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Complete publication record (sorted by reviews, original work, book chapters, and books)

Reviews 2019

Chaabene, H., Negra, Y., Capranica, L., Prieske, O. & **Granacher, U.** (2018). A needs analysis of karate kumite with recommendations for performance testing and training. *Strength and Conditioning Journal*, 41(3), 35-46.

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Ramirez-Campillo, R., Álvarez, C., García-Hermoso, A., Ramírez-Vélez, R., Gentil, P., Asadi, A., Chaabene, H., Moran, J., Meylan, C., García de Alcaraz, A., Sanchez-Sanchez, J., Nakamura, F., **Granacher, U.**, Kraemer, W. & Izquierdo, M. (2018). Methodological characteristics and future directions for plyometric jump training research: a scoping review. *Sports Medicine*, 48(5), 1059-1081.

Moran, J., Ramirez-Campillo, R. & **Granacher, U.** (2018). A meta-analysis of jumping exercise in older adults: its effect on muscular power. *Sports Medicine*, 48(12), 2843-2857.

Chaabene, H., Prieske, O., Negra, Y. & **Granacher, U.** (2018). Change of direction speed: toward a strength training approach with accentuated eccentric muscle actions. *Sports Medicine*, 48(8), 1773-1779.

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- Zinke, F., Prieske, O., Gäbler, M. & **Granacher, U.** (2018). Krafttraining im Nachwuchsleistungssport. *Leistungssport*, 5, 10-13. IF = --.
- Puta, C., Gabriel, H.H.W., Arampatzis, A. & **Granacher, U.** (2018). Fazit des KINGS Symposiums 2018: Evidenz, Wissen, Handlungsempfehlungen. *Leistungssport*, 5, 27-28.
- Steidten, T., Puta, C., Gabriel, B., May, R., Kellmann, M., **Granacher, U.** & Gabriel, H.H.W., & (2018). Belastungsinduzierte immunologische Stressreaktion: How much is too much? *Leistungssport*, 5, 22-24.
- Schmelcher, A., Prieske, O., Chaabene, H., Heine, L., Büsch, D. & **Granacher, U.** (2018). Systematische Analyse des konditionellen Anforderungsprofils im Olympischen Boxen. *Leistungssport*, 4, 19-24.
- Gaebler, M., Prieske, O., Hortobágyi T & **Granacher, U.** (2018). The effects of concurrent strength and endurance training on physical fitness and athletic performance in youth: A systematic review and meta-analysis. *Frontiers in Physiology*, 7(9), 1057.
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- Granacher, U.**, Puta C., Gabriel H.H.W., Behm D.G. & Arampatzis A. (2018). Editorial: Neuromuscular training and adaptations in youth athletes. *Frontiers in Physiology*, 10(9), 1264.
- Peitz, M., Behringer, M. & **Granacher, U.** (2018). A systematic review on the effects of resistance and plyometric training on physical fitness in youth- what do comparative studies tell us? *PLOS ONE*, 13(10): e0205525.

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- Behm, D.G., Young, J.D., Whitten, J.H.D., Reid, J.C., Quigley, P.J., Low, J., Li, Y., de Lima, C., Hodgson, D.D., Chaouachi, A., Prieske, O. & **Granacher, U.** (2017). Effectiveness of traditional strength versus power training on muscle strength, power and speed with youth: a systematic review and meta-analysis. *Frontiers in Physiology*, 30(8), 423.
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Lacroix, A., Hortobagyi, T., Beurskens, R. & **Granacher, U.** (2017). Effects of supervised versus unsupervised training programs on balance and muscle strength in old adults: a systematic review and meta-analysis. *Sports Medicine*, 47(11), 2341-2361.

Prieske, O., Lesinski, M., Kriemler, S. & **Granacher, U.** (2017). Krafttraining im Kindes- und Jugendalter: Wirkungen, Anpassungsmechanismen und Empfehlungen. *Kinderärztliche Praxis*, 88(2), 88-97.

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Behm, D.G., Muehlbauer, T., Kibele, A. & **Granacher, U.** (2015). Effects of strength training using unstable surfaces on strength, power and balance performance across the lifespan: a systematic review and meta-analysis. *Sports Medicine*, 45(12), 1645-1669.

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Granacher, U., Mühlbauer, T. & Gruber, M. (2012). A qualitative review of balance and strength performance in healthy older adults: impact for testing and training. *Journal of Aging Research*, (Epub).

Granacher, U. (2012). Effects of balance and resistance training in children, adolescents, and seniors. *Sportwissenschaft*, 42(1), 17-29.

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Gollhofer, A., **Granacher, U.,** Taube, W., Melnyk, M. & Gruber, M. (2006). Motor control and injury prevention. *Deutsche Zeitschrift für Sportmedizin*, 57(11-12), 266-270.

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Chaabene, H., Negra, Y., Moran, J., Prieske, O., Sammoud, S., Ramirez-Campillo, R. & **Granacher, U.** (2019). Effects of an eccentric hamstrings training on components of physical performance in young female handball players. *International Journal of Sports Physiology and Performance*, (Epub).

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Ben Othman, A., Chaouachi, A., Chaouachi, M., Makhlouf, I., Farthing, J. **Granacher, U.**, Button, D.C. & Behm, D.G. (2019). Dominant and non-dominant leg press training induce similar contralateral and ipsilateral limb training adaptations with children. *Applied Physiology, Nutrition, and Metabolism*, (Epub).

Ramirez-Campillo, R., Álvarez, C., García-Pinillos, F., García Ramos, A., Loturco, I., Chaabene, H. & **Granacher, U.** (2019). Effects of combined surfaces versus single surface plyometric training on soccer players' physical fitness. *Journal of Strength and Conditioning Research*, (Epub).

Ramirez-Campillo, R., Moran, J., Drury, B., Williams, M., Keogh, J.W., Chaabene, H. & **Granacher, U.** (2019). Effects of equal volume but different plyometric jump training intensities on components of physical fitness in physically active young males. *Journal of Strength and Conditioning Research*, (Epub).

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Prieske, O., Chaabene, H., Puta, C., Behm, D.G., Büsch, D. & **Granacher, U.** (2019). Effects of drop-height on jump performance in male and female elite adolescent handball players. *International Journal of Sports Physiology and Performance*, *14*(5), 674-680. IF = 3,384.

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Madadi-Shad, M., Jafarnezhadgero, A.A., Zago, M. & **Granacher, U.** (2019). Effects of varus knee alignment on gait biomechanics and lower limb muscle activity in boys: a cross sectional study. *Gait & Posture*, 72, 69-75.

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El-Ashker, S., Chaabene, H., Prieske, O., Abdelkafy, A., Ahmed, M.A., Muaidi, Q.I. & **Granacher, U.** (2019). Effects of neuromuscular fatigue on eccentric strength and electromechanical delay of the knee flexors: the role of training status. *Frontiers in Physiology*, 10(782).

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- Lesinski, M., Prieske, O., Borde, R., Beurskens, R. & **Granacher, U.** (2018). Effects of different footwear properties and surface instability on neuromuscular activity and kinematics during jumping. *Journal of Strength and Conditioning Research*, (Epub).
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