

Data extraction form

Reviewer.....Date.....

Author.....Journal.....

Study method

Cross sectional

Intervention

GWAS

RCT

Other:

Study aim:.....

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Participants

n =.....settings (age, height, weight,other):

population:

training program description:

Genes data

SNPs:.....

Intervention details

The load description

Duiration

Fenotype values:.....

Authors conclusions:

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Reviewer decision:

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