



Mikel Izquierdo Redín

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General quality indicators of scientific research

This section describes briefly the main quality indicators of scientific production (periods of research activity, experience in supervising doctoral theses, total citations, articles in journals of the first quartile, H index...). It also includes other important aspects or peculiarities.

ResearcherID: A-4894-2010

Total Articles in Publication List: 187

Articles With Citation Data: 149

Sum of the Times Cited: 3465

Average Citations per Article: 23.26

h-index: 32

https://www.researchgate.net/profile/Mikel_Izquierdo/contributions

H-index: 40

h-index: 36 excluding self-citations

RG-Score: 42.92

Citations: 5592

<https://scholar.google.com/citations?user=6FJnI74AAAAJ&hl=es>

Times cited 8145

H-index : 49

**Mikel Izquierdo Redín**

Surname(s): **Izquierdo Redín**
Name: **Mikel**
DNI: **33424291R**
Date of birth: **28/09/1970**
Gender: **Male**
Land line phone: **(34) 948417876**
Email: **mikel.izquierdo@gmail.com**

Current professional situation

Employing entity: Universidad Pública de Navarra **Type of entity:** University

Department: Departamento de Ciencias de la Salud

Professional category: Head of the Department of Health Sciences/Director Departamento Ciencias de la Salud

Start date: 23/05/2012

Type of contract: Civil servant

Dedication regime: Full time

Employing entity: Universidad Pública de Navarra **Type of entity:** University

Department: Faculty of Health Sciences/Facultad de Ciencias de la Salud

Professional category: Full Professor/Catedrático de Universidad

Start date: 22/12/2010

Type of contract: Civil servant

Dedication regime: Full time

Employing entity: Research Studies and Sport Medicine Center/Centro de Estudios, Investigación y Medicina del Deporte

Type of entity: R&D Centre

Department: Government of Navarre

Professional category: Head of Research and Development

Start date: 14/02/2005

Type of contract: Permanent employment contract

Dedication regime: Full time

Employing entity: Spanish Olympic Committee **Type of entity:** State agency

Professional category: Professor of Sport Sciences

Start date: 26/01/1996

Type of contract: Temporary employment contract

Scientific and technological experience

Scientific or technological activities

R&D projects funded through competitive calls of public or private entities

- 1** **Name of the project:** Promotion of physical exerciserin elderly Frail. VIVIFRAIL
556988-EPP-1-2014-1-ES-SPO-SCP.Erasmus+ European Comission. EU programme for education, training, youth and sport.
Entity where project took place: Universidad Pública de Navarra **Type of entity:** University
Nº of researchers: 10
Start-End date: 01/01/2015 - 31/12/2016
- 2** **Name of the project:** Prevención del deterioro funcional y cognitivo mediante actividad física precoz en ancianos hospitalizados por patología médica. Ensayo clínico aleatorizado
Entity where project took place: Gobierno de Navarra **Type of entity:** Complejo Hospitalario de Navarra
Nº of researchers: 8
Start-End date: 06/11/2014 - 02/06/2015
- 3** **Name of the project:** Neuromuscular and hormonal adaptations to resistance training in previously untrained men and women at different ages and in strength athletes
Name principal investigator (PI, Co-PI....): Dr. Keijo Häkkinen
Funding entity or bodies: Ministerio de Educación deFinlandia
Start-End date: 01/08/1999 - 30/09/1999
- 4** **Name of the project:** Fragilidad e indicadores funcionales relacionados con el envejecimiento libre de incapacidad y una vejez autónoma e independiente. Efectos de un programa de fuerza y equilibrio.
Name principal investigator (PI, Co-PI....): Mikel Izquierdo
Funding entity or bodies: Ministerio de Economía y Competitividad. Plan I+d+i
Start date: 01/01/2012 **Duration:** 2 years - 11 months - 30 days
- 5** **Name of the project:** Caracterización de variables relacionadas con la Fragilidad en el envejecimiento de la población. Identificación de un envejecimiento libre de incapacidad y una vejez autónoma e independiente
Name principal investigator (PI, Co-PI....): Mikel Izquierdo
Funding entity or bodies: Ayudas a proyectos de investigación del Departamento de Salud del Gobierno de Navarra.
Start date: 2010 **Duration:** 3 years
- 6** **Name of the project:** Caracterización de variables relacionadas con la Fragilidad en el envejecimiento de la población. Identificación de un envejecimiento libre de incapacidad y una vejez autónoma e independiente.
Name principal investigator (PI, Co-PI....): Mikel Izquierdo
Funding entity or bodies:



Ministerio de Educación y Ciencia. Consejo Superior de Deportes.

Start date: 2010

Duration: 1 year

7 Name of the project: Effects of amino acids supplement on physiological adaptations to resistance training

Name principal investigator (PI, Co-PI....): Professor William J. Kraemer.

Funding entity or bodies:

Human Performance Laboratory. University of Connecticut. Usa.

Start date: 2009

Duration: 1 year

8 Name of the project: Oxigenación cerebral y fatiga durante el ejercicio en hipoxia aguda

Name principal investigator (PI, Co-PI....): Jose Antonio López Calbet

Funding entity or bodies:

Ministerio de Ciencia e Innovación. Convocatoria 2009 del Subprograma de Proyectos de Investigación Fundamental no orientada

Start date: 2009

Duration: 3 years

9 Name of the project: Incorporación a Red envejecimiento y fragilidad

Name principal investigator (PI, Co-PI....): Mikel Izquierdo.

Funding entity or bodies:

Ministerio de Sanidad y Consumo. Instituto Salud Carlos III. Subdirección General de redes y centros de investigación cooperativa.

Start date: 2008

Duration: 2 years

10 Name of the project: Neuromuscular and cardiovascular adaptations during concurrent strength and endurance vs. strength or endurance training alone in previously untrained men

Name principal investigator (PI, Co-PI....): Dr. Keijo Häkkinen

Funding entity or bodies:

Ministerio de Educación de Finlandia

Start date: 2008

Duration: 2 years

11 Name of the project: Modelado de la actividad bioeléctrica del músculo esquelético basado en el análisis morfométrico

Name principal investigator (PI, Co-PI....): Dr. A. Malanda.

Funding entity or bodies:

Ministerio de Educación y Ciencia. Plan Nacional de I+D+I (2004-2007). Plan Nacional de Biomedicina

Start date: 2007

Duration: 2 years

12 Name of the project: Efectos agudos y crónicos del entrenamiento de fuerza sobre el sistema neuroendocrino y muscular, el metabolismo energético y sobre los factores inflamatorios y marcadores de estrés oxidativo.

Name principal investigator (PI, Co-PI....): Mikel Izquierdo

Funding entity or bodies:

Ministerio de Educación y Ciencia. Plan Nacional de I+D+I (2004-2007). Acción estratégica: Deporte y Actividad Física"

Start date: 2006

Duration: 2 years

13 Name of the project: Efecto de un programa de actividad física dirigido al desarrollo de la masa muscular y fuerza muscular, en pacientes ancianos con diabetes tipo II y mujeres obesas portadoras del polimorfismo GLN27GLU en el gen del receptor adrenérgico beta 2.



Name principal investigator (PI, Co-PI....): Javier Ibáñez

Funding entity or bodies:

Ministerio de Sanidad y Consumo. Programa del promoción de la investigación biomédica y en ciencias de la salud del ministerio de sanidad y consumo

Start date: 2005

Duration: 2 years

- 14 Name of the project:** Valoración de la capacidad funcional en el ámbito domiciliario y en la clínica: Desarrollo de utilidad para la valoración de la marcha, equilibrio y potencia muscular en personas mayores

Name principal investigator (PI, Co-PI....): Dr. E. Gorostiaga

Funding entity or bodies:

Departamento de Salud del Gobierno de Navarra

Start date: 2005

Duration: 2 years

- 15 Name of the project:** Valoración de la capacidad funcional en el ámbito domiciliario y en la clínica: Desarrollo de utilidad para la valoración de la marcha, equilibrio y potencia muscular en personas mayores

Name principal investigator (PI, Co-PI....): Dr. M. Izquierdo

Funding entity or bodies:

Convocatoria de Becas 2004/2005 Fundación MAPFRE Medicina.

Start date: 2005

Duration: 2 years

- 16 Name of the project:** Producción endógena de IGF-1, IGFB-3, Testosterona total, Testosterona libre y GH con el entrenamiento de fuerza en deportistas de alto nivel.

Name principal investigator (PI, Co-PI....): Dr. M. Izquierdo

Funding entity or bodies:

Ministerio de Educación, Cultura y Deporte. Consejo Superior de Deportes. Convocatoria de ayudas a las Universidades y Entidades Públicas para la realización de proyectos de apoyo científico y tecnoló

Start date: 2004

Duration: 1 year

- 17 Name of the project:** Desarrollo de un guante para la práctica de Pelota Vasca

Name principal investigator (PI, Co-PI....): Dr. M. Izquierdo

Funding entity or bodies:

Instituto De Biomecánica de Valencia. Universidad Politécnica de Valencia

Start date: 2003

Duration: 1 year

- 18 Name of the project:** Efectos del entrenamiento físico en la respuesta metabólica y hormonal de un grupo de mujeres obesas con polimorfismo GLN 27 GLU en el receptor Beta 2 adrenérgico

Name principal investigator (PI, Co-PI....): Javier Ibáñez

Funding entity or bodies:

Departamento de Salud del Gobierno de Navarra.

Start date: 2003

Duration: 2 years

- 19 Name of the project:** Neuromuscular and hormonal adaptations to resistance training in previously untrained men and women at different ages and in strength athletes.

Name principal investigator (PI, Co-PI....): Dr. Keijo Häkkinen

Funding entity or bodies:

Ministerio de Educación de Finlandia

Start date: 2003

Duration: 1 year



20 **Name of the project:** Efectos del entrenamiento de fuerza y el ejercicio físico aeróbico sobre el sistema neuromuscular, hormonal y la capacidad funcional en hombres de 40 y 70 años

Name principal investigator (PI, Co-PI....): Dr. E. Gorostiaga

Funding entity or bodies:

Departamento de Salud del Gobierno de Navarra.

Start date: 2000

Duration: 3 years

21 **Name of the project:** Acute and long term neuromuscular and hormonal adaptations during strength training in middle-aged versus elderly men and women"

Name principal investigator (PI, Co-PI....): Dr. Keijo Häkkinen

Funding entity or bodies:

Ministerio de Educación de Finlandia

Start date: 1996

Duration: 1 year

22 **Name of the project:** Acute and long term neuromuscular and hormonal adaptations during strength training in middle-aged versus elderly men and women

Name principal investigator (PI, Co-PI....): Dr. Keijo Häkkinen

Funding entity or bodies:

Ministerio de Educación de Finlandia

Start date: 12/1995

Duration: 7 months

23 **Name of the project:** Acute and long term neuromuscular and hormonal adaptations during strength training in middle-aged versus elderly men and women

Name principal investigator (PI, Co-PI....): Dr. Keijo Häkkinen

Funding entity or bodies:

Ministerio de Educación de Finlandia

Start date: 12/1995

Duration: 1 year

24 **Name of the project:** Red temática de Investigación en Fragilidad

Geographical area: National

Entity where project took place: Universidad Pública de Navarra

Type of entity: University

Nº of researchers: 4

Name of the programme: RD12/043/0002

Duration: 4 years

Dedication regime: Full time

Results

Technological results derived from specialized and transfer activities, not included in previous sections

- 1** **Description:** Pagina web (www.vivifrail.com)
Name of the principal Investigator (PI): Mikel Izquierdo
Degree of contribution: Coordinator of total project, network or consortium
Collaborating entity or bodies:
Erasmus + European Comission
Start date: 01/01/2015 **Duration:** 2 years
- 2** **Description:** Página web <http://www.saludydeporte.consumer.es>
Name of the principal Investigator (PI): J Ibáñez
Name of the Co-principal investigator (Co-PI): Mikel Izquierdo Redín
Degree of contribution: Researcher
New techniques or equipment: Yes
Geographical area: National
Collaborating entity or bodies:
Fundación Eroski
Start date: 2003

Scientific and technological activities

Scientific production

H index: 36

Date of application: 11/03/2016

Publications, scientific and technical documents

- 1** Robinson Ramírez Vélez; Mónica Liliana Ojeda Pardo; Jorge Enrique Correa Bautista; Katherine González Ruíz; Carmen Flores Navarro Pérez; Emilio González Jiménez; Jacqueline Schmidt RioValle; Mikel Izquierdo; Felipe Lobelo. Normative data for calcaneal broadband ultrasound attenuation among children and adolescents from Colombia: the FUPRECOL Study. Archives of osteoporosis. 11 - 1, pp. 2. 12/2016. ISSN 1862-3514
Type of production: Scientific paper **Format:** Journal
- 2** Philippe de Souto Barreto; John E Morley; Wojtek Chodzko Zajko; Kaisu H Pitkala; Elizabeth Weening Dijksterhuis; Leocadio Rodríguez Mañas; Mario Barbagallo; Erik Rosendahl; Alan Sinclair; Francesco Landi; Mikel Izquierdo; Bruno Vellas; Yves Rolland. Recommendations on Physical Activity and Exercise for Older Adults Living in Long-Term Care Facilities: A Taskforce Report. Journal of the American Medical Directors Association. 21/03/2016. ISSN 1538-9375
Type of production: Scientific paper

- 3** Hugo Cerda Kohler; Carlos Burgos Jara; Rodrigo Ramírez Campillo; Braulio Valdés Cerda; Eduardo Báez; Daniel Zapata Gómez; David Cristóbal Andrade; Mikel Izquierdo. Analysis Of Agreement Between Four Lactate Threshold Measurements Methods In Professional Soccer Players. Journal of strength and conditioning research / National Strength & Conditioning Association. 02/02/2016. ISSN 1533-4287
Type of production: Scientific paper **Format:** Journal
- 4** Ion Martinikorena; Alicia Martínez Ramírez; Marisol Gómez; Pablo Lecumberri; Alvaro Casas Herrero; Eduardo L Cadore; Nora Millor; Fabricio Zambom Ferraresi; Fernando Idoate; Mikel Izquierdo. Gait Variability Related to Muscle Quality and Muscle Power Output in Frail Nonagenarian Older Adults. Journal of the American Medical Directors Association. 17 - 2, pp. 162 - 169. 01/02/2016. ISSN 1538-9375
Type of production: Scientific paper
- 5** Daniela Eklund; Moritz Schumann; William J Kraemer; Mikel Izquierdo; Ritva S Taipale; Keijo Häkkinen. Acute Endocrine and Force Responses and Long-Term Adaptations to Same-Session Combined Strength and Endurance Training in Women. Journal of strength and conditioning research / National Strength & Conditioning Association. 30 - 1, pp. 164 - 239. 01/2016. ISSN 1533-4287
Type of production: Scientific paper
- 6** Rodrigo Ramírez Campillo; Felipe Abad Colil; Maritza Vera; David C Andrade; Alexis Caniuqueo; Cristian Martínez Salazar; Fábio Y Nakamura; Hamid Arazi; Hugo Cerda Kohler; Mikel Izquierdo; Alicia M Alonso Martínez. Men and Women Exhibit Similar Acute Hypotensive Responses After Low, Moderate, or High-Intensity Plyometric Training. Journal of strength and conditioning research / National Strength & Conditioning Association. 30 - 1, pp. 93 - 194. 01/2016. ISSN 1533-4287
Type of production: Scientific paper
- 7** Robinson Ramírez Vélez; Carlos A López Albán; Diego R La Rotta Villamizar; Jesús A Romero García; Alicia M Alonso Martínez; Mikel Izquierdo. Wingate Anaerobic Test Percentile Norms in Colombian Healthy Adults. Journal of strength and conditioning research / National Strength & Conditioning Association. 30 - 1, pp. 217 - 242. 01/2016. ISSN 1533-4287
Type of production: Scientific paper
- 8** Ana R Alves; Carlos Marta; Henrique P Neiva; Mikel Izquierdo; Mário C Marques. Concurrent training in prepubescent children: the effects of eight weeks of strength and aerobic training on explosive strength and VO2max. Journal of strength and conditioning research / National Strength & Conditioning Association. 15/12/2015. ISSN 1533-4287
Type of production: Scientific paper
- 9** Igor Setuain; Miriam González Izal; Jesús Alfaro; Esteban Gorostiaga; Mikel Izquierdo. Acceleration and Orientation Jumping Performance Differences Among Elite Professional Male Handball Players With or Without Previous ACL Reconstruction: An Inertial Sensor Unit-Based Study. PM & R : the journal of injury, function, and rehabilitation. 7 - 12, pp. 1243 - 1296. 12/2015. ISSN 1934-1563
Type of production: Scientific paper
- 10** Ion Martinikorena; Alicia Martínez Ramírez; Marisol Gómez; Pablo Lecumberri; Alvaro Casas Herrero; Eduardo L Cadore; Nora Millor; Fabricio Zambom Ferraresi; Fernando Idoate; Mikel Izquierdo. Gait Variability Related to Muscle Quality and Muscle Power Output in Frail Nonagenarian Older Adults. Journal of the American Medical Directors Association. 11/11/2015. ISSN 1538-9375
Type of production: Scientific paper
- 11** Rodrigo Ramírez Campillo; José Antonio González Jurado; Cristian Martínez; Fábio Yuzo Nakamura; Luis Peñailillo; Cesar M P Meylan; Alexis Caniuqueo; Rodrigo Cañas Jamet; Jason Moran; Alicia M Alonso Martínez; Mikel Izquierdo. Effects of plyometric training and creatine supplementation on maximal-intensity exercise and endurance in female soccer players. Journal of science and medicine in sport / Sports Medicine Australia. 06/11/2015. ISSN 1878-1861



Type of production: Scientific paper

- 12** Henrique P Neiva; Mário C Marques; Tiago M Barbosa; Mikel Izquierdo; João L Viana; Ana M Teixeira; Daniel A Marinho. The Effects of Different Warm-up Volumes on the 100-m Swimming Performance: A Randomized Crossover Study. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 29 - 11, pp. 3026 - 3062. 11/2015. ISSN 1533-4287

Type of production: Scientific paper

- 13** I Setuain; N Millor; J Alfaro; E Gorostiaga; M Izquierdo. Jumping performance differences among elite professional handball players with or without previous ACL reconstruction. *The Journal of sports medicine and physical fitness*. 55 - 10, pp. 1184 - 1276. (Italy): 10/2015. ISSN 0022-4707

Type of production: Scientific paper

- 14** Igor Setuain; Nora Millor; Miriam González Izal; Esteban M Gorostiaga; Marisol Gómez; Jesús Alfaro Adrián; Nicola A Maffiuletti; Mikel Izquierdo. Biomechanical jumping differences among elite female handball players with and without previous anterior cruciate ligament reconstruction: a novel inertial sensor unit study. *Sports biomechanics / International Society of Biomechanics in Sports*. 14 - 3, pp. 323 - 362. 09/2015. ISSN 1476-3141

Type of production: Scientific paper

- 15** M C Marques; T J Gabbett; D A Marinho; A J Blazevich; A Sousa; R van den Tillaar; M Izquierdo. Influence of Strength, Sprint Running, and Combined Strength and Sprint Running Training on Short Sprint Performance in Young Adults. *International journal of sports medicine*. 36 - 10, pp. 789 - 884. (Germany): 09/2015. ISSN 1439-3964

Type of production: Scientific paper

- 16** I Setuain; J Martinikorena; M Gonzalez Izal; A Martinez Ramirez; M Gómez; J Alfaro Adrián; M Izquierdo. Vertical jumping biomechanical evaluation through the use of an inertial sensor-based technology. *Journal of sports sciences*. pp. 1 - 10. 10/08/2015. ISSN 1466-447X

Type of production: Scientific paper

- 17** Rodrigo Ramírez Campillo; Marcelo Vergara Pedreros; Carlos Henríquez Olguín; Cristian Martínez Salazar; Cristian Alvarez; Fábio Yuzo Nakamura; Carlos I De La Fuente; Alexis Caniunqueo; Alicia M Alonso Martinez; Mikel Izquierdo. Effects of plyometric training on maximal-intensity exercise and endurance in male and female soccer players. *Journal of sports sciences*. pp. 1 - 8. 22/07/2015. ISSN 1466-447X

Type of production: Scientific paper

- 18** Fernando Idoate; Eduardo L Cadore; Alvaro Casas Herrero; Fabricio Zambom Ferraresi; Teresa Marcellán; Ana Ruiz de Gordo; Leocadio Rodríguez Mañas; Gorka Bastarrika; Mário C Marques; Nicolas Martínez Velilla; Davinia Vicente Campos; Mikel Izquierdo. Adipose tissue compartments, muscle mass, muscle fat infiltration, and coronary calcium in institutionalized frail nonagenarians. *European radiology*. 25 - 7, pp. 2163 - 2238. (Germany): 07/2015. ISSN 1432-1084

Type of production: Scientific paper

- 19** Mário C Marques; Mikel Izquierdo; Daniel A Marinho; Tiago M Barbosa; Ricardo Ferraz; Juan José González Badillo. Association Between Force-Time Curve Characteristics and Vertical Jump Performance in Trained Athletes. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 29 - 7, pp. 2045 - 2054. 07/2015. ISSN 1533-4287

Type of production: Scientific paper

- 20** Rodrigo Ramírez Campillo; Carlos Henríquez Olguín; Carlos Burgos; David C Andrade; Daniel Zapata; Cristian Martínez; Cristian Álvarez; Eduardo I Baez; Mauricio Castro Sepúlveda; Luis Peñailillo; Mikel Izquierdo. Effect of Progressive Volume-Based Overload During Plyometric Training on Explosive and Endurance Performance in Young Soccer Players. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 29 - 7, pp. 1884 - 1977. 07/2015. ISSN 1533-4287



Type of production: Scientific paper

- 21** Rodrigo Ramírez Campillo; Francisco Gallardo; Carlos Henriquez Olguín; Cesar M P Meylan; Cristian Martínez; Cristian Álvarez; Alexis Caniuqueo; Eduardo L Cadore; Mikel Izquierdo. Effect of Vertical, Horizontal, and Combined Plyometric Training on Explosive, Balance, and Endurance Performance of Young Soccer Players. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 29 - 7, pp. 1784 - 1879. 07/2015. ISSN 1533-4287

Type of production: Scientific paper

- 22** Eduardo Lusa Cadore; Mikel Izquierdo. Exercise interventions in polypathological aging patients that coexist with diabetes mellitus: improving functional status and quality of life. *Age (Dordrecht, Netherlands)*. 37 - 3, pp. 64. 06/2015. ISSN 1574-4647

Type of production: Scientific paper

- 23** Mario C Marques; Anthony Blazeovich; Rolland van del tillar; A Sousa; Daniel A. Marinho; Jim Gabett; Mario Marques; Mikel Izquierdo. Influence of Strength, Sprint Running, and Combined Strength and Sprint Running Training on Short Sprint Performance in Young Adults. *Int J Sports Med*. 11/05/2015.

Type of production: Scientific paper

Format: Journal

- 24** Rodrigo Ramírez Campillo; Carlos H Burgos; Carlos Henríquez Olguín; David C Andrade; Cristian Martínez; Cristian Álvarez; Mauricio Castro Sepúlveda; Mário C Marques; Mikel Izquierdo. Effect of unilateral, bilateral, and combined plyometric training on explosive and endurance performance of young soccer players. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 29 - 5, pp. 1317 - 1345. 05/2015. ISSN 1533-4287

Type of production: Scientific paper

- 25** Mikel Izquierdo; Igor Setuain. Jumping performance differences among elite professional handball players with or without previous ACL reconstruction. *Sports Med Phys Fitness. Minerva Medica*, 14/04/2015.

Type of production: Scientific paper

- 26** Rodrigo Ramírez Campillo; César M P Meylan; Cristian Álvarez Lepín; Carlos Henriquez Olguín; Cristian Martinez; David C Andrade; Mauricio Castro Sepúlveda; Carlos Burgos; Eduardo I Baez; Mikel Izquierdo. The effects of interday rest on adaptation to 6 weeks of plyometric training in young soccer players. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 29 - 4, pp. 972 - 981. 04/2015. ISSN 1533-4287

Type of production: Scientific paper

- 27** A.F. João; V.A. Caniuqueo; M.C. Hernández; S.F. Da Silva; M. Izquierdo; M.H. Silva; R. Ramirez-Campillo; J. Fernandes Filho. Gene polymorphism ACTN3 and ACE in selected gymnasts athletes in Brazil and Japan [Polimorfismo del Gen ACTN3 y ECA en Seleccionados de Gimnasia de Brasil y Japón]. *International Journal of Morphology*. 33 - 1, pp. 262 - 266. 2015. Available on-line at: <<http://www.scopus.com/inward/record.url?eid=2-s2.0-84927612722&partnerID=40&md5=9db947acf672190c1ced2d10ef933871>>.

Type of production: Scientific paper

Format: Journal

- 28** A. Casas Herrero; E.L. Cadore; N. Martínez Velilla; M. Izquierdo Redin. Physical exercise in the frail elderly: An update [El ejercicio físico en el anciano frágil: Una actualización]. *Revista Espanola de Geriatria y Gerontologia*. 50 - 2, pp. 74 - 81. 2015. Available on-line at: <<http://www.scopus.com/inward/record.url?eid=2-s2.0-84924328422&partnerID=40&md5=0250095c76d90ecdef18757b6b10cb8c>>.

Type of production: Scientific paper

Format: Journal

- 29** Rafael Torres Peralta; David Morales Alamo; Miriam González Izal; José Losa Reyna; Ismael Pérez Suárez; Mikel Izquierdo; José A L Calbet. Task Failure during Exercise to Exhaustion in Normoxia and Hypoxia Is Due to Reduced Muscle Activation Caused by Central Mechanisms While Muscle Metaboreflex Does Not Limit Performance. *Frontiers in physiology*. 6, pp. 414. (Switzerland): 2015. ISSN 1664-042X

Type of production: Scientific paper

- 30** R. Ramírez-Campillo; C.M.P. Meylan; C. Álvarez-Lepín; C. Henriquez-Olguín; C. Martínez; D.C. Andrade; M. Castro-Sepúlveda; C. Burgos; E.I. Baez; M. Izquierdo. The effects of interday rest on adaptation to 6 weeks of plyometric training in young soccer players. *Journal of Strength and Conditioning Research*. 29 - 4, pp. 972 - 979. 2015. Available on-line at: <<http://www.scopus.com/inward/record.url?eid=2-s2.0-84926196304&partnerID=40&md5=93c2a973913643c38a50006e7dbf48c2>>.

Type of production: Scientific paper

Format: Journal

- 31** Javier Rodríguez Falces; Mikel Izquierdo; Miriam González Izal; Nicolas Place. Comparison of the power spectral changes of the voluntary surface electromyogram and M wave during intermittent maximal voluntary contractions. *European journal of applied physiology*. 11/06/2014. ISSN 1439-6327

Type of production: Scientific paper

- 32** Eduardo Lusa Cadore; Ronei Silveira Pinto; Martim Bottaro; Mikel Izquierdo. Strength and Endurance Training Prescription in Healthy and Frail Elderly. *Aging and disease*. 5 - 3, pp. 183 - 378. 06/2014. ISSN 2152-5250

Type of production: Scientific paper

- 33** Rodrigo Ramírez Campillo; César Meylan; Cristian Alvarez; Carlos Henríquez Olguín; Cristian Martínez; Rodrigo Cañas Jamett; David C Andrade; Mikel Izquierdo. Effects of in-season low-volume high-intensity plyometric training on explosive actions and endurance of young soccer players. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 28 - 5, pp. 1335 - 1377. 05/2014. ISSN 1533-4287

Type of production: Scientific paper

- 34** Rodrigo Ramirez Campillo; David C Andrade; Cristian Alvarez; Carlos Henríquez Olguín; Cristian Martínez; Eduardo Báez Sanmartín; Juan Silva Urra; Carlos Burgos; Mikel Izquierdo. The effects of intersset rest on adaptation to 7 weeks of explosive training in young soccer players. *Journal of sports science & medicine*. 13 - 2, pp. 287 - 383. (Turkey): 05/2014. ISSN 1303-2968

Type of production: Scientific paper

- 35** Esteban M Gorostiaga; Ion Navarro Amézqueta; Jose A L Calbet; Luis Sánchez Medina; Roser Cusso; Mario Guerrero; Cristina Granados; Miriam González Izal; Javier Ibáñez; Mikel Izquierdo. Blood ammonia and lactate as markers of muscle metabolites during leg press exercise. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 14/04/2014. ISSN 1533-4287

Type of production: Scientific paper

- 36** Mikel Izquierdo; Eduardo Lusa Cadore. Muscle power training in the institutionalized frail: a new approach to counteracting functional declines and very late-life disability. *Current medical research and opinion*. 07/04/2014. ISSN 1473-4877

Type of production: Scientific paper

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Other achievements

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