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ACADEMIC EMPLOYMENTS

- 04/2021-Present, Assistant Professor, Ritsumeikan University, Japan
- 04/2018-03/2021, Senior Researcher, Ritsumeikan University, Japan
- 04/2015-03/2018, Research Fellow of JSPS*, Waseda University, Japan
- 04/2013-03/2015, Research Fellow JSPS*, National Institute of Fitness and Sports in Kanoya, Japan
  *JSPS: Japan Society for the Promotion of Science

EDUCATION

- 04/2011-03/2014, PhD, Physical Education, National Institute of Fitness and Sports in Kanoya, Japan
- 04/2009-03/2011, MSc, Physical Education, National Institute of Fitness and Sports in Kanoya, Japan
- 04/2005-03/2009, BSc, Physical Education, National Institute of Fitness and Sports in Kanoya, Japan

SELECTED PUBLICATIONS

- **Maeo S**, Wu Y, Huang M, Sakurai H, Kusagawa Y, Sugiyama T, Kanehisa H, Isaka T. Triceps brachii hypertrophy is substantially greater after elbow extension training performed in the overhead versus neutral arm position. *Eur J Sport Sci*. 2022:1-11.
- **Maeo S**, Huang M, Wu Y, Sakurai H, Kusagawa Y, Sugiyama T, Kanehisa H, Isaka T. Greater hamstrings muscle hypertrophy but similar damage protection after training at long versus short muscle lengths. *Med Sci Sports Exerc*. 2021;53(4):825-37.
- **Maeo S**, Balshaw TG, Lanza MB, Hannah R, Folland JP. Corticospinal excitability and motor representation after long-term resistance training. *Eur J Neurosci*. 2021;53(10):3416-32.
- **Maeo S**, Shan X, Otsuka S, Kanehisa H, Kawakami Y. Neuromuscular adaptations to work-matched maximal eccentric versus concentric training. *Med Sci Sports Exerc*. 2018;50(8):1629-40.
- **Maeo S**, Saito A, Otsuka S, Shan X, Kanehisa H, Kawakami Y. Localization of muscle damage within the quadriceps femoris induced by different types of eccentric exercises. *Scand J Med Sci Sports*. 2018;28(1):95-106.
- **Maeo S**, Shan X, Otsuka S, Kanehisa H, Kawakami Y. Single-joint eccentric knee extension training preferentially trains the rectus femoris within the quadriceps muscles. *Transl Sports Med*. 2018;1(5):212-20.
- **Maeo S**, Yamamoto M, Kanehisa H, Nosaka K. Prevention of downhill walking-induced muscle damage by non-damaging downhill walking. *PLoS One*. 2017;12(3):e0173909.
- **Maeo S**, Ando Y, Kanehisa H, Kawakami Y. Localization of damage in the human leg muscles induced by downhill running. *Sci Rep*. 2017;7(1):5769.
- **Maeo S**, Yamamoto M, Kanehisa H. Downhill walking training with and without exercise-induced

muscle damage similarly increase knee extensor strength. *J Sports Sci*. 2016;34(21):2018-26.

- **Maeo S**, Yamamoto M, Kanehisa H. Muscular adaptations to short-term low-frequency downhill walking training. *Int J Sports Med*. 2015;36(2):150-6.
- **Maeo S**, Ochi Y, Yamamoto M, Kanehisa H, Nosaka K. Effect of a prior bout of preconditioning exercise on muscle damage from downhill walking. *Appl Physiol Nutr Metab*. 2015;40(3):274-9.
- **Maeo S**, Yoshitake Y, Takai Y, Fukunaga T, Kanehisa H. Effect of short-term maximal voluntary co-contraction training on neuromuscular function. *Int J Sports Med*. 2014;35(2):125-34.
- **Maeo S**, Yoshitake Y, Takai Y, Fukunaga T, Kanehisa H. Neuromuscular adaptations following 12-week maximal voluntary co-contraction training. *Eur J Appl Physiol*. 2014;114(4):663-73.
- Oliveira DS, Casolo A, Balshaw TG, **Maeo S**, Lanza MB, Martin NRW, Maffulli N, Kinfe TM, Eskofier BM, Folland JP, Farina D, Del Vecchio A. Neural decoding from surface high-density EMG signals: influence of anatomy and synchronization on the number of identified motor units. *J Neural Eng*. 2022;19(4).
- Miller R, Balshaw TG, Massey GJ, **Maeo S**, Lanza MB, Haug B, Johnston M, Allen SJ, Folland JP. The muscle morphology of elite female sprint running. *Med Sci Sports Exerc*. 2022;54(12):2138-48.
- Eihara Y, Takao K, Sugiyama T, **Maeo S**, Terada M, Kanehisa H, Isaka T. Heavy resistance training versus plyometric training for improving running economy and running time trial performance: a systematic review and meta-analysis. *Sports Med Open*. 2022;8(1):138.
- Kusagawa Y, Kurihara T, **Maeo S**, Sugiyama T, Kanehisa H, Isaka T. Associations of muscle volume of individual human plantar intrinsic foot muscles with morphological profiles of the foot. *J Anat*. 2022;241(6):1336-43.
- Skarabot J, Balshaw TG, **Maeo S**, Massey GJ, Lanza MB, Maden-Wilkinson TM, Folland JP. Neural adaptations to long-term resistance training: evidence for the confounding effect of muscle size on the interpretation of surface electromyography. *J Appl Physiol (1985)*. 2021;131(2):702-15.
- Miller R, Balshaw TG, Massey GJ, **Maeo S**, Lanza MB, Johnston M, Allen SJ, Folland JP. The muscle morphology of elite sprint running. *Med Sci Sports Exerc*. 2021;53(4):804-15.
- Casolo A, Del Vecchio A, Balshaw TG, **Maeo S**, Lanza MB, Felici F, Folland JP, Farina D. Behavior of motor units during submaximal isometric contractions in chronically strength-trained individuals. *J Appl Physiol (1985)*. 2021;131(5):1584-98.
- Kohiruimaki R, **Maeo S**, Kanehisa H. Suspended push-up training augments size of not only upper limb but also abdominal muscles. *Int J Sports Med*. 2019;40(12):789-95.
- Toyomura J, Mori H, Yamamoto M, Kanehisa H, **Maeo S**. Efficacy of downhill running training for improving muscular and aerobic performances. *Appl Physiol Nutr Metab*. 2018;43(4):403-10.
- Usui S, **Maeo S**, Tayashiki K, Nakatani M, Kanehisa H. Low-load slow movement squat training increases muscle size and strength but not power. *Int J Sports Med*. 2016;37(4):305-12.
- Tayashiki K, **Maeo S**, Usui S, Miyamoto N, Kanehisa H. Effect of abdominal bracing training on strength and power of trunk and lower limb muscles. *Eur J Appl Physiol*. 2016;116(9):1703-13.