Wolfgang Kemmler

List of Publications by Year
in descending order

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161 papers	5,090 citations	61984 43 h-index	114465 63 g-index
186 all docs	186 docs citations	186 times ranked	4112 citing authors

#	Article	IF	Citations
1	Benefits of 2 Years of Intense Exercise on Bone Density, Physical Fitness, and Blood Lipids in Early Postmenopausal Osteopenic Women. Archives of Internal Medicine, 2004, 164, 1084.	3.8	206
2	A systematic review on the influence of fear of falling on quality of life in older people: is there a role for falls? . Clinical Interventions in Aging, 2019, Volume 14, 701-719.	2.9	202
3	Effects of exercise on fracture reduction in older adults. Osteoporosis International, 2013, 24, 1937-1950.	3.1	155
4	Exercise Effects on Bone Mineral Density, Falls, Coronary Risk Factors, and Health Care Costs in Older Women. Archives of Internal Medicine, 2010, 170, 179.	3.8	135
5	Exercise maintains bone density at spine and hip EFOPS: a 3-year longitudinal study in early postmenopausal women. Osteoporosis International, 2006, 17, 133-142.	3.1	131
6	Power training is more effective than strength training for maintaining bone mineral density in postmenopausal women. Journal of Applied Physiology, 2005, 99, 181-188.	2.5	125
7	Sarcopenic obesity and complex interventions with nutrition and exercise in community-dwelling older persons – a narrative review. Clinical Interventions in Aging, 2015, 10, 1267.	2.9	107
8	Effects of Whole-Body Electromyostimulation on Resting Metabolic Rate, Body Composition, and Maximum Strength in Postmenopausal Women: the Training and ElectroStimulation Trial. Journal of Strength and Conditioning Research, 2010, 24, 1880-1887.	2.1	104
9	Effect of Compression Stockings on Running Performance in Men Runners. Journal of Strength and Conditioning Research, 2009, 23, 101-105.	2.1	102
10	Exercise and fractures in postmenopausal women. Final results of the controlled Erlangen Fitness and Osteoporosis Prevention Study (EFOPS). Osteoporosis International, 2015, 26, 2491-2499.	3.1	99
11	Physical Activity and Exercise in Mild Cognitive Impairment and Dementia: An Umbrella Review of Intervention and Observational Studies. Journal of the American Medical Directors Association, 2020, 21, 1415-1422.e6.	2.5	97
12	Exercise effects on fitness and bone mineral density in early postmenopausal women: 1-year EFOPS results. Medicine and Science in Sports and Exercise, 2002, 34, 2115-2123.	0.4	88
13	Effects of Whole-Body Electromyostimulation versus High-Intensity Resistance Exercise on Body Composition and Strength: A Randomized Controlled Study. Evidence-based Complementary and Alternative Medicine, 2016, 2016, 1-9.	1.2	84
14	Impact of whole-body electromyostimulation on body composition in elderly women at risk for sarcopenia: the Training and ElectroStimulation Trial (TEST-III). Age, 2014, 36, 395-406.	3.0	82
15	Whole-body electromyostimulation to fight sarcopenic obesity in community-dwelling older women at risk. Resultsof the randomized controlled FORMOsA-sarcopenic obesity study. Osteoporosis International, 2016, 27, 3261-3270.	3.1	80
16	Whole-body electromyostimulation as a means to impact muscle mass and abdominal body fat in lean, sedentary, older female adults: subanalysis of the TEST-III trial. Clinical Interventions in Aging, 2013, 8, 1353.	2.9	79
17	Effects of Whole-Body Vibration Training on Different Devices on Bone Mineral Density. Medicine and Science in Sports and Exercise, 2011, 43, 1071-1079.	0.4	78
18	Efficacy and Safety of Low Frequency Whole-Body Electromyostimulation (WB-EMS) to Improve Health-Related Outcomes in Non-athletic Adults. A Systematic Review. Frontiers in Physiology, 2018, 9, 573.	2.8	77

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19	Whole-body electromyostimulation and protein supplementation favorably affect sarcopenic obesity in community-dwelling older men at risk: the randomized controlled FranSO study. Clinical Interventions in Aging, 2017, Volume 12, 1503-1513.	2.9	71
20	Effects of Highâ€Intensity Resistance Training on Osteopenia and Sarcopenia Parameters in Older Men with Osteosarcopeniaâ€"Oneâ€Year Results of the Randomized Controlled Franconian Osteopenia and Sarcopenia Trial (<scp>FrOST</scp>). Journal of Bone and Mineral Research, 2020, 35, 1634-1644.	2.8	71
21	Effect of Whole-Body Electromyostimulation on Energy Expenditure During Exercise. Journal of Strength and Conditioning Research, 2012, 26, 240-245.	2.1	68
22	Exercise, Body Composition, and Functional Ability. American Journal of Preventive Medicine, 2010, 38, 279-287.	3.0	66
23	Differential effects of strength versus power training on bone mineral density in postmenopausal women: a 2-year longitudinal study. British Journal of Sports Medicine, 2007, 41, 649-655.	6.7	65
24	Prevalence of sarcopenia in Germany and the corresponding effect of osteoarthritis in females 70 years and older living in the community: results of the FORMoSA study. Clinical Interventions in Aging, 2015, 10, 1565.	2.9	65
25	Evaluation of 2-point, 3-point, and 6-point Dixon magnetic resonance imaging with flexible echo timing for muscle fat quantification. European Journal of Radiology, 2018, 103, 57-64.	2.6	64
26	Repeatability of Dixon magnetic resonance imaging and magnetic resonance spectroscopy for quantitative muscle fat assessments in the thigh. Journal of Cachexia, Sarcopenia and Muscle, 2018, 9, 1093-1100.	7.3	62
27	The Favorable Effects of a High-Intensity Resistance Training on Sarcopenia in Older Community-Dwelling Men with Osteosarcopenia: The Randomized Controlled FrOST Study . Clinical Interventions in Aging, 2019, Volume 14, 2173-2186.	2.9	59
28	Whole-Body Electromyostimulation â€“ The Need for Common Sense! Rationale and Guideline for a Safe and Effective Training. Deutsche Zeitschrift Fur Sportmedizin, 2016, 2016, 218-221.	0.5	59
29	The effect of habitual physical activity, non-athletic exercise, muscle strength, and VO2max on bone mineral density is rather low in early postmenopausal osteopenic women. Journal of Musculoskeletal Neuronal Interactions, 2004, 4, 325-34.	0.1	59
30	A multicomponent exercise intervention to improve physical functioning, cognition and psychosocial well-being in elderly nursing home residents: a study protocol of a randomized controlled trial in the PROCARE (prevention and occupational health in long-term care) project. BMC Geriatrics, 2019, 19, 369.	2.7	57
31	Exercise Frequency, Health Risk Factors, and Diseases of the Elderly. Archives of Physical Medicine and Rehabilitation, 2013, 94, 2046-2053.	0.9	56
32	Effects of dynamic resistance exercise on bone mineral density in postmenopausal women: a systematic review and meta-analysis with special emphasis on exercise parameters. Osteoporosis International, 2020, 31, 1427-1444.	3.1	56
33	Exercise Decreases the Risk of Metabolic Syndrome in Elderly Females. Medicine and Science in Sports and Exercise, 2009, 41, 297-305.	0.4	54
34	Frailty and exercise interventions. Zeitschrift Fur Gerontologie Und Geriatrie, 2016, 49, 606-611.	1.8	54
35	Effects of Different Types of Exercise on Bone Mineral Density in Postmenopausal Women: A Systematic Review and Meta-analysis. Calcified Tissue International, 2020, 107, 409-439.	3.1	54
36	Prevalence of sarcopenia and sarcopenic obesity in older German men using recognized definitions: high accordance but low overlap!. Osteoporosis International, 2017, 28, 1881-1891.	3.1	52

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37	The erlangen fitness osteoporosis prevention study: a controlled exercise trial in early postmenopausal women with low bone densityâ€"first-year results. Archives of Physical Medicine and Rehabilitation, 2003, 84, 673-682.	0.9	50
38	Effect of Exercise Training on Bone Mineral Density in Post-menopausal Women: A Systematic Review and Meta-Analysis of Intervention Studies. Frontiers in Physiology, 2020, 11, 652.	2.8	50
39	Acute hormonal responses of a high impact physical exercise session in early postmenopausal women. European Journal of Applied Physiology, 2003, 90, 199-209.	2.5	49
40	Effects of Combined Whole-Body Electromyostimulation and Protein Supplementation on Local and Overall Muscle/Fat Distribution in Older Men with Sarcopenic Obesity: The Randomized Controlled Franconia Sarcopenic Obesity (FranSO) Study. Calcified Tissue International, 2018, 103, 266-277.	3.1	48
41	Effects of whole-body electromyostimulation combined with individualized nutritional support on body composition in patients with advanced cancer: a controlled pilot trial. BMC Cancer, 2018, 18, 886.	2.6	48
42	Impact of whole body electromyostimulation on cardiometabolic risk factors in older women with sarcopenic obesity: the randomized controlled FORMOsA-sarcopenic obesity study. Clinical Interventions in Aging, 2016, Volume 11, 1697-1706.	2.9	46
43	Bone status in elite male runners. European Journal of Applied Physiology, 2006, 96, 78-85.	2.5	45
44	Effects of High Intensity Dynamic Resistance Exercise and Whey Protein Supplements on Osteosarcopenia in Older Men with Low Bone and Muscle Mass. Final Results of the Randomized Controlled FrOST Study. Nutrients, 2020, 12, 2341.	4.1	45
45	The Erlangen fitness osteoporosis prevention study: A controlled exercise trial in early postmenopausal women with low bone density[mdash]first-year results. Archives of Physical Medicine and Rehabilitation, 2003, 84, 673-682.	0.9	45
46	Exercise and Osteoporosis-Related Fractures: Perspectives and Recommendations of the Sports and Exercise Scientist. Physician and Sportsmedicine, 2011, 39, 142-57.	2.1	44
47	Exercise Effects on Menopausal Risk Factors of Early Postmenopausal Women: 3-yr Erlangen Fitness Osteoporosis Prevention Study Results. Medicine and Science in Sports and Exercise, 2005, 37, 194-203.	0.4	43
48	Exercise and fractures in postmenopausal women: 12-year results of the Erlangen Fitness and Osteoporosis Prevention Study (EFOPS). Osteoporosis International, 2012, 23, 1267-1276.	3.1	43
49	Whole-Body Electromyostimulation to Fight Osteopenia in Elderly Females: The Randomized Controlled Training and Electrostimulation Trial (TEST-III). Journal of Osteoporosis, 2015, 2015, 1-7.	0.5	41
50	Doseâ€"response effect of exercise frequency on bone mineral density in postâ€menopausal, osteopenic women. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 526-534.	2.9	40
51	German Version of SARC-F: Translation, Adaption, and Validation. Journal of the American Medical Directors Association, 2020, 21, 747-751.e1.	2.5	39
52	Long-Term Exercise and Bone Mineral Density Changes in Postmenopausal Womenâ€"Are There Periods of Reduced Effectiveness?. Journal of Bone and Mineral Research, 2016, 31, 215-222.	2.8	38
53	Prevalence of sarcopenic obesity in Germany using established definitions. Osteoporosis International, 2016, 27, 275-281.	3.1	38
54	Effect of exercise and Cimicifuga racemosa (CR BNO 1055) on bone mineral density, 10-year coronary heart disease risk, and menopausal complaints. Menopause, 2010, 17, 791-800.	2.0	35

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55	Effect of whole-body electromyostimulation and / or protein supplementation on obesity and cardiometabolic risk in older men with sarcopenic obesity: the randomized controlled FranSO trial. BMC Geriatrics, 2018, 18, 70.	2.7	34
56	Effect of blockâ€periodized exercise training on bone and coronary heart disease risk factors in early postâ€menopausal women: a randomized controlled study. Scandinavian Journal of Medicine and Science in Sports, 2013, 23, 121-129.	2.9	33
57	Alternative Exercise Technologies to Fight against Sarcopenia at Old Age: A Series of Studies and Review. Journal of Aging Research, 2012, 2012, 1-8.	0.9	32
58	The Effects of 6 Months of Progressive High Effort Resistance Training Methods upon Strength, Body Composition, Function, and Wellbeing of Elderly Adults. BioMed Research International, 2017, 2017, 1-14.	1.9	31
59	Exercise frequency and bone mineral density development in exercising postmenopausal osteopenic women. Is there a critical dose of exercise for affecting bone? Results of the Erlangen Fitness and Osteoporosis Prevention Study. Bone, 2016, 89, 1-6.	2.9	30
60	The SARC-F Questionnaire: Diagnostic Overlap with Established Sarcopenia Definitions in Older German Men with Sarcopenia. Gerontology, 2017, 63, 411-416.	2.8	29
61	Recommended Contraindications for the Use of Non-Medical WB-Electromyostimulation. Deutsche Zeitschrift Fur Sportmedizin, 2019, 70, 278-282.	0.5	29
62	Peak-bone-mass development in young adults: effects of study program related levels of occupational and leisure time physical activity and exercise. A prospective 5-year study. Osteoporosis International, 2015, 26, 653-662.	3.1	28
63	Long-Term Four-Year Exercise Has a Positive Effect on Menopausal Risk Factors: The Erlangen Fitness Osteoporosis Prevention Study. Journal of Strength and Conditioning Research, 2007, 21, 232.	2.1	28
64	High versus Moderate Intensity Running Exercise to Impact Cardiometabolic Risk Factors: The Randomized Controlled RUSH-Study. BioMed Research International, 2014, 2014, 1-10.	1.9	27
65	Exercise effects on bone mineral density in older men: a systematic review with special emphasis on study interventions. Osteoporosis International, 2018, 29, 1493-1504.	3.1	27
66	Efficacy of Whole-Body Electromyostimulation (WB-EMS) on Body Composition and Muscle Strength in Non-athletic Adults. A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2021, 12, 640657.	2.8	27
67	Effects of whole-body electromyostimulation on chronic nonspecific low back pain in adults: a randomized controlled study. Journal of Pain Research, 2018, Volume 11, 1949-1957.	2.0	24
68	High Intensity Resistance Training Methods with and without Protein Supplementation to Fight Cardiometabolic Risk in Middle-Aged Males: A Randomized Controlled Trial. BioMed Research International, 2016, 2016, 1-9.	1.9	22
69	Effect of Exercise, Body Composition, and Nutritional Intake on Bone Parameters in Male Elite Rock Climbers. International Journal of Sports Medicine, 2006, 27, 653-659.	1.7	21
70	A COMPARISON BETWEEN 6-POINT DIXON MRI AND MR SPECTROSCOPY TO QUANTIFY MUSCLE FAT IN THE THIGH OF SUBJECTS WITH SARCOPENIA. Journal of Frailty & Aging,the, 2019, 8, 1-6.	1.3	21
71	Comparison of Whole-Body Electromyostimulation versus Recognized Back-Strengthening Exercise Training on Chronic Nonspecific Low Back Pain: A Randomized Controlled Study. BioMed Research International, 2019, 2019, 1-9.	1.9	21
72	High Intensity Resistance Exercise Training to Improve Body Composition and Strength in Older Men With Osteosarcopenia. Results of the Randomized Controlled Franconian Osteopenia and Sarcopenia Trial (FrOST). Frontiers in Sports and Active Living, 2020, 2, 4.	1.8	21

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73	Changes in Menopausal Risk Factors in Early Postmenopausal Osteopenic Women After 13 Months of High-Intensity Exercise: The Randomized Controlled ACTLIFE-RCT. Clinical Interventions in Aging, 2021, Volume 16, 83-96.	2.9	20
74	Effects of Whole-Body Electromyostimulation on Low Back Pain in People with Chronic Unspecific Dorsal Pain: A Meta-Analysis of Individual Patient Data from Randomized Controlled WB-EMS Trials. Evidence-based Complementary and Alternative Medicine, 2017, 2017, 1-8.	1.2	19
75	Magnetic Resonance Imaging and Bioelectrical Impedance Analysis to Assess Visceral and Abdominal Adipose Tissue. Obesity, 2020, 28, 277-283.	3.0	19
76	Editorial: Whole-Body Electromyostimulation: A Training Technology to Improve Health and Performance in Humans?. Frontiers in Physiology, 2020, 11, 523.	2.8	19
77	Chair-Based Exercise Interventions for Nursing Home Residents: A Systematic Review. Journal of the American Medical Directors Association, 2021, 22, 733-740.	2.5	19
78	Long-term effects of exercise in postmenopausal women: 16-year results of the Erlangen Fitness and Osteoporosis Prevention Study (EFOPS). Menopause, 2017, 24, 45-51.	2.0	17
79	Four weeks of electromyostimulation improves muscle function and strength in sarcopenic patients: a threeâ€arm parallel randomized trial. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 843-854.	7.3	17
80	The effect of different training frequency on bone mineral density in older adults. A comparative systematic review and meta-analysis. Bone, 2022, 154, 116230.	2.9	17
81	Plasma Copper and Bone Mineral Density in Osteopenia: An Indicator of Bone Mineral Density in Osteopenic Females. Biological Trace Element Research, 2009, 129, 94-98.	3.5	16
82	Assessment of gait parameters and physical function in patients with advanced cancer participating in a 12â€week exercise and nutrition programme: A controlled clinical trial. European Journal of Cancer Care, 2020, 29, e13199.	1.5	16
83	GanzkÃ¶rper Elektromyostimulation versus HIT-Krafttraining â€“ Einfluss auf KÃ¶rperzusammensetzung und Muskelkraft. Deutsche Zeitschrift Fur Sportmedizin, 2015, 2015, 321-327.	0.5	16
84	Similar Pain Intensity Reductions and Trunk Strength Improvements Following Whole-Body Electromyostimulation vs. Whole-Body Vibration vs. Conventional Back-Strengthening Training in Chronic Non-specific Low Back Pain Patients: A Three-Armed Randomized Controlled Trial. Frontiers in Physiology, 2021, 12, 664991.	2.8	15
85	The Impact of Whole-Body Electromyostimulation on Body Posture and Trunk Muscle Strength in Untrained Persons. Frontiers in Physiology, 2019, 10, 1020.	2.8	14
86	Effects of High-Intensity Resistance Training on Fitness and Fatness in Older Men With Osteosarcopenia. Frontiers in Physiology, 2020, 11, 1014.	2.8	14
87	Short time effect of a single session of intense whole-body electromyostimulation on energy expenditure. A contribution to fat reduction?. Applied Physiology, Nutrition and Metabolism, 2018, 43, 528-530.	1.9	13
88	Trainability of leg strength by whole-body electromyostimulation during adult lifespan: a study with male cohorts. Clinical Interventions in Aging, 2018, Volume 13, 2495-2502.	2.9	13
89	Mental Flexibility Influences the Association Between Poor Balance and Falls in Older People â€“ A Secondary Analysis. Frontiers in Aging Neuroscience, 2019, 11, 133.	3.4	13
90	LONGITUDINAL CHANGES IN MUSCLE MASS AND FUNCTION IN OLDER MEN AT INCREASED RISK FOR SARCOPENIA â€“ THE FrOST-STUDY. Journal of Frailty & Aging,the, 2019, 8, 1-5.	1.3	13

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91	Effects of 16Âmonths of high intensity resistance training on thigh muscle fat infiltration in elderly men with osteosarcopenia. GeroScience, 2021, 43, 607-617.	4.6	13
92	Effects of High Intensity Resistance Training Versus Whole-Body Electromyostimulation on Cardio-Metabolic Risk Factors in Untrained Middle Aged Males. A Randomized Controlled Trial. Journal of Sports Research, 2016, 3, 44-55.	0.3	13
93	Adjustment Effects of Maximum Intensity Tolerance During Whole-Body Electromyostimulation Training. Frontiers in Physiology, 2019, 10, 920.	2.8	12
94	Feasibility of Dixon magnetic resonance imaging to quantify effects of physical training on muscle compositionâ€"A pilot study in young and healthy men. European Journal of Radiology, 2019, 114, 160-166.	2.6	12
95	Exercise Effects on Bone Mineral Density in Men. Nutrients, 2021, 13, 4244.	4.1	12
96	In healthy elderly postmenopausal women variations in BMD and BMC at various skeletal sites are associated with differences in weight and lean body mass rather than by variations in habitual physical activity, strength or VO2max. Journal of Musculoskeletal Neuronal Interactions, 2008, 8, 363-74.	0.1	12
97	The effect of ageing on fat infiltration of thigh and paraspinal muscles in men. Aging Clinical and Experimental Research, 2022, 34, 2089-2098.	2.9	12
98	The Role of Exercise on Fracture Reduction and Bone Strengthening. , 2019, , 433-455.		11
99	Effects of Whole-Body Electromyostimulation on the Energy-Restriction-Induced Reduction of Muscle Mass During Intended Weight Loss. Frontiers in Physiology, 2019, 10, 1012.	2.8	10
100	Effects of Compression Tights on Recovery Parameters after Exercise Induced Muscle Damage: A Randomized Controlled Crossover Study. Evidence-based Complementary and Alternative Medicine, 2019, 2019, 1-11.	1.2	10
101	Safety of a Combined WB-EMS and High-Protein Diet Intervention in Sarcopenic Obese Elderly Men . Clinical Interventions in Aging, 2020, Volume 15, 953-967.	2.9	10
102	Segmentation of the fascia lata and reproducible quantification of intermuscular adipose tissue (IMAT) of the thigh. Magnetic Resonance Materials in Physics, Biology, and Medicine, 2021, 34, 367-376.	2.0	10
103	Detraining effects after 18Âmonths of high intensity resistance training on osteosarcopenia in older menâ€"Six-month follow-up of the randomized controlled Franconian Osteopenia and Sarcopenia Trial (FrOST). Bone, 2021, 142, 115772.	2.9	10
104	Impact of exercise changes on body composition during the college years - a five year randomized controlled study. BMC Public Health, 2015, 16, 50.	2.9	9
105	Exercise Frequency and Fracture Risk in Older Adultsâ€"How Often Is Enough?. Current Osteoporosis Reports, 2017, 15, 564-570.	3.6	9
106	Effect of high-intensity resistance exercise on cardiometabolic health in older men with osteosarcopenia: the randomised controlled Franconian Osteopenia and Sarcopenia Trial (FrOST). BMJ Open Sport and Exercise Medicine, 2020, 6, e000846.	2.9	9
107	Changes of Maximum Leg Strength Indices During Adulthood a Cross-Sectional Study With Non-athletic Men Aged 19â€“91. Frontiers in Physiology, 2018, 9, 1524.	2.8	8
108	Changes in Body Composition and Cardiometabolic Health After Detraining in Older Men with Osteosarcopenia: 6-Month Follow-Up of the Randomized Controlled Franconian Osteopenia and Sarcopenia Trial (FrOST) Study. Clinical Interventions in Aging, 2021, Volume 16, 571-582.	2.9	7

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109	Long-Term Exercise and Risk of Metabolic and Cardiac Diseases: The Erlangen Fitness and Prevention Study. Evidence-based Complementary and Alternative Medicine, 2013, 2013, 1-9.	1.2	6
110	Protein Supplementation to Augment the Effects of High Intensity Resistance Training in Untrained Middle-Aged Males: The Randomized Controlled PUSH Trial. BioMed Research International, 2017, 2017, 1-11.	1.9	6
111	Developing sarcopenia criteria and cutoffs for an older Caucasian cohort – a strictly biometrical approach. Clinical Interventions in Aging, 2018, Volume 13, 1365-1373.	2.9	6
112	Whole-body electromyostimulation in physical therapy: do gender, skinfold thickness or body composition influence maximum intensity tolerance?. Journal of Physical Therapy Science, 2020, 32, 395-400.	0.6	6
113	Detraining Effects on Muscle Quality in Older Men with Osteosarcopenia. Follow-Up of the Randomized Controlled Franconian Osteopenia and Sarcopenia Trial (FrOST). Nutrients, 2021, 13, 1528.	4.1	6
114	High-intensity exercise to prevent fractures â€" risk or gain?. Nature Reviews Endocrinology, 2018, 14, 6-8.	9.6	5
115	Effect of deep oscillation as a recovery method after fatiguing soccer training: A randomized cross-over study. Journal of Exercise Science and Fitness, 2018, 16, 112-117.	2.2	5
116	Physical activity and health promotion for nursing staff in elderly care: a study protocol for a randomised controlled trial. BMJ Open, 2020, 10, e038202.	1.9	5
117	Effects of an 8-Week Whole-Body Electromyostimulation Training on Cycling Performance, Back Pain, and Posture of a 17-Year-Old Road Cyclist. International Journal of Athletic Therapy and Training, 2021, 26, 96-100.	0.2	5
118	Detraining Effects on Musculoskeletal Parameters in Early Postmenopausal Osteopenic Women: 3-Month Follow-Up of the Randomized Controlled ACTLIFE Study. Calcified Tissue International, 2021, 109, 1-11.	3.1	5
119	Effects of different exercise intensity on bone mineral density in adults: a comparative systematic review and meta-analysis. Osteoporosis International, 2022, , 1.	3.1	5
120	High Intensity Resistance Exercise Training vs. High Intensity (Endurance) Interval Training to Fight Cardiometabolic Risk Factors in Overweight Men 30â€"50 Years Old. Frontiers in Sports and Active Living, 2020, 2, 68.	1.8	4
121	Effects of COVID-19 Lockdown on Adherence to Individual Home- or Gym-Based Exercise Training among Women with Postmenopausal Osteoporosis. International Journal of Environmental Research and Public Health, 2021, 18, 2441.	2.6	4
122	Multi-Parametric Analysis of Below-Knee Compression Garments on Delayed-Onset Muscle Soreness. International Journal of Environmental Research and Public Health, 2021, 18, 3798.	2.6	4
123	Once-Weekly Whole-Body Electromyostimulation Increases Strength, Stability and Body Composition in Amateur Golfers. A Randomized Controlled Study. International Journal of Environmental Research and Public Health, 2021, 18, 5628.	2.6	4
124	Training im Sport als Prozess â€" Trainingssteuerung. , 2019, , 1-28.		4
125	Effects of an Impulse Frequency Dependent 10-Week Whole-body Electromyostimulation Training Program on Specific Sport Performance Parameters. Journal of Sports Science and Medicine, 2020, 19, 271-281.	1.6	4
126	Effective SLOPE: EffectS of Lifestyle interventions in Older PEople with obesity: a systematic review and network meta-analysis protocol. BMJ Open, 2020, 10, e038330.	1.9	3

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127	Once Weekly Whole-Body Electromyostimulation Enhances Muscle Quality in Men: Data of the Randomized Controlled Franconian Electromyostimulation and Golf Study. Frontiers in Physiology, 2021, 12, 700423.	2.8	3
128	Dosis-Wirkungs-Beziehung zwischen TrainingshÃufigkeit und Risikofaktoren fÃ¼r metabolische und kardiale Erkrankungen. Deutsche Zeitschrift Fur Sportmedizin, 2013, 2013, 83-89.	0.5	3
129	Trainingsziele, -inhalte, -mittel und -methoden im Sport. , 2020, , 1-14.		3
130	The effects of adding high-intensity of effort resistance training to routine care in persons with type II diabetes: An exploratory randomized parallel-group time-series study. Physiology and Behavior, 2022, 245, 113677.	2.1	3
131	Effects of Hormone Therapy and Exercise on Bone Mineral Density in Healthy Womenâ€"A Systematic Review and Meta-analysis. Journal of Clinical Endocrinology and Metabolism, 2022, 107, 2389-2401.	3.6	3
132	Feasibility and Safety of Whole-Body Electromyostimulation in Frail Older Peopleâ€"A Pilot Trial. Frontiers in Physiology, 0, 13, .	2.8	3
133	Stimulus Level during Endurance Training: Effects on Lactate Kinetics in Untrained Men. Hindawi Publishing Corporation, 2018, 2018, 1-10.	1.1	2
134	EinfÃ¼hrung in die Methoden, Methodologie und Statistik im Sport. , 2020, , .		2
135	Effects of high-intensity aerobic exercise and resistance training on cardiometabolic risk in early-postmenopausal women. Deutsche Zeitschrift Fur Sportmedizin, 2021, 72, 28-35.	0.5	2
136	Einfluss hoher vs. niedriger ReizintensitÃt auf die AusdauerleistungsfÃhigkeit untrainierter MÃnner â€“ die RUSH-Studie. Deutsche Zeitschrift Fur Sportmedizin, 2014, 2014, .	0.5	2
137	Increases of Cardiometabolic Risk in Young Adults. Impact of Exercise Reductions during the College Years. British Journal of Medicine and Medical Research, 2015, 8, 485-494.	0.2	2
138	Kraft und Krafttraining im Sport. , 2019, , 1-20.		2
139	Gute wissenschaftliche Praxis. , 2020, , 93-108.		2
140	Evidenz und evidenzbasierte Praxis. , 2020, , 109-127.		2
141	LONG-TERM FOUR-YEAR EXERCISE HAS A POSITIVE EFFECT ON MENOPAUSAL RISK FACTORS. Journal of Strength and Conditioning Research, 2007, 21, 232-239.	2.1	1
142	Einfluss kÃ¶rperlichen Trainings auf Herz-Kreislauf-Risikofaktoren bei Älteren Frauen mit Metabolischem Syndrom. Sportwissenschaft, 2008, 38, 65-81.	0.5	1
143	Response to the letter of Stoellberger etÂal. â€œAcute myopathy as aÂside effect of electromyostimulationâ€• Wiener Medizinische Wochenschrift, 2019, 169, 183-184.	1.1	1
144	Application of Electrical Modalities on Muscle Stimulation. , 2017, , 145-166.		1

#	Article	IF	Citations
145	Auswahlverfahren und Stichproben. , 2020, , 33-37.		1
146	Dynamisches Krafttraining und Knochendichte an der LendenwirbelsÃule postmenopausaler Frauen. Osteologie, 2020, 29, 194-206.	0.1	1
147	Trace elements in osteopenia/osteoporosis: A potential, quick, simple and cheap method for BMD assessment. , 2007, , 906-908.		1
148	Possible different roles of exercise in preventing vertebral and hip fractures: response to comments by Sugiyama et al.. Osteoporosis International, 2016, 27, 3137-3138.	3.1	0
149	Longitudinal Changes in Sarcopenia Criteria in Older Men with Low Skeletal Muscle Mass Index: A 2-Year Observational Study. Journal of Science in Sport and Exercise, 2019, 1, 59-68.	1.0	0
150	Reduktion muskuloskeletaler GrÃ¶ÃŸen nach abrupter Beendigung eines intensiven Krafttrainings bei Älteren MÃnnern mit einer Osteosarkopenie. Follow-up der randomisierten kontrollierten FrOST-Studie. , 2021, 30, .		0
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