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List of Publications by Year
in descending order

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67	1,161	430874	501196
papers	citations	18 h-index	28 g-index

72	72	72	525
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Maximizing Muscle Hypertrophy: A Systematic Review of Advanced Resistance Training Techniques and Methods. International Journal of Environmental Research and Public Health, 2019, 16, 4897.	2.6	120
2	Does Tempo of Resistance Exercise Impact Training Volume?. Journal of Human Kinetics, 2018, 62, 241-250.	1.5	58
3	Inconsistency in the Ergogenic Effect of Caffeine in Athletes Who Regularly Consume Caffeine: Is It Due to the Disparity in the Criteria That Defines Habitual Caffeine Intake?. Nutrients, 2020, 12, 1087.	4.1	54
4	The Effects of the Movement Tempo on the One-Repetition Maximum Bench Press Results. Journal of Human Kinetics, 2020, 72, 151-159.	1.5	51
5	The Effects of High Doses of Caffeine on Maximal Strength and Muscular Endurance in Athletes Habituated to Caffeine. Nutrients, 2019, 11, 1912.	4.1	40
6	Does Eccentric-only and Concentric-only Activation Increase Power Output?. Medicine and Science in Sports and Exercise, 2020, 52, 484-489.	0.4	38
7	The Effects of Plyometric Conditioning on Post-Activation Bench Press Performance. Journal of Human Kinetics, 2020, 74, 99-108.	1.5	33
8	Technical and Training Related Aspects of Resistance Training Using Blood Flow Restriction in Competitive Sport - A Review. Journal of Human Kinetics, 2018, 65, 249-260.	1.5	32
9	Post-activation Performance Enhancement in the Bench Press Throw: A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2020, 11, 598628.	2.8	32
10	Short-Term Blood Flow Restriction Increases Power Output and Bar Velocity During the Bench Press. Journal of Strength and Conditioning Research, 2022, 36, 2082-2088.	2.1	31
11	Impact of Duration of Eccentric Movement in the One-Repetition Maximum Test Result in the Bench Press among Women. Journal of Sports Science and Medicine, 2020, 19, 317-322.	1.6	31
12	The Influence of Grip Width on Training Volume During the Bench Press with Different Movement Tempos. Journal of Human Kinetics, 2019, 68, 49-57.	1.5	30
13	The Acute Effects of External Compression With Blood Flow Restriction on Maximal Strength and Strength-Endurance Performance of the Upper Limbs. Frontiers in Physiology, 2020, 11, 567.	2.8	29
14	The Acute Effect of Various Doses of Caffeine on Power Output and Velocity during the Bench Press Exercise among Athletes Habitually Using Caffeine. Nutrients, 2019, 11, 1465.	4.1	28
15	The acute effects of caffeine intake on time under tension and power generated during the bench press movement. Journal of the International Society of Sports Nutrition, 2019, 16, 8.	3.9	26
16	Acute Caffeine Intake Enhances Mean Power Output and Bar Velocity during the Bench Press Throw in Athletes Habituated to Caffeine. Nutrients, 2020, 12, 406.	4.1	25
17	Can Post-Activation Performance Enhancement (PAPE) Improve Resistance Training Volume during the Bench Press Exercise?. International Journal of Environmental Research and Public Health, 2020, 17, 2554.	2.6	24
18	The effects of different doses of caffeine on maximal strength and strengthâ€endurance in women habituated to caffeine. Journal of the International Society of Sports Nutrition, 2021, 18, 25.	3.9	23

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19	A comparison of muscle activity of the dominant and non-dominant side of the body during low versus high loaded bench press exercise performed to muscular failure. Journal of Electromyography and Kinesiology, 2021, 56, 102513.	1.7	22
20	The effects of resistance training experience on movement characteristics in the bench press exercise. Biology of Sport, 2020, 37, 79-83.	3.2	21
21	The Effects of Eccentric Cadence on Power and Velocity of the Bar during the Concentric Phase of the Bench Press Movement. Journal of Sports Science and Medicine, 2019, 18, 191-197.	1.6	20
22	Changes of Power Output and Velocity During Successive Sets of the Bench Press With Different Duration of Eccentric Movement. International Journal of Sports Physiology and Performance, 2020, 15, 162-167.	2.3	19
23	The Acute Impact of External Compression on Back Squat Performance in Competitive Athletes. International Journal of Environmental Research and Public Health, 2020, 17, 4674.	2.6	19
24	Postactivation Performance Enhancement of Concentric Bench Press Throw After Eccentric-Only Conditioning Exercise. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	2.1	17
25	The Effects of Resisted Post-Activation Sprint Performance Enhancement in Elite Female Sprinters. Frontiers in Physiology, 2021, 12, 651659.	2.8	16
26	Does Post-Activation Performance Enhancement Occur during the Bench Press Exercise under Blood Flow Restriction?. International Journal of Environmental Research and Public Health, 2020, 17, 3752.	2.6	15
27	Acute Effects of Continuous and Intermittent Blood Flow Restriction on Movement Velocity During Bench Press Exercise Against Different Loads. Frontiers in Physiology, 2020, 11, 569915.	2.8	14
28	A Comparison of Muscle Activity Between the Cambered and Standard Bar During the Bench Press Exercise. Frontiers in Physiology, 2020, 11, 875.	2.8	14
29	Enhancement of Countermovement Jump Performance Using a Heavy Load with Velocity-Loss Repetition Control in Female Volleyball Players. International Journal of Environmental Research and Public Health, 2021, 18, 11530.	2.6	14
30	Effects of acute ingestion of caffeinated chewing gum on performance in elite judo athletes. Journal of the International Society of Sports Nutrition, 2021, 18, 49.	3.9	13
31	Changes in Muscle Pattern Activity during the Asymmetric Flat Bench Press (Offset Training). International Journal of Environmental Research and Public Health, 2020, 17, 3912.	2.6	12
32	The Acute Post-Activation Performance Enhancement of the Bench Press Throw in Disabled Sitting Volleyball Athletes. International Journal of Environmental Research and Public Health, 2021, 18, 3818.	2.6	12
33	Acute Effects of High Doses of Caffeine on Bar Velocity during the Bench Press Throw in Athletes Habituated to Caffeine: A Randomized, Double-Blind and Crossover Study. Journal of Clinical Medicine, 2021, 10, 4380.	2.4	12
34	Endocrine responses following exhaustive strength exercise with and without the use of protein and protein-carbohydrate supplements. Biology of Sport, 2018, 35, 399-405.	3.2	11
35	The Use of Different Modes of Post-Activation Potentiation (PAP) for Enhancing Speed of the Slide-Step in Basketball Players. International Journal of Environmental Research and Public Health, 2020, 17, 5057.	2.6	11
36	The impact of resistance exercise range of motion on the magnitude of upper-body post-activation performance enhancement. BMC Sports Science, Medicine and Rehabilitation, 2022, 14, .	1.7	11

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37	The influence of compressive gear on maximal load lifted in competitive powerlifting.. Biology of Sport, 2020, 37, 437-441.	3.2	10
38	Effects of Acute Caffeine Intake on Power Output and Movement Velocity During a Multiple-Set Bench Press Exercise Among Mild Caffeine Users. Journal of Human Kinetics, 2021, 78, 219-228.	1.5	10
39	Does blood flow restriction influence the maximal number of repetitions performed during the bench press? A pilot study. Baltic Journal of Health and Physical Activity, 0, , 9-17.	0.5	10
40	Acute Effects of Different Intensities during Bench Press Exercise on the Mechanical Properties of Triceps Brachii Long Head. Applied Sciences (Switzerland), 2022, 12, 3197.	2.5	9
41	Relationships between Linear Sprint, Lower-Body Power Output and Change of Direction Performance in Elite Soccer Players. International Journal of Environmental Research and Public Health, 2020, 17, 6119.	2.6	8
42	Contrast Tempo of Movement and Its Effect on Power Output and Bar Velocity During Resistance Exercise. Frontiers in Physiology, 2020, 11, 629199.	2.8	8
43	Impact of Ischemic Intra-Conditioning on Power Output and Bar Velocity of the Upper Limbs. Frontiers in Physiology, 2021, 12, 626915.	2.8	8
44	Acute effects of two caffeine doses on bar velocity during the bench press exercise among women habituated to caffeine: a randomized, crossover, double-blind study involving control and placebo conditions. European Journal of Nutrition, 2021, , 1.	3.9	7
45	Endocrine response to high intensity barbell squats performed with constant movement tempo and variable training volume. Neuroendocrinology Letters, 2018, 39, 342-348.	0.2	7
46	Preliminary Research towards Acute Effects of Different Doses of Caffeine on Strengthâ€“Power Performance in Highly Trained Judo Athletes. International Journal of Environmental Research and Public Health, 2022, 19, 2868.	2.6	7
47	Can the Cambered Bar Enhance Acute Performance in the Bench Press Exercise?. Frontiers in Physiology, 2020, 11, 577400.	2.8	6
48	The Impact of Internal Compensatory Mechanisms on Musculoskeletal Pain in Elite Polish Sitting Volleyball Players â€“ A Preliminary Study. Journal of Human Kinetics, 2022, 81, 277-288.	1.5	6
49	Placebo Effect of Caffeine on Maximal Strength and Strength Endurance in Healthy Recreationally Trained Women Habituated to Caffeine. Nutrients, 2020, 12, 3813.	4.1	5
50	Acute Effects of Different Blood Flow Restriction Protocols on Bar Velocity During the Squat Exercise. Frontiers in Physiology, 2021, 12, 652896.	2.8	5
51	Range of motion of resistance exercise affects the number of performed repetitions but not a time under tension. Scientific Reports, 2021, 11, 14847.	3.3	5
52	The Effects of Ischemia During Rest Intervals on Bar Velocity in the Bench Press Exercise With Different External Loads. Frontiers in Physiology, 2021, 12, 715096.	2.8	5
53	Effect of grip width on exercise volume in bench press with a controlled movement tempo in women. Baltic Journal of Health and Physical Activity, 2019, 11, 11-18.	0.5	5
54	Ischemia during rest intervals between sets prevents decreases in fatigue during the explosive squat exercise: a randomized, crossover study. Scientific Reports, 2022, 12, 5922.	3.3	5

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55	Acute impact of blood flow restriction on strength-endurance performance during the bench press exercise. Biology of Sport, 2021, 38, 653-658.	3.2	4
56	The Effects of Plyometric Conditioning Exercises on Volleyball Performance with Self-Selected Rest Intervals. Applied Sciences (Switzerland), 2021, 11, 8329.	2.5	4
57	The influence of rest interval on total training load during 10 sets of the bench press exercise performed to concentric failure. Medicina Dello Sport, 2019, 72, .	0.1	4
58	Comparison of Muscle Activity During 200 m Indoor Curve and Straight Sprinting in Elite Female Sprinters. Journal of Human Kinetics, 2021, 80, 309-316.	1.5	4
59	Does caffeine ingestion affect the lower-body post-activation performance enhancement in female volleyball players?. BMC Sports Science, Medicine and Rehabilitation, 2022, 14, .	1.7	4
60	Impact of the â€œSling Shotâ€•Supportive Device on Upper-Body Neuromuscular Activity during the Bench Press Exercise. International Journal of Environmental Research and Public Health, 2020, 17, 7695.	2.6	3
61	Changes in Muscle Activity Imbalance of the Lower Limbs Following 3 Weeks of Supplementary Body-Weight Unilateral Training. Applied Sciences (Switzerland), 2021, 11, 1494.	2.5	3
62	Utilisation of Post-Activation Performance Enhancement in Elderly Adults. Journal of Clinical Medicine, 2021, 10, 2483.	2.4	3
63	The Modifications of Haemoglobin, Erythropoietin Values and Running Performance While Training at Mountain vs. Hilltop vs. Seaside. International Journal of Environmental Research and Public Health, 2021, 18, 9486.	2.6	3
64	Impact of movement tempo on bar velocity and time under tension in resistance exercises with different external loads. Biology of Sport, 0, , .	3.2	2
65	Analysis of power output and bar velocity during various techniques of the bench press among women. Journal of Human Sport and Exercise, 2021, 16, .	0.4	2
66	Impact of Movement Tempo Distribution on Bar Velocity During a Multi-Set Bench Press Exercise. Journal of Human Kinetics, 2021, 80, 277-285.	1.5	2
67	Evaluation of Lower Limb Muscle Electromyographic Activity during 400 m Indoor Sprinting among Elite Female Athletes: A Cross-Sectional Study. International Journal of Environmental Research and Public Health, 2021, 18, 13177.	2.6	1