

Table S1. Coding for energy expenditure of non-resistance training.

Author, year	Intensity	Physical activity	2011 Compendium of Physical Activities	
			Activity	MET
Alves, 2016	High	20 m shuttle run exercise and strength training	02040, circuit training, including kettlebells, some aerobic movement with minimal rest, general, vigorous intensity	8
Faigenbaum, 2015	High	FIT program	02040, circuit training, including kettlebells, some aerobic movement with minimal rest, general, vigorous intensity	8
Ferrete, 2014	High	Strength and high-intensity training program.	02020, calisthenics (e.g., push ups, sit ups, pull-ups, jumping jacks), vigorous effort	8
Granacher, 2011	Moderate	Balance exercises	02035, circuit training, moderate effort	4.3
Justin, 2014	High	Football game	15210, football, competitive	8
Lubans, 2010	High	Elastic tubing exercises and free weights exercises	02050, resistance training (weight lifting, free weight, nautilus or universal), power lifting or body building, vigorous effort (Taylor Code 210	6
Mayorga-Vega, 2016	Moderate	e.g. strength games, running games, circuit training, multi-jumps, or multi-throws	05180, walking/running, playing with child(ren), vigorous effort, only active periods	5.8
Rodríguez-Rosell, 2016	Moderate	strength training	02052, resistance (weight) training, squats , slow or explosive effort	5
St Laurent, 2018	High	suspension-training movement program	02020, calisthenics (e.g., push ups, sit ups, pull-ups, jumping jacks), vigorous effort	8
Yohei, 2013	Moderate	a body mass-based squat movement	02052, resistance (weight) training, squats , slow or explosive effort	5

