

2025: A Year of Great Success for *Muscles*

Guglielmo Duranti 

Laboratory of Biochemistry and Molecular Biology, Department of Movement, Human and Health Sciences, Università degli Studi di Roma “Foro Italico”, Piazza Lauro de Bosis, 600135 Rome, Italy; guglielmo.duranti@uniroma4.it; Tel.: +39-0636733479

MDPI’s *Muscles* is celebrating a highly positive 2025.

Since its founding in 2022 [1,2], this journal has attracted growing interest from the international community. This has aligned with the increased focus on muscle and its pathophysiology that has developed in recent years [3].

Skeletal muscle constitutes approximately 40% of total body weight in adults, and its health is essential for overall well-being. Muscle is responsible for movement, maintaining posture, supporting bones, regulating energy metabolism, and protecting the body—all fundamental functions. The health of this tissue is therefore crucial for maintaining individual health. Consequently, great attention on this topic has emerged within international scholarship (Figure 1) [3].

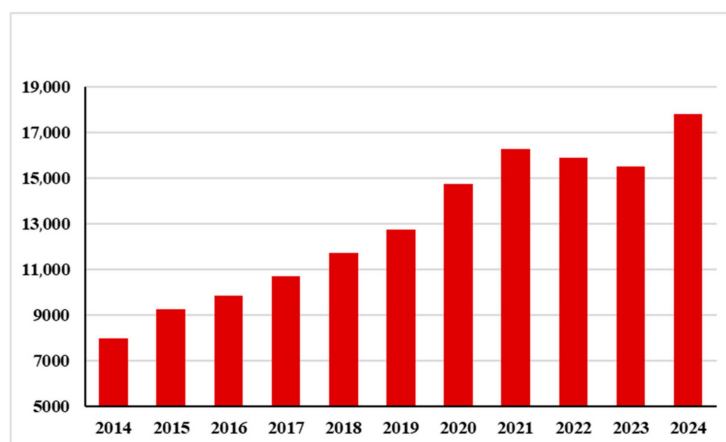


Figure 1. Numbers of publications indexed in PubMed from 2014 to 2024 applying the keyword “muscle” and in combination with “health”.

In this context, *Muscles* has been significant, responding to scholarly interest and providing an effective platform to present recent and innovative research in this field. Since its foundation in 2022, the numbers of submissions and published articles have grown steadily (Figure 2).

In particular, during 2025, the first historic milestone was reached for *Muscles*: the publication of its hundredth article [4]. This is highly significant for a journal that was only founded in 2022.

Among the various published articles, some have achieved significant relevance in terms of citations, reading by individuals and researchers, and numbers of downloads [5].

In terms of citation counts, as of 1 October 2025, the most cited articles were “Myokines in Appetite Control and Energy Balance” by Grannel et al. and “The Role of Mitochondria in Mediation of Skeletal Muscle Repair” by Alway et al., both with 23 citations [6,7] (Figure 3).



Received: 3 October 2025

Accepted: 9 October 2025

Published: 17 October 2025

Citation: Duranti, G. 2025: A Year of Great Success for *Muscles*. *Muscles* 2025, 4, 46. <https://doi.org/10.3390/muscles4040046>

Copyright: © 2025 by the author. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

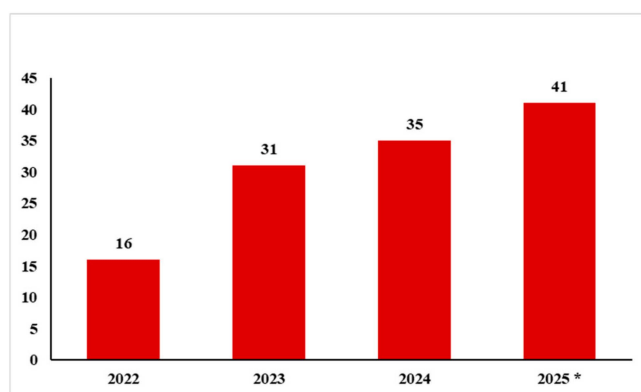


Figure 2. Numbers of publications in *Muscles* from 2022 to 2025. *: number verified as of 1 October 2025.

Citations	Article
23	Myokines in Appetite Control and Energy Balance by Andrew Grannell, Alexander Kokkinos and Carel W. le Roux
23	The Role of Mitochondria in Mediation of Skeletal Muscle Repair by Stephen E. Alway, Hector G. Paez and Christopher R. Pitzer
12	Astaxanthin Supplementation Reduces Subjective Markers of Muscle Soreness following Eccentric Exercise in Resistance-Trained Men by Gaven A. Barker, Alyssa L. Parten, David A. Lara, Kensey E. Hannon, Matthew J. McAllister and Hunter S. Waldman

Figure 3. The three most cited articles in *Muscles* as of 1 October 2025 (https://www.mdpi.com/journal/muscles/most_cited, accessed on 1 October 2025).

In terms of article access numbers, the two most viewed articles were “The Effects of Multiple Acute Turkesterone Doses on Indirect Measures of Hypertrophy and Metabolic Measures: A Preliminary Investigation” by Harris et al., accessed 50,336 times, and “Effects of Detraining on Muscle Strength and Hypertrophy Induced by Resistance Training: A Systematic Review” by Encarnação et al., accessed 29,856 times [8,9] (Figure 4).

Views	Article
50336	The Effects of Multiple Acute Turkesterone Doses on Indirect Measures of Hypertrophy and Metabolic Measures: A Preliminary Investigation by Dillon R. Harris, Tomas Chapman-Lopez, Steven B. Machek, Jeffery S. Forsse, Tracey Sulak and Leslee K. Funderburk
29856	Effects of Detraining on Muscle Strength and Hypertrophy Induced by Resistance Training: A Systematic Review by Irismar G. A. Encarnação, Ricardo B. Viana, Saulo R. S. Soares, Eduardo D. S. Freitas, Claudio A. B. de Lira and João B. Ferreira-Junior
20438	Muscle Activation during the Squat Performed in Different Ranges of Motion by Women by Lissiane Almeida Cabral, Leonardo Coelho Rabello Lima, Christian Emmanuel Torres Cabido, Rogério César Fermino, Saulo Fernandes Melo Oliveira, Alexandre Igor Araripe Medeiros, Luis Fabiano Barbosa, Thiago Mattos Frota de Souza, Túlio Banja and Cláudio de Oliveira Assumpção

Figure 4. The three most viewed articles in *Muscles* as of 1 October 2025 (https://www.mdpi.com/journal/muscles/most_cited, accessed on 1 October 2025).

Additionally, the most downloaded articles were Santos and Haluch’s “Downregulation of Androgen Receptors upon Anabolic-Androgenic Steroids: A Cause or a Flawed

Hypothesis of the Muscle-Building Plateau?”, with 3207 downloads, and Moreira et al.’s “Analysis of Muscle Strength and Electromyographic Activity during Different Deadlift Positions” with 1921 downloads [10,11] (Figure 5).

Downloads	Article
 3207	Downregulation of Androgen Receptors upon Anabolic-Androgenic Steroids: A Cause or a Flawed Hypothesis of the Muscle-Building Plateau? by Heitor O. Santos and Carlos E. F. Haluch
 1921	Analysis of Muscle Strength and Electromyographic Activity during Different Deadlift Positions by Vinicius Marques Moreira, Leonardo Coelho Rabello de Lima, Arnaldo Luis Mortatti, Thiago Mattos Frota de Souza, Fernando Vitor Lima, Saulo Fernandes Melo Oliveira, Christian Emmanuel Torres Cabido, Felipe J. Aidar, Manoel da Cunha Costa, Thiago Pires, Tatiana Acioli, Rogério César Fermino, Cláudio Oliveira Assumpção and Túlio Banja
 1681	Muscle Activation during the Squat Performed in Different Ranges of Motion by Women by Lissiane Almeida Cabral, Leonardo Coelho Rabello Lima, Christian Emmanuel Torres Cabido, Rogério César Fermino, Saulo Fernandes Melo Oliveira, Alexandre Igor Ararape Medeiros, Luis Fabiano Barbosa, Thiago Mattos Frota de Souza, Túlio Banja and Cláudio de Oliveira Assumpção

Figure 5. The three most downloaded articles in *Muscles* as of 1 October 2025 (https://www.mdpi.com/journal/muscles/most_cited, accessed on 1 October 2025).

Finally, another major milestone was reached by *Muscles* in 2025: indexing in major research reference systems, including PubMed and Scopus [12]. This of great significance, as publications being listed in these systems and thus receiving greater visibility will be a notable incentive for future submissions, which will continue to enhance the journal’s visibility and reputation.

Furthermore, the journal’s initial impact factor is pending, which will hopefully provide even more impetus for submissions [12].

However, much remains to be carried out in terms of promotion to ensure the long-term stability of *Muscles*, even though it currently appears projected towards a bright future.

Funding: This research received no external funding.

Conflicts of Interest: The author declares no conflicts of interest.

References

1. Angelini, C. Muscles—A New Open Access Journal. *Muscles* **2022**, *1*, 48–49. [CrossRef]
2. Duranti, G. Muscles Journal: The New Home of Muscle Followers. *Muscles* **2022**, *1*, 63–65. [CrossRef]
3. PubMed Website. Available online: https://pubmed.ncbi.nlm.nih.gov/?term=muscle+health&filter=datesearch.y_10 (accessed on 1 October 2025).
4. Usher, A.; Babraj, J. The Importance of Skeletal Muscle Oxygenation Kinetics for Repeated Wingate-Based Sprint Performance. *Muscles* **2025**, *4*, 18. [CrossRef] [PubMed]
5. PubMed Website. Available online: https://www.mdpi.com/journal/muscles/most_cited (accessed on 1 October 2025).
6. Grannell, A.; Kokkinos, A.; le Roux, C.W. Myokines in Appetite Control and Energy Balance. *Muscles* **2022**, *1*, 26–47. [CrossRef]
7. Always, S.E.; Paez, H.G.; Pitzer, C.R. The Role of Mitochondria in Mediation of Skeletal Muscle Repair. *Muscles* **2023**, *2*, 119–163. [CrossRef] [PubMed]
8. Harris, D.R.; Chapman-Lopez, T.; Machek, S.B.; Forsse, J.S.; Sulak, T.; Funderburk, L.K. The Effects of Multiple Acute Turkesterone Doses on Indirect Measures of Hypertrophy and Metabolic Measures: A Preliminary Investigation. *Muscles* **2024**, *3*, 364–375. [CrossRef] [PubMed]
9. Encarnação, I.G.A.; Viana, R.B.; Soares, S.R.S.; Freitas, E.D.S.; de Lira, C.A.B.; Ferreira-Junior, J.B. Effects of Detraining on Muscle Strength and Hypertrophy Induced by Resistance Training: A Systematic Review. *Muscles* **2022**, *1*, 1–15. [CrossRef]
10. Santos, H.O.; Haluch, C.E.F. Downregulation of Androgen Receptors upon Anabolic-Androgenic Steroids: A Cause or a Flawed Hypothesis of the Muscle-Building Plateau? *Muscles* **2022**, *1*, 92–101. [CrossRef]

11. Moreira, V.M.; Lima, L.C.R.; Mortatti, A.L.; Souza, T.M.F.; Lima, F.V.; Oliveira, S.F.M.; Cabido, C.E.T.; Aidar, F.J.; Costa, M.D.C.; Pires, T.; et al. Analysis of Muscle Strength and Electromyographic Activity during Different Deadlift Positions. *Muscles* **2023**, *2*, 218–227. [[CrossRef](#)] [[PubMed](#)]
12. PubMed Website. Available online: <https://www.mdpi.com/journal/muscles/indexing> (accessed on 1 October 2025).

Disclaimer/Publisher’s Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of MDPI and/or the editor(s). MDPI and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.