

Michał, Krzysztofik

List of Publications by Year in descending order

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67
papers

1,161
citations

430874

18
h-index

501196

28
g-index

72
all docs

72
docs citations

72
times ranked

525
citing authors

#	ARTICLE	IF	CITATIONS
1	Short-Term Blood Flow Restriction Increases Power Output and Bar Velocity During the Bench Press. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2082-2088.	2.1	31
2	The Impact of Internal Compensatory Mechanisms on Musculoskeletal Pain in Elite Polish Sitting Volleyball Players – A Preliminary Study. <i>Journal of Human Kinetics</i> , 2022, 81, 277-288.	1.5	6
3	Acute Effects of Different Intensities during Bench Press Exercise on the Mechanical Properties of Triceps Brachii Long Head. <i>Applied Sciences (Switzerland)</i> , 2022, 12, 3197.	2.5	9
4	Preliminary Research towards Acute Effects of Different Doses of Caffeine on Strength and Power Performance in Highly Trained Judo Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 2868.	2.6	7
5	Ischemia during rest intervals between sets prevents decreases in fatigue during the explosive squat exercise: a randomized, crossover study. <i>Scientific Reports</i> , 2022, 12, 5922.	3.3	5
6	Does caffeine ingestion affect the lower-body post-activation performance enhancement in female volleyball players?. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, .	1.7	4
7	The impact of resistance exercise range of motion on the magnitude of upper-body post-activation performance enhancement. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, .	1.7	11
8	Acute impact of blood flow restriction on strength-endurance performance during the bench press exercise. <i>Biology of Sport</i> , 2021, 38, 653-658.	3.2	4
9	Impact of Ischemic Intra-Conditioning on Power Output and Bar Velocity of the Upper Limbs. <i>Frontiers in Physiology</i> , 2021, 12, 626915.	2.8	8
10	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. <i>Journal of Electromyography and Kinesiology</i> , 2021, 56, 102513.	1.7	22
11	Changes in Muscle Activity Imbalance of the Lower Limbs Following 3 Weeks of Supplementary Body-Weight Unilateral Training. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 1494.	2.5	3
12	The effects of different doses of caffeine on maximal strength and strength endurance in women habituated to caffeine. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 25.	3.9	23
13	The Effects of Resisted Post-Activation Sprint Performance Enhancement in Elite Female Sprinters. <i>Frontiers in Physiology</i> , 2021, 12, 651659.	2.8	16
14	Effects of Acute Caffeine Intake on Power Output and Movement Velocity During a Multiple-Set Bench Press Exercise Among Mild Caffeine Users. <i>Journal of Human Kinetics</i> , 2021, 78, 219-228.	1.5	10
15	The Acute Post-Activation Performance Enhancement of the Bench Press Throw in Disabled Sitting Volleyball Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3818.	2.6	12
16	Acute Effects of Different Blood Flow Restriction Protocols on Bar Velocity During the Squat Exercise. <i>Frontiers in Physiology</i> , 2021, 12, 652896.	2.8	5
17	Effects of acute ingestion of caffeinated chewing gum on performance in elite judo athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 49.	3.9	13
18	Utilisation of Post-Activation Performance Enhancement in Elderly Adults. <i>Journal of Clinical Medicine</i> , 2021, 10, 2483.	2.4	3

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19	Range of motion of resistance exercise affects the number of performed repetitions but not a time under tension. <i>Scientific Reports</i> , 2021, 11, 14847.	3.3	5
20	The Effects of Ischemia During Rest Intervals on Bar Velocity in the Bench Press Exercise With Different External Loads. <i>Frontiers in Physiology</i> , 2021, 12, 715096.	2.8	5
21	The Modifications of Haemoglobin, Erythropoietin Values and Running Performance While Training at Mountain vs. Hilltop vs. Seaside. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 9486.	2.6	3
22	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. <i>Journal of Clinical Medicine</i> , 2021, 10, 4380.	2.4	12
23	The Effects of Plyometric Conditioning Exercises on Volleyball Performance with Self-Selected Rest Intervals. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 8329.	2.5	4
24	Analysis of power output and bar velocity during various techniques of the bench press among women. <i>Journal of Human Sport and Exercise</i> , 2021, 16, .	0.4	2
25	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. <i>European Journal of Nutrition</i> , 2021, , 1.	3.9	7
26	Enhancement of Countermovement Jump Performance Using a Heavy Load with Velocity-Loss Repetition Control in Female Volleyball Players. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11530.	2.6	14
27	Impact of Movement Tempo Distribution on Bar Velocity During a Multi-Set Bench Press Exercise. <i>Journal of Human Kinetics</i> , 2021, 80, 277-285.	1.5	2
28	Comparison of Muscle Activity During 200 m Indoor Curve and Straight Sprinting in Elite Female Sprinters. <i>Journal of Human Kinetics</i> , 2021, 80, 309-316.	1.5	4
29	Evaluation of Lower Limb Muscle Electromyographic Activity during 400 m Indoor Sprinting among Elite Female Athletes: A Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 13177.	2.6	1
30	Changes of Power Output and Velocity During Successive Sets of the Bench Press With Different Duration of Eccentric Movement. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 162-167.	2.3	19
31	Does Eccentric-only and Concentric-only Activation Increase Power Output?. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 484-489.	0.4	38
32	The Use of Different Modes of Post-Activation Potentiation (PAP) for Enhancing Speed of the Slide-Step in Basketball Players. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5057.	2.6	11
33	The influence of compressive gear on maximal load lifted in competitive powerlifting.. <i>Biology of Sport</i> , 2020, 37, 437-441.	3.2	10
34	Acute Effects of Continuous and Intermittent Blood Flow Restriction on Movement Velocity During Bench Press Exercise Against Different Loads. <i>Frontiers in Physiology</i> , 2020, 11, 569915.	2.8	14
35	A Comparison of Muscle Activity Between the Cambered and Standard Bar During the Bench Press Exercise. <i>Frontiers in Physiology</i> , 2020, 11, 875.	2.8	14
36	Impact of the "Sling Shot" Supportive Device on Upper-Body Neuromuscular Activity during the Bench Press Exercise. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7695.	2.6	3

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37	Relationships between Linear Sprint, Lower-Body Power Output and Change of Direction Performance in Elite Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6119.	2.6	8
38	Placebo Effect of Caffeine on Maximal Strength and Strength Endurance in Healthy Recreationally Trained Women Habituated to Caffeine. <i>Nutrients</i> , 2020, 12, 3813.	4.1	5
39	Can the Cambered Bar Enhance Acute Performance in the Bench Press Exercise?. <i>Frontiers in Physiology</i> , 2020, 11, 577400.	2.8	6
40	Does Post-Activation Performance Enhancement Occur during the Bench Press Exercise under Blood Flow Restriction?. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3752.	2.6	15
41	Changes in Muscle Pattern Activity during the Asymmetric Flat Bench Press (Offset Training). <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3912.	2.6	12
42	The Acute Effects of External Compression With Blood Flow Restriction on Maximal Strength and Strength-Endurance Performance of the Upper Limbs. <i>Frontiers in Physiology</i> , 2020, 11, 567.	2.8	29
43	The effects of resistance training experience on movement characteristics in the bench press exercise. <i>Biology of Sport</i> , 2020, 37, 79-83.	3.2	21
44	The Acute Impact of External Compression on Back Squat Performance in Competitive Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4674.	2.6	19
45	Acute Caffeine Intake Enhances Mean Power Output and Bar Velocity during the Bench Press Throw in Athletes Habituated to Caffeine. <i>Nutrients</i> , 2020, 12, 406.	4.1	25
46	Can Post-Activation Performance Enhancement (PAPE) Improve Resistance Training Volume during the Bench Press Exercise?. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2554.	2.6	24
47	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?. <i>Nutrients</i> , 2020, 12, 1087.	4.1	54
48	Contrast Tempo of Movement and Its Effect on Power Output and Bar Velocity During Resistance Exercise. <i>Frontiers in Physiology</i> , 2020, 11, 629199.	2.8	8
49	Post-activation Performance Enhancement in the Bench Press Throw: A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2020, 11, 598628.	2.8	32
50	Postactivation Performance Enhancement of Concentric Bench Press Throw After Eccentric-Only Conditioning Exercise. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	2.1	17
51	The Effects of the Movement Tempo on the One-Repetition Maximum Bench Press Results. <i>Journal of Human Kinetics</i> , 2020, 72, 151-159.	1.5	51
52	The Effects of Plyometric Conditioning on Post-Activation Bench Press Performance. <i>Journal of Human Kinetics</i> , 2020, 74, 99-108.	1.5	33
53	Impact of Duration of Eccentric Movement in the One-Repetition Maximum Test Result in the Bench Press among Women. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 317-322.	1.6	31
54	The Effects of High Doses of Caffeine on Maximal Strength and Muscular Endurance in Athletes Habituated to Caffeine. <i>Nutrients</i> , 2019, 11, 1912.	4.1	40

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55	The Acute Effect of Various Doses of Caffeine on Power Output and Velocity during the Bench Press Exercise among Athletes Habitually Using Caffeine. <i>Nutrients</i> , 2019, 11, 1465.	4.1	28
56	The acute effects of caffeine intake on time under tension and power generated during the bench press movement. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 8.	3.9	26
57	Maximizing Muscle Hypertrophy: A Systematic Review of Advanced Resistance Training Techniques and Methods. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4897.	2.6	120
58	The Influence of Grip Width on Training Volume During the Bench Press with Different Movement Tempos. <i>Journal of Human Kinetics</i> , 2019, 68, 49-57.	1.5	30
59	Effect of grip width on exercise volume in bench press with a controlled movement tempo in women. <i>Baltic Journal of Health and Physical Activity</i> , 2019, 11, 11-18.	0.5	5
60	The influence of rest interval on total training load during 10 sets of the bench press exercise performed to concentric failure. <i>Medicina Dello Sport</i> , 2019, 72, .	0.1	4
61	The Effects of Eccentric Cadence on Power and Velocity of the Bar during the Concentric Phase of the Bench Press Movement. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 191-197.	1.6	20
62	Endocrine responses following exhaustive strength exercise with and without the use of protein and protein-carbohydrate supplements. <i>Biology of Sport</i> , 2018, 35, 399-405.	3.2	11
63	Technical and Training Related Aspects of Resistance Training Using Blood Flow Restriction in Competitive Sport - A Review. <i>Journal of Human Kinetics</i> , 2018, 65, 249-260.	1.5	32
64	Does Tempo of Resistance Exercise Impact Training Volume?. <i>Journal of Human Kinetics</i> , 2018, 62, 241-250.	1.5	58
65	Endocrine response to high intensity barbell squats performed with constant movement tempo and variable training volume. <i>Neuroendocrinology Letters</i> , 2018, 39, 342-348.	0.2	7
66	Impact of movement tempo on bar velocity and time under tension in resistance exercises with different external loads. <i>Biology of Sport</i> , 0, , .	3.2	2
67	Does blood flow restriction influence the maximal number of repetitions performed during the bench press? A pilot study. <i>Baltic Journal of Health and Physical Activity</i> , 0, , 9-17.	0.5	10