integrative Cancer Therapies</i> , 2013, 12, 423-432.	2.0	46
135	Rationale, design and methods for a community-based study of clustering and cumulative effects of chronic disease processes and their effects on ageing: the Busselton healthy ageing study. <i>BMC Public Health</i> , 2013, 13, 936.	2.9	45
136	Men's help-seeking in the first year after diagnosis of localised prostate cancer. <i>European Journal of Cancer Care</i> , 2017, 26, e12497.	1.5	45
137	Feasibility, Acceptability, and Behavioral Outcomes from a Technology-enhanced Behavioral Change Intervention (Prostate 8): A Pilot Randomized Controlled Trial in Men with Prostate Cancer. <i>European Urology</i> , 2019, 75, 950-958.	1.9	45
138	Immediate versus delayed exercise in men initiating androgen deprivation: effects on bone density and soft tissue composition. <i>BJU International</i> , 2019, 123, 261-269.	2.5	45
139	Physical Fitness Qualities of Professional Rugby League Football Players: Determination of Positional Differences. <i>Journal of Strength and Conditioning Research</i> , 2001, 15, 450.	2.1	44
140	Exercise Recommendation for People With Bone Metastases: Expert Consensus for Health Care Providers and Exercise Professionals. <i>JCO Oncology Practice</i> , 2022, 18, e697-e709.	2.9	44
141	A phase III clinical trial of exercise modalities on treatment side-effects in men receiving therapy for prostate cancer. <i>BMC Cancer</i> , 2009, 9, 210.	2.6	43
142	Successful feed-forward strategies following ACL injury and reconstruction. <i>Journal of Electromyography and Kinesiology</i> , 2009, 19, 988-997.	1.7	43
143	Twelve-Month Training-Induced Changes in Elite International Volleyball Players. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 2096-2101.	2.1	43
144	Reporting of Resistance Training Dose, Adherence, and Tolerance in Exercise Oncology. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 315-322.	0.4	43

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145	The Relationship Between Lower Body Strength and Obstructed Gait in Community-Dwelling Older Adults. <i>Journal of the American Geriatrics Society</i> , 2002, 50, 468-473.	2.6	42
146	Resistance Exercise Dosage in Men with Prostate Cancer: Systematic Review, Meta-analysis, and Meta-regression. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 459-469.	0.4	42
147	Efficacy and safety of a modular multi-modal exercise program in prostate cancer patients with bone metastases: a randomized controlled trial. <i>BMC Cancer</i> , 2011, 11, 517.	2.6	40
148	Offensive and Defensive Agility: A Sex Comparison of Lower Body Kinematics and Ground Reaction Forces. <i>Journal of Applied Biomechanics</i> , 2014, 30, 514-520.	0.8	40
149	Resistance training effectiveness on body composition and body weight outcomes in individuals with overweight and obesity across the lifespan: A systematic review and meta-analysis. <i>Obesity Reviews</i> , 2022, 23, e13428.	6.5	39
150	An In-Depth Sports Medicine Profile of Women College Tennis Players. <i>Journal of Sport Rehabilitation</i> , 1995, 4, 79-98.	1.0	38
151	Neuromechanical strategies employed to increase jump height during the initiation of the squat jump. <i>Journal of Electromyography and Kinesiology</i> , 2004, 14, 515-521.	1.7	38
152	Effect of Kinetically Altering a Repetition via the Use of Chain Resistance on Velocity During the Bench Press. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 1941-1946.	2.1	38
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