

CURRICULUM VITAE

Jeremy P. Loenneke, PhD, FACSM
Department of Health, Exercise Science, and Recreation Management
University of Mississippi
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EDUCATION

- 2010-2014 Doctor of Philosophy, Exercise Physiology, May 2014
The University of Oklahoma, Norman, Oklahoma 73072
Dissertation Title: The acute skeletal muscle response to lower body resistance training with and without blood flow restriction in physically active males between the ages of 18-35.
- 2008-2010 Master of Science, Nutrition and Exercise Science, Summer 2010
Southeast Missouri State University, Missouri 63701
Thesis Title: Practical Occlusion: A mode to increase low-load exercise intensity.
- 2004-2008 Bachelor of Science, Health Management, May 2008
Southeast Missouri State University, Missouri 63701

PROFESSIONAL EXPERIENCE

- 2020-Present Associate Professor of Exercise Science, Department of Health, Exercise Science, and Recreation Management, University of Mississippi, Oxford MS
- 2014-2020 Assistant Professor of Exercise Science, Department of Health, Exercise Science, and Recreation Management, University of Mississippi, Oxford MS
- 2010-2014 Graduate Teaching Assistant, Department of Health and Exercise Science, University of Oklahoma, Norman, OK
- 2008-2010 Graduate Research Assistant, Department of Health, Human Performance, and Recreation, Southeast Missouri State University, Cape Girardeau, MO
- Spring 2008 Muscle Physiology Laboratory Assistant for Dr. Kimberly A. Huey, University of Illinois at Urbana-Champaign, IL

TEACHING EXPERIENCE

- 2016-Present ES 391 Trends and Topics in Exercise Science (Strength and Conditioning)
University of Mississippi
- 2015-Present ES 620 Special Topics (Strength and Conditioning)
University of Mississippi
- ES 615 Physiological Aspects of Aging
University of Mississippi

ES 616 Exercise Physiology II
University of Mississippi

ES 618 Advanced Muscle Physiology
University of Mississippi

- 2014-Present ES 611, Exercise Physiology (Fall 2014)
University of Mississippi
- 2010-2014 HES 1823 Scientific Principles of Health and Disease (Fall 2010, Spring 2011, Summer 2011, Fall 2011, Spring 2012, Summer 2012, Fall 2013, Spring 2014)
University of Oklahoma
- 2012-2014 HES 4873 Principles of Strength and Conditioning (Fall 2012, Spring 2013, Summer 2013, Fall 2013, Spring 2014)
University of Oklahoma
- 2008-2010 HL 031 Exercise Physiology Lab (Fall 2008, Spring 2009, Fall 2009, Spring 2010)
Southeast Missouri State University.
- 2008-2010 HL 210 Health & Safety (Fall 2008, Spring 2009, Spring 2010)
Southeast Missouri State University
- Spring 2010 AT 142 Weight Training
Southeast Missouri State University

Dissertation Committees

- 2019- Present: Zachary W. Bell (Chair): Does the contraction history of the muscle dictate changes in strength following resistance training?
- 2017-2019 Scott J. Dankel (Chair): Do individual responses to resistance exercise exist to an extent that can be detected beyond that of measurement error/random biological variability (Dissertation Committee Chair)?
- 2018- 2019 Tyler Donahue. "Jumping to conclusions: The effects of hydration status on kinetics and electromyography in the vertical jump." Department of Health, Exercise Science and recreation Management, School of Applied Sciences, University of Mississippi.
(Dissertation Committee Member)
- 2017-2018 Samuel Buckner (Chair): Acute and chronic skeletal muscle response to very low load resistance exercise with and without the application of blood flow restriction in the upper body (Dissertation Committee Chair).
- 2017-2018 Matthew Jessee (Chair): A comparison of the acute and chronic response to resistance exercise with high loads and very low loads with varying levels of blood flow restriction in the lower body (Dissertation Committee Chair).

- 2017-2018 Kevin Mattocks (Chair): The Cardiovascular Response to Lower Body Resistance Exercise with and without Blood Flow Restriction (Dissertation Committee Chair).
- 2017-2018 J. Grant Mouser (Chair): Acute and Chronic Vascular Responses to Blood Flow Restriction in the Upper Body (Dissertation Committee Chair).
- 2017-2018 Charles C. Williams: Examining changes in bat swing kinematics in different areas of the strike zone over the course of a fall season in collegiate baseball and softball players (Dissertation Committee Member).
- 2017-2018 Samuel J. Wilson: The slippery slope between falling and recovering: An examination of sensory and somatic factors influencing recovery after a slip (Dissertation Committee Member).

Thesis Committees

- 2020- Present: Yujiro Yamada (Chair): The cognitive inhibitory response to acute exercise with and without blood flow restriction and full body cooling. (In Progress).
- 2019-Present: Brandon Rigdon: Effects of exercise on source episodic memory: Considerations by cardiorespiratory fitness (In Progress).
- 2015-2016: Matt Jessee (Chair): The effects of different cuff widths on arterial occlusion in the upper body (Completed).
- 2015-2016: Scott Dankel (Chair): The chronic muscular effects of restricting blood flow after a bout of resistance exercise (Completed).
- 2015-2016: Brittany Counts (Chair): The acute and chronic response to no load and high load resistance training (Completed).
- 2015-2017: Elizabeth Crush: Dose-response association between acute exercise duration and cognitive function (Completed).
- 2015-2017: Chelsea Joyner: Theory-driven prospective interrelationships between personality, executive function, and multibehavior (Completed).

STUDENTS I HAVE MENTORED

University of Mississippi

- 2015-2018 Samuel Buckner (PhD student)
- 2015 Josh Butler (Undergrad Practicum)
- 2014-2016 Brittany Counts (MS student)
- 2014-2015 Brian Barnett (MS student)
- 2014-2019 Scott Dankel (MS and PhD Student)
- 2014-2018 Matt Jessee (MS and PhD Student)
- 2015 James Ingram (Summer Internship)
- 2015-2018 Grant Mouser (PhD Student)
- 2015-2018 Kevin Mattocks (PhD Student)
- 2015-2016 Gilberto C. Laurentino (Post-Doctoral Student)
- 2017-Present Zachary W. Bell (PhD Student)
- 2017-Present Robert W. Spitz (PhD Student)
- 2017-Present Vickie Wong (PhD Student)
- 2017-Present Raksha Chatakondi (Undergraduate Student)

2018-2019 Ricardo Viana (visiting PhD student from Brazil)
2019-Present Yujiro Yamada (PhD Student)

University of Oklahoma

Fall 2013 Joamira Araújo (Brazil)
Fall 2013 Eduardo Domingos (Brazil)
Spring 2013 Michael Bibens
Spring 2013 Kevin Mattocks (University of Pittsburgh)
Spring 2012 Laird Reeds

Southeast Missouri State University

2008-2010 Austin Thrower
2009-2010 Abhishek Balapur

GRANTS

1. **Loenneke JP**, Dankel SJ. Principal Investigator (2015). The effects of metabolic stress on muscle size and strength. The Biolayne Foundation. \$10,000 (Funded)
2. **Loenneke JP**. Principal Investigator (2015). Muscle recovery in participants taking HMG-CoA reductase inhibitors. American College of Sports Medicine. \$9,050 (Not Funded)
3. **Loenneke JP**. Principal Investigator (2015). An investigation into the circadian rhythms of muscle function and balance in young and older adults. National Institutes of Aging. \$144,000 (Not Funded)
 - Samuel L. Buckner (Doctoral Student) and Brian Barnett (Master Student) intellectually contributed to this grant
4. **Loenneke JP**. Principal Investigator (2015). Can muscle growth occur through resistance training with no external load? American College of Sports Medicine \$8,950 (Not Funded).
 - Brittany Counts and Scott Dankel (Master Students) intellectually contributed to this grant
5. **Loenneke JP**. Principal Investigator (2016). Does low load exercise in combination with blood flow restriction attenuate muscle damage and/or confer a protective effect to a subsequent bout of high load exercise in statin users? National Institutes of Aging. \$144,000 (Not Funded).
 - Samuel L. Buckner, Matthew B. Jessee, J. Grant Mouser, Kevin T. Mattocks (Doctoral Students) intellectually contributed to this grant
6. Wright Alexis A. Principal Investigator (2015). A novel exercise program to improve quality of life in patients with hip osteoarthritis.” Arthritis Foundation (Not Funded)
 - Consultant
7. Downs M (Principal Investigator (2016). Acute responses and training adaptations to exercise with blood flow restriction and full body cooling (Vasper Exercise). National Space Development Agency. \$376,530 (Not Funded)
 - Consultant
8. **Loenneke JP**. Principal Investigator (2017). The muscular and vascular effects of very low loads with and without different levels of blood flow restriction.” American College of Sports Medicine \$10,000 (Not Funded).

- Samuel L. Buckner, Scott J. Dankel, Matthew B. Jessee, Kevin T. Mattocks, J. Grant Mouser (Doctoral Students) intellectually contributed to this grant.
9. **Loenneke JP.** Principal Investigator (2017). “Have improper analyses cost us millions: reassessing inter-individual responses to exercise.” National Institutes of Aging. \$300,000 (Not Funded).
 - Xin Ye, PhD: Investigator
 - Scott J. Dankel, Samuel L. Buckner, Matthew B. Jessee, J. Grant Mouser, and Kevin T. Mattocks (Doctoral Students) intellectually contributed to this grant.
 10. Chmielewski T. Principal Investigator (2017). “Blood flow restriction training following ankle fracture.” TRIA Orthopedic Center (Not Funded)
 - Consultant
 11. **Loenneke JP.** Principal Investigator (2018). Are there individual responses to two distinct resistance exercise protocols: Or is it all just measurement error?” American College of Sports Medicine \$10,000 (Under Review).
 - Scott J. Dankel, Zachary W. Bell (Doctoral Students) intellectually contributed to this grant.
 12. **Loenneke JP.** Principal Investigator (2018). “The effects of practical blood flow restriction on the muscular and cardiovascular systems: A randomized controlled trial.” National Operating Committee on Standards for Athletic Equipment \$50,000 (Not Funded).
 - Scott J. Dankel, Zachary W. Bell (Doctoral Students) intellectually contributed to this grant.
 13. Fyfe J. Principal Investigator (2018). “Strength “snacking” for improving muscle function in older adults.” Health Research Capacity Building Grant Scheme (HAAtCH), Australia \$30,000 (Not Funded).
 - Consultant
 14. **Loenneke JP.** Principal Investigator (2018). “Change in force is dictated by contraction history.” American Physiological Society \$30,000 (Not Funded)
 - Zachary W. Bell, Scott J. Dankel, Robert W. Spitz, and Vickie Wong (Doctoral Students) intellectually contributed to this grant.
 15. **Loenneke JP.** Principal Investigator (2019). “Does inter-repetition rest augment adaptation when effort is matched?” American College of Sports Medicine \$10,000 (Not Funded)
 - Robert W. Spitz, Vickie Wong, Zachary W. Bell, and Scott J. Dankel (Doctoral Students) intellectually contributed to this grant.
 16. **Loenneke JP.** Principal Investigator (2019). “The cognitive effects of acute exercise with and without blood flow restriction and full body cooling (VASPER™ exercise).” VASPER \$33,873 (Awarded)
 - Zachary W. Bell, Vickie Wong, Robert W. Spitz, and Yujiro Yamada intellectually contributed to this grant.
 17. **Loenneke JP.** Principal Investigator (2020). “The role of lactate in the cognitive inhibitory response to acute exercise.” American College of Sports Medicine \$5400 (Under Review).
 - Zachary W. Bell, Vickie Wong, Robert W. Spitz, and Yujiro Yamada intellectually contributed to this grant.

DONATIONS

1. **Loenneke JP.** (2016). Japanese Society of Wellness & Preventive Medicine. \$11,000.

PEER REVIEWED PUBLICATIONS

1. **Loenneke JP** and TJ Pujol. “The Use of Occlusion Training to Produce Muscle Hypertrophy” *Strength & Conditioning Journal*. 31(3):77-84, June 2009.
2. **Loenneke JP**, Wilson GJ, and JM Wilson. “A mechanistic approach to blood flow occlusion.” *International Journal of Sports Medicine*. 31 (1): 1-4, Jan 2010.
3. **Loenneke JP** and TJ Pujol. “KAATSU: Rationale for application in Astronauts.” *Hippokratia* 14 (3): 224, 2010.
4. **Loenneke JP**, Kearney M, Thrower A, Collins S, and TJ Pujol “The acute response of practical occlusion in the knee extensors.” *Journal of Strength and Conditioning Research* Oct 24(10) 2831-4, 2010.
5. **Loenneke JP**, Balapur A, Thrower A, Syler G, Timlin M, and TJ Pujol. “Short Report: Relationship between quality protein, lean mass, and bone health.” *Annals of Nutrition and Metabolism* 57(3-4) 219-220, 2010.
6. **Loenneke JP**, Balapur A, Thrower A, Barnes J, and TJ Pujol. “The perceptual responses to occluded exercise.” *International Journal of Sports Medicine* 32(3) 181-184, 2011.
7. **Loenneke JP** and TJ Pujol. “Sarcopenia: An emphasis on occlusion training and dietary protein.” *Hippokratia* 15(2) 132-137, 2011.
8. **Loenneke JP**, Wilson JM, Wilson, GJ, Pujol TJ, and MG Bemben. “Potential Safety Issues with Blood Flow Restriction Training.” *Scandinavian Journal of Medicine and Science in Sports* 21(4) 510-518, 2011.
9. Fahs CA, Rossow L, Seo D, **Loenneke JP**, Kim E, Sherk V, Bemben DA, and MG Bemben. “Acute High-Intensity and Low-Intensity Blood Flow Restricted Resistance Exercise Causes Similar Changes in Large Arterial Compliance.” *European Journal of Applied Physiology* 111(12) 2969-2975, 2011.
10. **Loenneke JP**, Wilson JM, Barnes JT, and TJ Pujol. “Validity of the Current NCAA Minimum Weight Protocol: A Brief Review.” *Annals of Nutrition and Metabolism* 58(3) 245-249, 2011.
11. **Loenneke JP**, Fahs CA, JM Wilson, and MG Bemben. “Blood Flow Restriction: The Metabolite/Volume Threshold Theory” *Medical Hypotheses* 77(5) 748-752, 2011.
12. **Loenneke JP**, Balapur , Thrower AD, Barnes JB, and TJ Pujol. “Blood Flow Restriction Reduces Time to Muscular Failure.” *European Journal of Sport Science* 12(3) 238-243, 2012.
13. **Loenneke JP**, Thrower AD, Balapur A, Barnes JT, and TJ Pujol. “The energy requirement of walking with restricted blood flow.” *Sport Science* 4(2) 7-11, 2011.
14. **Loenneke JP**, Wilson JM, Pujol TJ, and MG Bemben. “Acute and Chronic Testosterone Response to Blood Flow Restricted Exercise.” *Hormone and Metabolic Research* 43(10) 669-673, 2011.

15. Wilson JM, **Loenneke JP**, Jo E, Wilson GJ, Zourdos MC, and JS Kim. "The effects of endurance, strength, and power training on muscle fiber type shifting." *Journal of Strength and Conditioning Research* 26(6): 1724-1729, 2012.
16. Fahs CA, Rossow LM, **Loenneke JP**, Thiebaud RS, Kim D, Bembem DA, and MG Bembem. "Effect of different types of lower body resistance training on arterial compliance and calf blood flow." *Clinical Physiology and Functional Imaging* 32(1) 45-51, 2012.
17. **Loenneke, JP**, Wilson JM, Marin P, Zourdos M, and MG Bembem. "Low Intensity Blood Flow Restriction Training: A Meta-Analysis." *European Journal of Applied Physiology* 112 (5): 1849-1859, 2012.
18. **Loenneke, JP**, Thrower AD, Balapur A, Barnes JT, and TJ Pujol. "Blood flow restricted walking does not result in an accumulation of metabolites." *Clinical Physiology and Functional Imaging* 32(1) 80-82, 2012.
19. Wilson JM, Marin PJ, Rhea MR, Wilson SM, **Loenneke JP**, and JC Anderson. "Concurrent Training: A Meta Analysis Examining Interference of Aerobic and Resistance Exercise." *Journal of Strength and Conditioning Research* 26(8): 2293-2307, 2012.
20. Ogawa M, **Loenneke JP**, Yasuda T, Fahs CA, Rossow LM, Thiebaud RS, Bembem MG, and T Abe. "Time course changes in muscle size and fatigue during walking with restricted leg blood flow in young men." *Journal of Physical Education and Sports Management* 3(1) 14-19, 2012.
21. **Loenneke JP** and T Abe. "Does blood flow restricted exercise result in prolonged torque decrements and muscle damage?" *European Journal of Applied Physiology* (Published Ahead of Press January 2012) doi: 10.1007/s00421-012-2312-1.
22. **Loenneke JP**, Fahs CA, Rossow LM, Sherk VD, Thiebaud RS, Abe T, Bembem DA, and MG Bembem. "Effects of Cuff Width on Arterial Occlusion: Implications for Blood Flow Restricted Exercise." *European Journal of Applied Physiology* (Published Ahead of Press December 2011) doi: 10.1007/s00421-011-2266-8.
23. **Loenneke JP**, Wilson JM, and MG Bembem. "Potential exercise countermeasures to attenuate skeletal muscle deterioration in space." *Journal of Trainology* 1(1) 1-5, 2012.
24. **Loenneke JP**, Fahs CA, Rossow LM, Abe T, and MG Bembem. "The anabolic benefits of venous blood flow restriction training may be induced by muscle cell swelling." *Medical Hypotheses* 78: 151-154, 2012.
25. **Loenneke JP**, Wilson JM, Balapur A, Thrower AD, Barnes JT, and TJ Pujol. "Time under tension decreased with blood flow restricted exercise." *Clinical Physiology and Functional Imaging*. 32 (4) 268-273, 2012.
26. **Loenneke JP**, Young KC, Fahs CA, Rossow LM, Bembem DA, and MG Bembem. "Blood flow restriction: Rationale for improving bone." *Medical Hypotheses* 78 (4) 523-527, 2012.
27. **Loenneke JP**, Wilson JM, Manninen AH, Wray ME, Barnes JT, and TJ Pujol. "Quality protein intake is inversely associated with abdominal fat." *Nutrition and Metabolism* 9(1):5, 2012.
28. Wilson JM, Grant SC, Lee S, Masad I, Park Y, Henning PC, Stout JR, **Loenneke JP**, Arjmandi BH, Pantan LB, and J Kim. "Beta-hydroxy-beta-methyl-butyrates blunts negative age-related changes in

body composition, functionality, and myofiber dimensions in rats.” *Journal of the International Society of Sports Nutrition* 9:18, 2012.

29. Seo D, Kim E, Fahs CA, Rossow L, Young K, Ferguson SL, Thiebaud R, Sherk VD, **Loenneke JP**, Kim D, Lee M, Choi K, Bemben DA, Bemben MG, and W So. “Reliability of the one-repetition maximum test based on muscle group and gender.” *Journal of Sports Science and Medicine* 11:221-225, 2012.
30. Abe T, **Loenneke JP**, Fahs CA, Rossow LM, Thiebaud RS, and MG Bemben. “Exercise intensity and muscle hypertrophy in blood flow restricted limbs and non-restricted muscles: a brief review.” *Clinical Physiology and Functional Imaging* 32(4) 247-252, 2012.
31. Rossow LM, Fahs CA, **Loenneke JP**, Thiebaud RS, Sherk VD, Abe T, and MG Bemben. “Cardiovascular and perceptual responses to blood-flow-restricted exercise with differing restrictive cuffs.” *Clinical Physiology and Functional Imaging* 32(5) 31-331, 2012.
32. Wilson JM, Wilson SM, **Loenneke JP**, Wray ME, Norton LE, Campbell BI, Lowery RP, and JR Stout. “Effects of Amino Acids and their Metabolites on Aerobic and Anaerobic Sports.” *Strength and Conditioning Journal* 34(4) 33-48, 2012.
33. **Loenneke JP**, Abe T, Wilson JM, Thiebaud RS, Fahs CA, Rossow LM, and MG Bemben. “Blood Flow Restriction: An Evidence Based Progressive Model.” *Acta Physiologica Hungarica* 99(3) 235-250, 2012.
34. **Loenneke JP**, Young KC, Wilson JM, and JC Andersen. “Rehabilitation of an osteochondral fracture using blood flow restricted exercise: A case review.” *Journal of Bodywork & Movement Therapies* 17(1) 42-45, 2013.
35. Wilson JM, Duncan N, Marin PJ, Brown LE, **Loenneke JP**, Wilson SM, Jo E, Lowery RP, and C Ugrinowitsch. “Meta-analysis of postactivation potentiation and power: effects of conditioning activity, volume, gender, rest periods, and training status.” *Journal of Strength and Conditioning Research* 27(3) 854-859, 2013.
36. Sunaga MS, **Loenneke JP**, Thiebaud RS, and T Abe “Onset of blood lactate accumulation and peak oxygen uptake during graded walking test combined with and without restricted leg blood flow.” *Comparative Exercise Physiology* 8(2) 117-122, 2012.
37. **Loenneke JP**, Wilson JM, Thiebaud RS, Abe T, Lowery RP, and MG Bemben “B2 Adrenoceptor Signaling-Induced Muscle Hypertrophy From Blood Flow Restriction.” *Hormone and Metabolic Research* 44(7) 489-493, 2012.
38. Fahs CA, **Loenneke JP**, Rossow LM, Thiebaud RS, and MG Bemben “Methodological Considerations for Blood Flow Restricted Exercise.” *Journal of Trainology* 1:14-22, 2012.
39. Abe T, Ogawa M, **Loenneke JP**, Thiebaud RS, Loftin M, and N Mitsukawa. “Relationship between site-specific loss of thigh muscle and gait performance in women: the HIREGASAKI study.” *Archives of Gerontology and Geriatrics* 55(2):e21-25, 2012.
40. Kumagai K, Kurobe K, **Loenneke JP**, Thiebaud RS, Ogita F, and T Abe. “Cardiovascular drift during low intensity exercise with leg blood flow restriction.” *Acta Physiologica Hungarica* 99(4) 392-399, 2012.

41. **Loenneke JP**, Fahs CA, Heffernan KS, Rossow LM, Thiebaud RS, and MG Bemben. "Relationship between thigh muscle mass and augmented pressure from wave reflections in healthy adults." *European Journal of Applied Physiology* 113(2) 395-401, 2013.
42. Abe T, Thiebaud RS, **Loenneke JP**, Bemben MG, Loftin M, and T Fukunaga. "Influence of severe sarcopenia on cardiovascular risk factors in non-obese men." *Metabolic Syndrome and Related Disorders* 10(6) 407-412, 2012.
43. **Loenneke JP**, Wilson JM, Wray ME, Barnes JT, Kearney ML, and TJ Pujol. "The estimation of the fat free mass index in athletes." *Asian Journal of Sports Medicine* 3(3), 200-203, 2012.
44. **Loenneke JP**, Fahs CA, Thiebaud RS, Rossow LM, Abe T, Ye X, Kim D, and MG Bemben. "The acute hemodynamic effects of blood flow restriction in the absence of exercise." *Clinical Physiology and Functional Imaging* 33(1) 79-82, 2013.
45. **Loenneke JP**, Fahs CA, Thiebaud RS, Rossow LM, Abe T, Ye X, Kim D, and MG Bemben. "The acute muscle swelling effects of blood flow restriction." *Acta Physiologica Hungarica* 99(4) 400-410, 2012.
46. **Loenneke JP**, Wray ME, Wilson JM, Barnes JT, Kearney ML, and TJ Pujol. "Accuracy of field methods in assessing body fat in collegiate baseball players." *Research in Sports Medicine* 21(3) 286-291, 2013.
47. Abe T, Mitsukawa N, Thiebaud RS, **Loenneke JP**, Loftin M, and M Ogawa. "Lower body site-specific sarcopenia and accelerometer-determined moderate and vigorous physical activity: the HIREGASAKI study." *Aging Clinical and Experimental Research* 24 (6) 657-662, 2012.
48. Lowery RP, Duncan NM, Sikorski EM, Naimo MA, **Loenneke JP**, Brown LE, Tzeel BA, Wilson FG, and JM Wilson. "Effects of potentiating stimuli intensity under varying rest periods on vertical jump performance and power." *Journal of Strength and Conditioning Research* 26(12) 3320-3325, 2012.
49. **Loenneke JP**, Thiebaud RS, Fahs CA, and LM Rossow. "Blood flow restricted resistance exercise: Rapidly affecting the myofiber and the myonuclei." *Journal of Physiology* 590(Pt 21) 5271, 2012.
50. Ye X, **Loenneke JP**, Fahs CA, Rossow LM, Thiebaud RS, Kim D, Bemben MG, and T Abe. "Relationship between lifting performance and skeletal muscle mass in elite powerlifters." *Journal of Sports Medicine and Physical Fitness* 53(4) 409-414, 2013.
51. **Loenneke JP**. "Skeletal Muscle Hypertrophy, the role of Exercise Intensity." *Journal of Trainology* 1(2) 28-31, 2012.
52. **Loenneke JP**, Abe T, Wilson JM, Ugrinowitsch C, and MG Bemben. "Blood Flow Restriction: How does it work?" *Frontiers in Striated Muscle Physiology* 3:392, 2012.
53. **Loenneke JP**, Thiebaud RS, Fahs CA, Rossow LM, Abe T, and MG Bemben. "Blood Flow Restriction does not Result in Prolonged Decrements in Torque." *European Journal of Applied Physiology* 113 (4) 923-931, 2013.
54. Ogasawara R, Thiebaud RS, **Loenneke JP**, Loftin M, and T Abe. "Time course for arm and chest muscle thickness changes following bench press training." *Interventional Medicine and Applied Science* 4(4) 217-220, 2012.

55. Yasuda T, **Loenneke JP**, Thiebaud RS, and T Abe. "Effects of blood flow restricted low-intensity concentric or eccentric training on muscle size and strength." *PLOS ONE* 7(12) e52843, 2012.
56. Martin-Hernandez J, Marin PJ, Menendez H, Ferrero C, **Loenneke JP**, and AJ Herrero. "Muscular adaptations after two different volumes of blood flow restricted training." *Scandinavian Journal of Medicine and Science in Sports* 23(2) e114-120, 2013.
57. **Loenneke JP** and JM Wilson. "Estimate of Body Composition Not Anaerobic Performance." *Asian Journal of Sports Medicine* 4(1) 83-84, 2013.
58. Ozaki H, **Loenneke JP**, Thiebaud RS, and T Abe. "Resistance training induced increase in VO₂max in young and older subjects." *European Review of Aging and Physical Activity* 10(2), 107-116, 2013.
59. Fahs CA, **Loenneke JP**, Rossow LM, and MG Bemben. "Cross-over Muscular Adaptation to Blood Flow-Restricted Exercise." *Medicine & Science in Sports & Exercise* 45(5) 1018, 2013.
60. Wilson JM, Lowery RP, Joy JM, **Loenneke JP**, and MA Naimo. "Practical blood flow restriction training increases acute detriments of hypertrophy without increasing indices of muscle damage." *Journal of Strength and Conditioning Research* 27(11), 3068-3075, 2013.
61. Ogasawara R, **Loenneke JP**, Thiebaud RS, and T Abe. "Low-load Bench Press Training to Fatigue Results in Muscle Hypertrophy Similar to High-load Bench Press Training." *International Journal of Clinical Medicine* 4, 114-121, 2013.
62. Thiebaud RS, **Loenneke JP**, Fahs CA, Rossow LM, Kim D, Abe T, Anderson MA, Young KC, Bemben DA, and MG Bemben. "The effects of elastic band resistance training combined with blood flow restriction on strength, total bone free lean body mass, and muscle thickness in postmenopausal women." *Clinical Physiology and Functional Imaging* 33(5) 344-352, 2013.
63. Rossow LM, Fukuda DH, Fahs CA, **Loenneke JP**, and JR Stout. "Natural bodybuilding competition preparation and recovery: A 12-month case study." *Journal of Sports Physiology and Performance* 8(5), 582-592, 2013.
64. **Loenneke JP**, Thiebaud RS, Fahs CA, Rossow LM, Abe T, and MG Bemben. "Effect of Cuff Type on Arterial Occlusion" *Clinical Physiology and Functional Imaging* 33(4) 325-327, 2013.
65. **Loenneke JP**, Hirt KM, Wilson JM, Barnes JT, and TJ Pujol. "Predicting body composition in college students using the Womersley and Durnin BMI Equation." *Asian Journal of Sports Medicine* 4(2) 153-157, 2013.
66. Ozaki H, **Loenneke JP**, Thiebaud RS, Stager JM, and T Abe. "Possibility of leg muscle hypertrophy by ambulation in older adults: a brief review." *Clinical Interventions in Aging* 8, 369-375, 2013.
67. Thiebaud RS, Yasuda T, **Loenneke JP**, and T Abe. "Effects of low-intensity concentric and eccentric exercise combined with blood flow restriction on indices of exercise-induced muscle damage." *Interventional Medicine & Applied Science* 5(2) 53-59, 2013.
68. Ye X, Beck TW, Stock MS, Fahs CA, Kim D, **Loenneke JP**, Thiebaud RS, DeFreitas, JM, Rossow LM, Bemben DA, and MG Bemben. "Acute Effects of Wearing an Elastic, Supportive Device on Bench Press Performance in Young, Resistance-Trained Males." *Gazzetta Medica Italiana* 173(3), 91-101, 2014.

69. **Loenneke JP**, Thiebaud RS, and T Abe. "The application of blood flow restriction training into Western Medicine: Isn't it about time?" *Journal of Alternative and Complementary Medicine* 19(10), 843-844, 2013.
70. **Loenneke JP**, Barnes JT, Wilson JM, Lowery RP, Isaacs MN, and TJ Pujol. "Reliability of field methods for estimating body fat. *Clinical Physiology and Functional Imaging* 33(5) 405-408, 2013.
71. Abe T, **Loenneke JP**, Kojima K, Wan H, Thiebaud RS, and JM Stager. "Is resistance exercise with controlled frequency breathing superior to training of the same program with normal breathing? – future challenges." *Journal of Trainology* 2(1), 6-9, 2013.
72. **Loenneke JP**, Thiebaud RS, Abe T, Manfro I, and PJ Marin. "Acute blood flow restricted exercise to treat Duchenne muscular dystrophy: Would it be efficacious?" *Frontiers in Striated Muscle Physiology* 4:114, 2013.
73. Hernandez JM, Marin PJ, Menendez H, **Loenneke JP**, Coelho-e-Silva MJ, Garcia-Lopez D, and AJ Herrero. Changes in muscle architecture induced by low load blood flow restricted training." *Acta Physiologica Hungarica* 100(4), 411-418, 2013.
74. Abe T, Thiebaud RS, **Loenneke JP**, Loftin M, and T Fukunaga. "Prevalence of site-specific thigh sarcopenia in Japanese men and women." *AGE* 36(1), 417-426, 2014.
75. **Loenneke JP**, Fahs CA, Rossow LM, Ozaki H, Pujol TJ, and MG Bemben. "Hypertension Risk: Exercise is Medicine* for most but not all." *Clinical Physiology and Functional Imaging* 34(1), 77-81, 2014.
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SCIENTIFIC ABSTRACTS/ORAL PRESENTATIONS

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61. Counts BR, Buckner SL, Dankel SJ, Jessee MB, Mattocks KT, Mouser JG, Laurentino GC, and **Loenneke JP**. The Acute Response to No Load Exercise: Is it Sufficient? ACSM National Conference, June 2016, Boston, Massachusetts.
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63. Mouser JG, Buckner SL, Counts BR, Dankel SJ, Jessee MB, Mattocks KT, Laurentino GC, and **Loenneke JP**. Venous versus Arterial Blood Flow Restriction: The Impact of Cuff Width. ACSM National Conference, June 2016, Boston, Massachusetts.
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71. Abe T, **Loenneke JP**, Thiebaud RS, Abe A. Age-related Decline in Handgrip Strength and Loss of Forearm Muscle Size and/or Muscle Quality in Men. ACSM National Conference, June 2016, Boston, Massachusetts.
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74. Gegg CR, McDowell KW, Williamson KA, **Loenneke JP**, Barnes JT, Waggoner JD. Hydration Status, Knowledge, And Perception In Division 1 Collegiate Baseball And Softball Players. ACSM National Conference, June 2016, Boston, Massachusetts.
75. Rossow LM, Fahs CA, **Loenneke JP**, Thiebaud RS, Bemben DA, Bemben MG. Relationships Among Various Body Composition Techniques for Lower Limb Muscle and Fat Assessment ACSM National Conference, June 2016, Boston, Massachusetts.
76. Fahs CA, Rossow LM, **Loenneke JP**, Thiebaud RS, Bemben DA, Bemben MG. Relationships Between Regional Lean Body Mass, Strength, and Vascular Function in Women. ACSM National Conference, June 2016, Boston, Massachusetts.
77. Barnes JT, Waggoner JD, **Loenneke JP**, Miller WM, Gegg CR, Williamson KA, McDowell KW, Guy JD. Validity of Ultrasound and Skinfolds for the Measurement of Body Composition in Collegiate Baseball Players. ACSM National Conference, June 2016, Boston, Massachusetts.
78. **Loenneke JP** and J Owens. "Blood Flow Restriction: Applying the Science to Sports Idols and Military Heroes." ACSM National Conference, June 2016, Boston, Massachusetts.
79. **Loenneke JP**. "A working model of blood flow restriction." Philadelphia Eagles, October 2016, Philadelphia, Pennsylvania.
80. **Loenneke JP**. "Blood Flow Restriction for Rehabilitation: The Known and Unknown." Canadian Association of Cardiovascular Prevention and Rehabilitation (Webinar), December 2016.
81. **Loenneke JP**. "Blood Flow Restriction: The state of the Art." Sportskongres, February 2017, Copenhagen, Denmark.

82. **Loenneke JP.** “How to do blood-flow restricted exercise?” Sportskongres, February 2017, Copenhagen, Denmark.
83. Mouser JG, Laurentino GC, Scott J. Dankel, Buckner SL, Jessee MB, Counts BR, Mattocks KT, and **JP Loenneke.** “Blood Flow in Humans During Low-Load Exercise with and without Blood Flow Restriction.” ACSM National Conference, June 2017, Denver, Colorado.
84. Barnes JT, Waggener JD, **Loenneke JP,** Miller WP, Gegg C, McDowell KW, Schrum LK, and KD Barns. “A comparison of DXA and a Joint Diameter-based System for the Measurement of Body Composition.” ACSM National Conference, June 2017, Denver, Colorado.
85. **Loenneke JP,** Dankel SJ, Jessee MB, Buckner SL, Mouser JG, and KT Mattocks. “Are Higher Blood Flow Restriction Pressures More Beneficial When Lower Loads Are Used?” ACSM National Conference, June 2017, Denver, Colorado.
86. Jessee MB, Mattocks KT, Counts BR, Buckner SL, Mouser JG, Dankel SJ, Laurentino GC, and **JP Loenneke.** The Acute Muscular Responses to Blood Flow Restricted Exercise Using Low and High Relative Pressures.” ACSM National Conference, June 2017, Denver, Colorado.
87. Mattocks KT, Jessee MB, Counts BR, Buckner SL, Mouser JG, Dankel SJ, Laurentino GC, and **JP Loenneke.** “Effects of Different Levels of Blood Flow Restriction on Arterial Occlusion Pressure and Perceptual Responses.” ACSM National Conference, June 2017, Denver, Colorado.
88. Dankel SJ, Jessee MB, Buckner SL, Mouser JG, Mattocks KT, and **JP Loenneke.** “Cardiovascular and Perceptual Responses to Various Blood Flow Restriction Pressures and Exercise Loads.” ACSM National Conference, June 2017, Denver, Colorado.
89. Buckner SL, Dankel SJ, Mattocks KT, Jessee MB, Mouser JG, Counts BR, Laurentino GC, and **JP Loenneke.** “Differentiating Swelling and Hypertrophy Following Repeated Bouts of Resistance Exercise.” ACSM National Conference, June 2017, Denver, Colorado.
90. Abe T, **Loenneke JP,** Thiebaud RS, Fujita E, Akarmine T, and M Loftin. “Associations of DXA-derived Appendicular Lean and Fat-Free adipose Tissue Mass with a Single Forearm Ultrasound Image.” ACSM National Conference, June 2017, Denver, Colorado.
91. **Loenneke JP.** “Practical Blood Flow Restriction Training: Lessons from the Laboratory.” Inspire Convention, August 2017, Nyborg, Denmark.
92. **Loenneke JP.** “Blood Flow Restriction: The Basics of Getting Back.” Inspire Convention, August 2017, Nyborg, Denmark.
93. **Loenneke JP.** “Science of Strength Training: Is it time to question the fundamentals?” Simposio Internacional, November 2017, Sao Paulo, Brazil.
94. **Loenneke JP.** “Science of Strength Training: Is it time to question the fundamentals?” Simposio Internacional De Florianopolis, November 2017, Florianopolis, Brazil.
95. **Loenneke JP.** “Blood Flow Restriction: Points Worth Considering.” April 2018, Copenhagen Denmark.

96. **Loenneke JP.** “Rest and Recovery with Blood Flow Restriction: Can we get more out of rehabilitation?” Fagkongres, April 2018, Odense, Denmark.
97. **Loenneke JP.** “How to use blood flow restricted exercise in clinical practice?” Fagkongres, April 2018, Odense, Denmark.
98. Thiebaud RS, Abe T, **Loenneke JP**, Fujita E, Akamine T. “Can ultrasound subcutaneous fat thickness be used to estimate percent body fat in older adults? ACSM National Conference, June 2018, Minneapolis, Minnesota.
99. Mouser JG, Mattocks KT, Dankel SJ, Buckner SL, Jessee MB, Bell ZW, Abe T, and **JP Loenneke.** “Cardiovascular responses to blood flow restriction and very low load resistance exercise in the upper body.” ACSM National Conference, June 2018, Minneapolis, Minnesota.
100. Mattocks KT, Mouser JG, Jessee MB, Dankel SJ, Buckner SL, Bell ZW, Abe T, and **JP Loenneke.** “Acute hemodynamic response to very low load resistance exercise with or without blood flow restriction.” ACSM National Conference, June 2018, Minneapolis, Minnesota.
101. Barnes JT, Waggoner JD, **Loenneke JP**, and WM Miller. “Validity of ultrasound and skinfolds for the measurement of body composition in collegiate basketball players.” ACSM National Conference, June 2018, Minneapolis, Minnesota.
102. **Loenneke JP.** “The importance of frequency for muscle hypertrophy: Evidence based or wishful thinking? [Symposium]” ACSM National Conference, June 2018, Minneapolis, Minnesota.
103. Bell ZW, Buckner SL, Jessee MB, Mouser JG, Mattocks KT, Dankel SJ, Abe T, and **JP Loenneke.** “Perceptual and cardiovascular responses to very low load exercise with and without blood flow restriction.” ACSM National Conference, June 2018, Minneapolis, Minnesota.
104. Buckner SL, Jessee MB, Dankel SJ, Mouser JG, Mattocks KT, Bell ZW, Abe T, and **JP Loenneke.** “Muscular responses to very low load resistance exercise with blood flow restriction in the upper body.” ACSM National Conference, June 2018, Minneapolis, Minnesota.
105. Jessee MB, Buckner SL, Mattocks KT, Mouser JG, Dankel SJ, Bell ZW, Abe T, and **JP Loenneke.** “Very low load resistance exercise is augmented by blood flow restriction in the lower body.” ACSM National Conference, June 2018, Minneapolis, Minnesota.
106. **Loenneke JP**, Folland JP. “Muscle Growth Does/Does Not contribute to the increases in strength that occur after resistance training.” [Colloquium] ACSM National Conference, June 2018, Minneapolis, Minnesota.
107. Dankel SJ, Mouser JG, Mattocks KT, Jessee MB, Buckner SL, Abe T, and **JP Loenneke.** “The effects of cuff width on hemodynamics in the legs during blood flow restriction.” ACSM National Conference, June 2018, Minneapolis, Minnesota.
108. **Loenneke JP.** “Bigger, Faster, Stronger: What is the role of resistance exercise?” Simposio Internacional, October 2018, Rio de Janeiro, Brazil.
109. **Loenneke JP.** “Blood Flow Restriction Therapy: Let’s put the squeeze on muscles.” Manchester United Medical Conference, November 2018, Manchester, England.

110. **Loenneke JP.** “Only the Strong Survive: Fact or Fiction.” Resistance Exercise Conference, March 2019, Minneapolis, Minnesota.
111. **Loenneke JP.** “Training for Hypertrophy vs. Training for Strength.” ACSM National Conference, June 2019, Orlando, Florida.
112. Spitz RW, Chatakondi RN, Bell ZW, Wong V, Dankel SJ, Abe T, and **JP Loenneke.** “Narrow cuffs decrease the perception of discomfort with blood flow restricted exercise.” ACSM National Conference, June 2019, Orlando, Florida.
113. Thiebaud RT, Abe T, **Loenneke JP,** Garcia T, Shirazi Y, Fiol J, and R McArthur. “Acute muscular responses to practical vs. traditional blood flow restriction resistance exercise.” ACSM National Conference, June 2019, Orlando, Florida.
114. Buckner SL, Jessee MB, Dankel SJ, Mattocks KT, Mouser JG, Bell ZW, Abe T, Bentley JP, and **JP Loenneke.** “Blood flow restriction does not augment low force contractions taken to or near task failure.” ACSM National Conference, June 2019, Orlando, Florida.
115. Jessee MB, Buckner SL, Mouser JG, Mattocks KT, Dankel SJ, Abe T, Bell ZW, Bentley J, and **JP Loenneke.** “Endurance is augmented by greater blood flow restriction pressures: Muscle size and strength are not.” ACSM National Conference, June 2019, Orlando, Florida.
116. Wong V, Chatakondi RN, Abe T, Bell ZW, Spitz RW, Dankel SJ, and **JP Loenneke.** “The acute muscle swelling response: The influence of sex and cuff size.” ACSM National Conference, June 2019, Orlando, Florida.
117. Bell ZW, Dankel SJ, Spitz RW, Chatakondi RN, Abe T, and **JP Loenneke.** “The perceived tightness scale does not provide reliable estimates of blood flow restriction pressure.” ACSM National Conference, June 2019, Orlando, Florida.
118. Dankel SJ, Mouser JG, Abe T, Bell ZW, Buckner SL, Mattocks KT, Jessee MB, and **JP Loenneke.** “Arm circumference as a method to standardize the practical blood flow restriction pressure.” ACSM National Conference, June 2019, Orlando, Florida.
119. Mattocks KT, Mouser JG, Jessee MB, Dankel SJ, Buckner SL, Bell ZW, Abe T, Bentley JP, and **JP Loenneke.** “High blood flow restriction pressure is necessary to induce vascular adaptations with very low-load training.” ACSM National Conference, June 2019, Orlando, Florida.
120. Mouser JG, Mattocks KT, Jessee MB, Buckner SL, Dankel SJ, Bell ZW, Abe T, Bentley JP, and **JP Loenneke.** “High pressure blood flow restriction is necessary for peripheral vascular adaptations with very low loads.” ACSM National Conference, June 2019, Orlando, Florida.
121. **Loenneke JP.** “Resistance Training: Training for Size, Strength, Performance.” Nippon Sports Science University, September 2019, Japan.
122. **Loenneke JP.** “Is muscle growth a mechanism for increasing strength? 70th conference of the Japan Society of Physical Education, Health, and Sports Sciences, September 2019, Japan.
123. **Loenneke JP.** “A novel approach to enhancing tendon rehabilitation: using Blood Flow Restriction.” Barca Sports Medicine Conference, October 2019, Barcelona, Spain.

124. **Loenneke JP.** “21 years of Blood Flow Restriction Training: A Coming of Age.” Mid-Atlantic Regional Meeting of the American College of Sports Medicine, November 2019, Harrisburg, Pennsylvania.
125. **Loenneke JP.** “Training for Muscle Size and Strength Is Periodization Important?” Strength and Conditioning Society International Sports Forum, November 2019, Madrid, Spain.

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3. **Loenneke JP** (2019). “The effect of resistance training on health.” University of Tokyo Press.
4. Dankel SJ and **JP Loenneke** (in progress). “Effects of hypoxia/blood flow restriction on cellular adaptations to training.” Routledge Handbook on Biochemistry of Exercise.

POPULAR PRESS PUBLICATIONS/ORAL PRESENTATIONS

1. **Loenneke JP.** “Practical Occlusion Training.” www.abcbodybuilding.com. May 2009
2. Wilson GJ, Wilson JM, Antonio J, Norton LE, **Loenneke JP**, Esgro B, Aragon A, and MT Nelson. “Want to build muscle & lose fat? Let’s ask the experts how it’s done...” www.dynamicduotraining.com. April 2012
3. **Loenneke JP** and CA Fahs. “Blood Flow Restriction” Natural Bodybuilding and Figure VIP Camp. Tampa, Florida at the University of Tampa. June 2012
4. **Loenneke JP.** “Blood Flow Restriction Training: Q and A with Jeremy Loenneke.” www.kylehuntfitness.com. July 2012
5. Wilson JM, Norton LE, **Loenneke JP**, Esgro B, McQueen J, Nelson MT, Robertson M, Contreras B, Schoenfeld B, Zourdos MC, Gentilcore T, Durkin T, Klemczewski J, and A Aragon. Want to learn how to squat? Let’s ask the experts how it’s done...” www.dynamicduotraining.com December 2012
6. Wilson JM, Norton LE, **Loenneke JP**, Ryan AS, Nelson MT, Klemczewski J, Phillips SM, Wilson S, Young M, Antonio J, Klein D, Forsythe C, Helms E, Miyaki N, and C Mohr. “15 Nutrition Myths You Want to Know...Allow the Experts to Tell.” www.dynamicduotraining.com March 2013.
7. Norton LE. “Jeremy Loenneke interview: The master of blood flow restriction training.” Muscular Development June 2013.
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8. **Loenneke JP.** “If you restrict it, will it grow?” Natural Bodybuilding and Figure VIP Camp 2. Tampa, Florida at the University of Tampa. June 2013

9. **Loenneke JP.** “Blood flow restriction Q and A.” <http://www.mountaindogdiet.com/>. June 2013.
10. **Loenneke JP.** 16 Experts Weigh in on Deadlifting Cues. www.dynamicduotraining.com June 2013.
11. **Loenneke JP.** “Mauricebright.com Interview: Nutrition and Exercise Scientist Jeremy Loenneke.” <http://www.mauricebright.com> July 2013.
12. **Loenneke JP.** “15 Experts Weigh in on HIIT or LISS Cardio for Optimal Fat Loss.” www.dynamicduotraining.com August 2013.
13. **Loenneke JP.** “Blood Flow Restriction Training with Jeremy Loenneke.” Interview for Ironaffinity.com November 2013.
14. **Loenneke JP.** “Blood Flow Restriction for the Able-Bodied Lifter.” DeNovoNutrition.com
15. **Loenneke JP.** “Blood Flow Restriction for athletes an interview with Dr. Jeremy Loenneke.” Interview for CoachSchmitter.com
16. **Loenneke JP.** “18 Nutrition Myths You Want to Know...Allow the Experts to Tell...” www.dynamicduotraining.com February 2014.
17. **Loenneke JP.** VIP Muscle Camps, March 2014 Australian National Tour.
18. **Loenneke JP.** FitX Seminar Series, March 2014, Melbourne Australia.
19. **Loenneke JP.** “Blood Flow Restriction Training an interview with Jeremy Loenneke.” www.dynamicduotraining.com (April 2014).
20. **Loenneke JP.** “Blood Flow Restriction Training: Research to Application.” Webinar with Better Performance (April 25, 2014).
21. **Loenneke JP.** “Blood Flow Restriction Training: It’s Science, NOT an Advertisement.” Natural Bodybuilding and Figure VIP Camp 3. Tampa, Florida at the University of South Florida. June 2014
22. **Loenneke JP.** Radio interview on Blood Flow Restriction Training with SuperHumanRadio.com. July 7, 2014.
23. **Loenneke JP.** “Jeremy Loenneke on Blood Flow Restriction Training, Fitness Industry, Flexible Dieting” podcast with Andrea Valdez Health and Fitness, August 20, 2014. <https://www.youtube.com/watch?v=wfsHF3BnI9k>
24. **Loenneke JP.** “Interview with Dr Jeremy Loenneke || Blood Flow Resistance Training (BFR)” Interview with Benjamin De Mase, August 23, 2014. <https://www.youtube.com/watch?v=F7zVH9SK7E0>
25. **Loenneke JP.** “Blood Flow Restriction Training” interview with Sam Grachan of BioFlex Nutrition <http://www.bioflexnutrition.com.au/view/sam-grachan>
26. **Loenneke JP.** “Blood flow Restriction Training with Dr. Jeremy Loenneke” Physique Science Radio Episode 7 (2014) <https://soundcloud.com/biolayne/physique-science-radio-episode-7-blood-flow-restriction-training-with-dr-jeremy-loenneke>

27. **Loenneke JP.** “Blood Flow Restriction (BFR) Training with Dr. Jeremy Loenneke” Well Traveled Wellness Podcast (2014) <http://welltraveledwellness.com/podcast-13-blood-flow-restriction-bfr-training-with-dr-jeremy-loenneke/>
28. **Loenneke JP.** “Blood Flow restriction Training.” IronLife Magazine, 2014.
29. **Loenneke JP.** “Do you even science? with Dr. Jeremy Loenneke” Well Traveled Wellness Podcast (2015) <http://welltraveledwellness.com/podcast-17-do-you-even-science-with-dr-jeremy-loenneke/>
30. **Loenneke JP.** Blood Flow is important, this Jeremy guy is an idiot.” Natural Bodybuilding and Figure VIP Camp Chicago, January 2015.
31. **Loenneke JP.** Episode 47 of the Guru Performance 'We Do Science' podcast! In this episode I (Laurent Bannock) discuss 'Blood Flow Restriction Training' with Jeremy Loenneke PhD, University of Mississippi, USA. <http://guruperformance.libsyn.com/episode-47-blood-flow-restriction-with-jeremy-loenneke-phd> (March 2015).
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33. **Loenneke JP.** “Are you illiterate?...Enjoy being dumb, I’m sure you are very happy.” Natural Bodybuilding and Figure VIP Camp 4. Tampa, Florida at the University of South Florida. July 2015
34. **Loenneke JP.** “Feel The Pressure.” IronLife Magazine, 2015.
35. **Loenneke JP.** “Blood Flow Restriction Training & Research Discussion With Prof Jeremy Loenneke (The Sequel).” https://www.youtube.com/watch?v=JL_TM72xIyQ, September 2015.
36. Loprinzi PD and **Loenneke JP.** Does Exercise Slow the Aging Process? New York Times. <http://well.blogs.nytimes.com/2015/10/28/does-exercise-slow-the-aging-process/?smprod=nytcare-ipad&smid=nytcare-ipad-share&r=0> (October, 2015).
37. **Loenneke JP.** Can You Work Out Less, Get More Results? Wall Street Journal. <http://www.wsj.com/articles/can-you-work-out-less-get-more-results-1450714676> (December, 2015)
38. **Loenneke JP.** Video interview with Korean Broadcasting System on our research (November, 2015)
39. **Loenneke JP** and PD Loprinzi. Ole Miss News. “UM Researchers Examine How Exercise Combats Aging.” <http://news.olemiss.edu/um-professors-nobel-prize-winner-study-aging/> (March, 2016).
40. **Loenneke JP.** Historic Performance Podcast #37 with Dr. Jeremy Loenneke. <http://www.historicperformance.net/podcast-episodes/historic-performance-podcast-37-dr-jeremy-loenneke>
41. **Loenneke JP.** “Don’t go with the flow: Blood Flow Restriction Training is a Game Changer.” Sports Illustrated <http://www.si.com/edge/2016/04/21/blood-flow-restriction-training-jeremy-loenneke>. April 2016
42. **Loenneke JP.** Role of Muscle Size with Muscle Strength. Vogelitis Fitness, May 2016.

43. **Loenneke JP.** “Blood Flow Restriction Training: The slow-flow movement is fast becoming rehab’s hottest friend.” http://lermagazine.com/cover_story/blood-flow-restriction-training-the-slow-flow-movement-is-fast-becoming-rehabs-hottest-trend. July 2016.
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45. **Loenneke JP.** Blood Flow Restriction and Muscle Gain with Dr. Jeremy Loenneke. Eat To Perform Podast. <https://soundcloud.com/eattoperform/blood-flow-restriction-and-muscle-gain-with-dr-jeremyloenneke>. November 2016.
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47. **Loenneke JP.** “Bodybuilders aren’t necessarily the strongest athletes.” Wiley Press Release https://www.eurekalert.org/pub_releases/2016-11/w-bba110316.php. November 2016.
48. **Loenneke JP.** Interview with Allee Manning on the relationship between muscle size and strength. Vocativ.com November 2016.
49. **Loenneke JP.** “Sex and BFR: Too many studies exclude young women.” <http://lermagazine.com/news/in-the-moment-rehabilitation/sex-and-bfr-too-many-studies-exclude-young-women>. November 2016.
50. **Loenneke JP.** Interview with Fitness M/K of Copenhagen Denmark. <https://itunes.apple.com/us/podcast/81-sportskongres-2017/id1014911705?i=1000381083203>. February 2017.
51. **Loenneke JP, Rossow LM.** “Lindenwood Belleville professor fighting for women in scientific studies.” Belleville News-Democrate. <http://www.bnd.com/living/magazine/article136216128.html>. March 2017.
52. **Loenneke JP.** Doctor Radio XM Radio. <https://www.siriusxm.com/doctorradio>. March, 2017.
53. **Loenneke JP.** “The Five Things That Happen to Your Body When You Quit Working Out.” <https://www.outsideonline.com/2175671/five-things-happen-your-body-when-you-quit-working-out> May, 2017.
54. **Loenneke JP.** “#55: Jeremy Loenneke on Blood Flow Restriction Training, Periodization, General Adaptation Syndrome and HIT.” <http://www.15minutecorporatewarrior.com/podcast/jeremy-loenneke/> May, 2017.
55. **Loenneke JP.** “SSD Podcast, Dr. Jeremy Loenneke: Blood Flow Restriction.” <https://www.youtube.com/watch?v=bF8nEYkGPoc&t=129s> May, 2017.
56. **Loenneke JP.** Interviewed for Men’s Health about our Dropset Study (September Issue).

57. **Loenneke JP.** “Those Guys Tying Their Arms Off at the Gym Are Onto Something.” https://tonic.vice.com/en_us/article/a3dp3k/those-guys-tying-their-arms-off-at-the-gym-are-onto-something August, 2017.
58. **Loenneke JP.** Interviewed by David Kohn on blood flow restriction or an article (unpublished to my knowledge) August, 2017.
59. **Loenneke JP.** Podcast with Iron SubCulture (unpublished to my knowledge) August, 2017.
60. **Loenneke JP.** “Is It Legit? Occlusion Training For Muscle Growth.” <https://www.onnit.com/academy/is-it-legit-occlusion-training-for-muscle-growth/> October, 2017.
61. **Loenneke JP.** “66 – Jeremy Loenneke Blood Flow Restriction Training, Hypertrophy Myths and The Future of High Performance Training.” <https://www.benpakulski.com/podcasts/loenneke/> January, 2018.
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63. **Loenneke JP.** Interviewed by School of Applied Sciences. February, 2018.
64. **Loenneke JP.** Exercise-Radio-Biohacking Fitness with Kusha Karvandi. March, 2018
65. **Loenneke JP.** Class Webinar on Muscle Size and Strength (University of Massachusetts), 2018.
66. **Loenneke JP.** Muscle Hypertrophy with blood flow restriction exercise-A talk with Jeremy Loenneke, FootballMedicine.net, June, 2018 <https://footballmedicine.net/muscle-hipertrophy-blood-flow-restriction-exercise/>
67. **Loenneke JP.** “SSD Podcast, Jeremy Loenneke's unconventional thoughts on hypertrophy training.” https://www.youtube.com/watch?v=BFEKFeSsA_4 July, 2018.
68. **Loenneke JP.** Consult to Leicester Football Club medical staff related to skeletal muscle adaptation (2018).
69. **Loenneke JP.** Interviewed for Women’s Health about our Dropset Study (May Issue).
70. **Loenneke JP.** Corporate Warrior Podcast, May, 2018. <https://corporatewarrior.co/podcast/jeremy-loenneke-muscle-growth-over-long-term/>
71. **Loenneke JP.** Contributed information to the School of Applied Sciences on our recent blood pressure paper for release to Ole Miss News. February, 2019. <https://news.olemiss.edu/um-researchers-make-waves-blood-pressure-research/>
72. **Loenneke JP.** Interviewed by Ali Rendley for “Blood flow restriction: A potential new approach to rehabilitation”. <https://healthydebate.ca/2019/05/topic/blood-flow-restriction> February, 2019.
73. **Loenneke JP.** Podcast with Inform Fitness on Resistance Training (May, 2019).

74. **Loenneke JP.** The Strength Hypertrophy Debate | Dr. Taber vs Dr. Loenneke.
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75. **Loenneke JP.** Episode 75: Hypertrophy's Effects on Strength Athletes ft. Dr. Jeremy Loenneke.
<https://podcasts.apple.com/us/podcast/episode-75-hypertrophys-effects-on-strength-athletes/id1293943119?i=1000440775370> (June, 2019).
76. **Loenneke JP.** Class Webinar on Muscle Size and Strength (Florida Atlantic University), June 2019.
77. **Loenneke JP.** Podcast with Inform Fitness on Blood Flow Restriction (December, 2019).
78. **Loenneke JP.** Interview with Barcelona Football Club (December, 2019).
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https://www.muscleintelligence.com/episode80/?fbclid=IwAR30BJP7eXYqYWUOAMUyytPkaLTU1er6dS_viuF39b- M_RxzwJVeQyuBwg
80. **Loenneke JP.** Podcast with Joelle Samantha Fitness (February, 2020).
81. **Loenneke JP.** Podcast with Weightlifting House on Blood Flow Restriction (February, 2020).
82. **Loenneke JP.** Podcast with Kevin Kuhn on Blood Flow Restriction (February, 2020).

PROFESSIONAL AFFILIATIONS

2006-2013	National Strength and Conditioning Association
2006- Present	American College of Sports Medicine
2009-Present	The American Physiological Society
2010-Present	The Honor Society of Phi Kappa Phi
2013-2018	Board Member for The BioLayne Foundation (Scholarship Fund)
2014-Present	Editorial Board for the Journal of Trainology
2014-2016	Scientific Advisory Board for Blood Flow Restriction at The Center for the Intrepid
2016-Present	Editorial Board for Sports Medicine
2018-Present	Board member for Phi Kappa Phi
2019-Present	Editorial Board for Plos One
2019-Present	International Advisory Board for Physiological Measurement

EXTERNAL PEER REVIEWER

1. Acta Physiologica
2. Acta Physiologica Hungarica
3. AGE
4. Aging Clinical and Experimental Research
5. AJP: Heart and Circulatory Physiology

6. AJP-Regulatory, Integrative and Comparative Physiology
7. Ammons Scientific
8. Applied Physiology, Nutrition, and Metabolism
9. Archives of Gerontology and Geriatrics
10. Arthritis Care and research
11. Asian Journal of Sports Medicine
12. Biology of Sport
13. BMC Medical Imaging
14. BMJ Open Sport and Exercise Medicine
15. British Journal of Sports Medicine
16. Chinese Journal of Physiology
17. Clinical Interventions in Aging
18. Clinical Nutrition
19. Clinical Physiology and Functional Imaging
20. CLINICS
21. Current Sports Medicine Reports
22. Diabetes, Obesity, and Metabolism
23. Ethiopian Journal of Health Sciences
24. European Journal of Applied Physiology
25. European Journal of Clinical Nutrition
26. European Journal of Sports Science
27. Experimental Gerontology
28. Frontiers in Physiology
29. Growth Factors
30. Hippokratia
31. Human Movement Science
32. International Journal of Exercise Science
33. International Journal of Sports Medicine
34. International Journal of Sports Physical Therapy
35. International Journal of Sports Physiology and Performance
36. International Journal of Sports Science and Coaching
37. International Journal of Vitamin and Nutrition Research
38. Iranian Journal of Pediatrics
39. Journal of Applied Physiology
40. Journal of Athletic Enhancement
41. Journal of Cachexia, Sarcopenia, and Muscle
42. Journal of Clinical Medicine
43. Journal of Electromyography and Kinesiology
44. Journal of Gerontology: Biological Sciences
45. Journal of Healthcare Engineering
46. Journal of Obesity
47. Journal of Science and Medicine in Sport
48. Journal of Sport and Health Science
49. Journal of Sport Rehabilitation
50. Journal of Strength and Conditioning Research
51. Journal of the International Society of Sports Nutrition
52. Journal of Trainology
53. Kinesiology
54. Medicine and Science in Sports and Exercise
55. Motor Control
56. Movement
57. Muscle and Nerve

58. Nanoscience & Technology
59. Peer J
60. Perceptual and Motor Skills
61. Physical Therapy in Sport
62. Physiological Measurement
63. Physiology and Behavior
64. Physiology International
65. Plos One
66. PM & R Journal
67. REDOX Biology
68. Research in Sports Medicine
69. Research Quarterly for Exercise and Sport
70. Scandinavian Journal of Medicine and Science in Sports
71. Scientific Research and Essays
72. Sports Health
73. Sports Medicine
74. Sports Medicine-Open
75. SpringerPlus
76. Strength and Conditioning Journal
77. The American Journal of Sports Medicine
78. The Physician and Sports Medicine
79. Ultrasound in Medicine and Biology
80. Vascular health and Risk Management
81. Women's Health

EXTERNAL GRANT REVEIWER

- | | |
|------|---|
| 2018 | The Netherlands Organization for Health Research and Development |
| 2018 | Research Council of Norway |
| 2019 | Orthopaedic research UK (ORUK) |
| 2020 | Congressionally Directed Medical Research Programs (CDMRP) Defense Medical Research and Development Program (DMRDP) |

HONORS AND AWARDS

- | | |
|--------------|--|
| Fall 2006 | Deans Honor List |
| Spring 2007 | Deans Honor List |
| Sum. 2007 | Deans Honor List |
| Fall 2007 | Deans Honor List |
| Spring 2007 | Deans Honor List |
| Spring 2009 | Certificate of Academic Distinction |
| Spring 2010 | Certificate of Academic Distinction |
| Spring 2010 | Provost Award for Academic Excellence |
| Spring 2012 | Health and Exercise Science Research Award |
| Spring 2013 | Health and Exercise Science Research Award |
| Spring 2013 | American Kinesiology Association Student Writing Award |
| Spring 2014 | Health and Exercise Science Research Award |
| Spring 2014 | Certificate of Distinction for Outstanding Graduate Assistant Teaching |
| Spring 2015 | Thomas A. Crowe Outstanding Faculty Award |
| Spring 2017 | Thomas A. Crowe Outstanding Faculty Award |
| 2018-Present | Fellow of the American College of Sports Medicine |

MENTORSHIP

2010-2014	Michael G Bembem, PhD The University of Oklahoma
2011-2014	Takashi Abe, PhD The University of Mississippi
2008-2010	Thomas J Pujol, EdD. Southeast Missouri State University