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	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
2	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
3	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
4	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
5	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
6	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
7	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
8	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
9	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
10	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
11	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
12	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
13	Effekte eines 13 monatigen intensiven kÃ¶rperlichen Trainings auf menopausale Risikofaktoren bei frÃ¼h-postmenopausalen Frauen mit einer Osteopenie - die randomisierte kontrollierte ACTLIFE Studie. Osteologie, 2021, 30, .	0.1	0
14	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
15	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
16	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
17	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
18	Detraining effects on musculoskeletal parameters in early-postmenopausal osteopenic women â€" 3-month follow-up of the randomized controlled ACTLIFE-study. Bone Reports, 2021, 14, 100831.	0.4	0

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19	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
20	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
21	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
22	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
23	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
24	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
25	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
26	Exercise Effects on Bone Mineral Density in Men. Nutrients, 2021, 13, 4244.	4.1	12
27	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
28	Magnetic Resonance Imaging and Bioelectrical Impedance Analysis to Assess Visceral and Abdominal Adipose Tissue. Obesity, 2020, 28, 277-283.	3.0	19
29	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
30	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
31	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
32	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
33	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
34	Effects of High-Intensity Resistance Training on Fitness and Fatness in Older Men With Osteosarcopenia. Frontiers in Physiology, 2020, 11, 1014.	2.8	14
35	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
36	EinfÃ¼hrung in die Methoden, Methodologie und Statistik im Sport. , 2020, , .		2

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37	Editorial: Whole-Body Electromyostimulation: A Training Technology to Improve Health and Performance in Humans?. Frontiers in Physiology, 2020, 11, 523.	2.8	19
38	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
39	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
40	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
41	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
42	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
43	German Version of SARC-F: Translation, Adaption, and Validation. Journal of the American Medical Directors Association, 2020, 21, 747-751.e1.	2.5	39
44	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
45	Sportwissenschaft als empirische Humanwissenschaft. , 2020, , 1-13.		0
46	Messen und Datenerhebung. , 2020, , 23-31.		0
47	Forschungsfragen, Forschungsprozess und Forschungsdesign. , 2020, , 15-22.		0
48	Auswahlverfahren und Stichproben. , 2020, , 33-37.		1
49	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
50	Multivariate statistische Verfahren. , 2020, , 73-79.		0
51	Gute wissenschaftliche Praxis. , 2020, , 93-108.		2
52	Evidenz und evidenzbasierte Praxis. , 2020, , 109-127.		2
53	Bivariate statistische Verfahren. , 2020, , 57-72.		0
54	Trainingsziele, -inhalte, -mittel und -methoden im Sport. , 2020, , 1-14.		3

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55	Dynamisches Krafttraining und Knochendichte an der LendenwirbelsÃule postmenopausaler Frauen. Osteologie, 2020, 29, 194-206.	0.1	1
56	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
57	KÃ¶rperliches Training und Osteoporose â€“ Evidenzen, Umsetzung, Perspektiven. Osteologie, 2020, 29, 175.	0.1	0
58	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
59	Adjustment Effects of Maximum Intensity Tolerance During Whole-Body Electromyostimulation Training. Frontiers in Physiology, 2019, 10, 920.	2.8	12
60	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
61	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
62	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
63	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
64	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
65	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
66	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
67	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
68	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
69	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
70	The Role of Exercise on Fracture Reduction and Bone Strengthening. , 2019, , 433-455.		11
71	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
72	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

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73	Recommended Contraindications for the Use of Non-Medical WB-Electromyostimulation. Deutsche Zeitschrift Fur Sportmedizin, 2019, 70, 278-282.	0.5	29
74	Training im Sport als Prozess â€“ Trainingssteuerung. , 2019, , 1-28.		4
75	Kraft und Krafttraining im Sport. , 2019, , 1-20.		2
76	LÃngsverÃnderungen von Sarkopenie-Kriterien bei Ãlteren MÃnnern mit niedrigem Skelettmuskelmassenindex â€“ eine zweijÃhrige Beobachtungsstudie. Osteologie, 2019, 28, .	0.1	0
77	Sarkopenie und Osteopenie â€“ Zusammenhang in einem Kollektiv selbstständig lebender MÃnner 72 Jahre und Ãlter mit einer morphologischen Sarkopenie. Osteologie, 2019, 28, .	0.1	0
78	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
79	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
80	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
81	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
82	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
83	High-intensity exercise to prevent fractures â€” risk or gain?. Nature Reviews Endocrinology, 2018, 14, 6-8.	9.6	5
84	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
85	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
86	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
87	Stimulus Level during Endurance Training: Effects on Lactate Kinetics in Untrained Men. Hindawi Publishing Corporation, 2018, 2018, 1-10.	1.1	2
88	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
89	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
90	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

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91	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
92	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
93	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
94	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
95	Exercise Frequency and Fracture Risk in Older Adultsâ€"How Often Is Enough?. Current Osteoporosis Reports, 2017, 15, 564-570.	3.6	9
96	The SARC-F Questionnaire: Diagnostic Overlap with Established Sarcopenia Definitions in Older German Men with Sarcopenia. Gerontology, 2017, 63, 411-416.	2.8	29
97	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
98	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
99	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
100	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
101	Application of Electrical Modalities on Muscle Stimulation. , 2017, , 145-166.		1
102	Exercise for Prevention of Bone Loss: The Role of Sports Medicine. , 2017, , 59-74.		0
103	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
104	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
105	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
106	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
107	Frailty and exercise interventions. Zeitschrift Fur Gerontologie Und Geriatrie, 2016, 49, 606-611.	1.8	54
108	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

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109	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
110	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
111	Prevalence of sarcopenic obesity in Germany using established definitions. Osteoporosis International, 2016, 27, 275-281.	3.1	38
112	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
113	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
114	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
115	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
116	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
117	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
118	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
119	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
120	GanzkÃ¶rper Elektromyostimulation versus HIT-Krafttraining â€“ Einfluss auf KÃ¶rperzusammensetzung und Muskelkraft. Deutsche Zeitschrift Fur Sportmedizin, 2015, 2015, 321-327.	0.5	16
121	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
122	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
123	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
124	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
125	Einfluss hoher vs. niedriger ReizintensitÃt auf die AusdauerleistungsfÃhigkeit untrainierter MÃnner â€“ die RUSH-Studie. Deutsche Zeitschrift Fur Sportmedizin, 2014, 2014, .	0.5	2
126	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

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127	Exercise Frequency, Health Risk Factors, and Diseases of the Elderly. Archives of Physical Medicine and Rehabilitation, 2013, 94, 2046-2053.	0.9	56
128	Effects of exercise on fracture reduction in older adults. Osteoporosis International, 2013, 24, 1937-1950.	3.1	155
129	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
130	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
131	Dosis-Wirkungs-Beziehung zwischen TrainingshÃufigkeit und Risikofaktoren fÃ¼r metabolische und kardiale Erkrankungen. Deutsche Zeitschrift Fur Sportmedizin, 2013, 2013, 83-89.	0.5	3
132	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
133	Effect of Whole-Body Electromyostimulation on Energy Expenditure During Exercise. Journal of Strength and Conditioning Research, 2012, 26, 240-245.	2.1	68
134	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
135	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
136	Exercise and Osteoporosis-Related Fractures: Perspectives and Recommendations of the Sports and Exercise Scientist. Physician and Sportsmedicine, 2011, 39, 142-57.	2.1	44
137	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
138	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
139	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
140	Exercise, Body Composition, and Functional Ability. American Journal of Preventive Medicine, 2010, 38, 279-287.	3.0	66
141	Exercise Decreases the Risk of Metabolic Syndrome in Elderly Females. Medicine and Science in Sports and Exercise, 2009, 41, 297-305.	0.4	54
142	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
143	Effect of Compression Stockings on Running Performance in Men Runners. Journal of Strength and Conditioning Research, 2009, 23, 101-105.	2.1	102
144	Einfluss kÃ¶rperlichen Trainings auf Herz-Kreislauf-Risikofaktoren bei Älteren Frauen mit Metabolischem Syndrom. Sportwissenschaft, 2008, 38, 65-81.	0.5	1

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145	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
146	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
147	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
148	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
149	Trace elements in osteopenia/osteoporosis: A potential, quick, simple and cheap method for BMD assessment. , 2007, , 906-908.		1
150	Bone status in elite male runners. European Journal of Applied Physiology, 2006, 96, 78-85.	2.5	45
151	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
152	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
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