Supplemental Table S1. Top-5 articles with the highest impact for Altmetric Attention Score, number of downloads and citations, from the articles that were published in the Journal of Applied Physiology in 2009–2018. Data were retrieved on January 1st, 2020. * High-impact articles that are in the top-5 of two or all three impact metrics were highlighted.

	Authors	Year	Title	Last author	Attention score
1	Gries et al.	2018	Cardiovascular and skeletal muscle health with lifelong exercise	Trappe, S	936
2*	Morton et al.	2016	Neither load nor systemic hormones determine resistance training-mediated hypertrophy or strength gains in resistance-trained young men	Phillips, SM	845
3	Mitchell et al.	2012	Resistance exercise load does not determine training-mediated hypertrophic gains in young men	Phillips, SM	525
4	de Souza et al.	2017	Dispelling the myth that habitual caffeine consumption influences the performance response to acute caffeine supplementation	Gualano, B	464
5	Carter et al.	2018	Regular walking breaks prevent the decline in cerebral blood flow associated with prolonged sitting	Hopkins, ND	446

	Authors	Year	Title	Last author	Downloads
1	Chang et al.	2011	The promoting effect of pentadecapeptide BPC 157 on tendon healing involves tendon outgrowth, cell survival, and cell migration	Pang, JH	17.023
2*	Marcora et al.	2009	Mental fatigue impairs physical performance in humans	Manning, V	11.497
3*	Tang et al.	2009	Ingestion of whey hydrolysate, casein, or soy protein isolate: effects on mixed muscle protein synthesis at rest and following resistance exercise in young men	Phillips, SM	11.273
4	Willis et al.	2012	Effects of aerobic and/or resistance training on body mass and fat mass in overweight or obese adults	Kraus, WE	10.937
5*	Morton et al.	2016	Neither load nor systemic hormones determine resistance training-mediated hypertrophy or strength gains in resistance-trained young men	Phillips, SM	10.299

	Authors	Year	Title	Last author	Citations
1*	Marcora et al.	2009	Mental fatigue impairs physical performance in humans	Manning, V	448
2*	Tang et al.	2009	Ingestion of whey hydrolysate, casein, or soy protein isolate: effects on mixed muscle protein synthesis at rest and following resistance exercise in young men	Phillips, SM	448
3	Bailey et al.	2009	Dietary nitrate supplementation reduces the O2 cost of low-intensity exercise and enhances tolerance to high-intensity exercise in humans	Jones, AM	411
4	Salome et al.	2010	Physiology of obesity and effects on lung function	Berend, N	350
5	Little et al.	2011	Low-volume high-intensity interval training reduces hyperglycemia and increases muscle mitochondrial capacity in patients with type 2 diabetes	Gibala, MJ	349