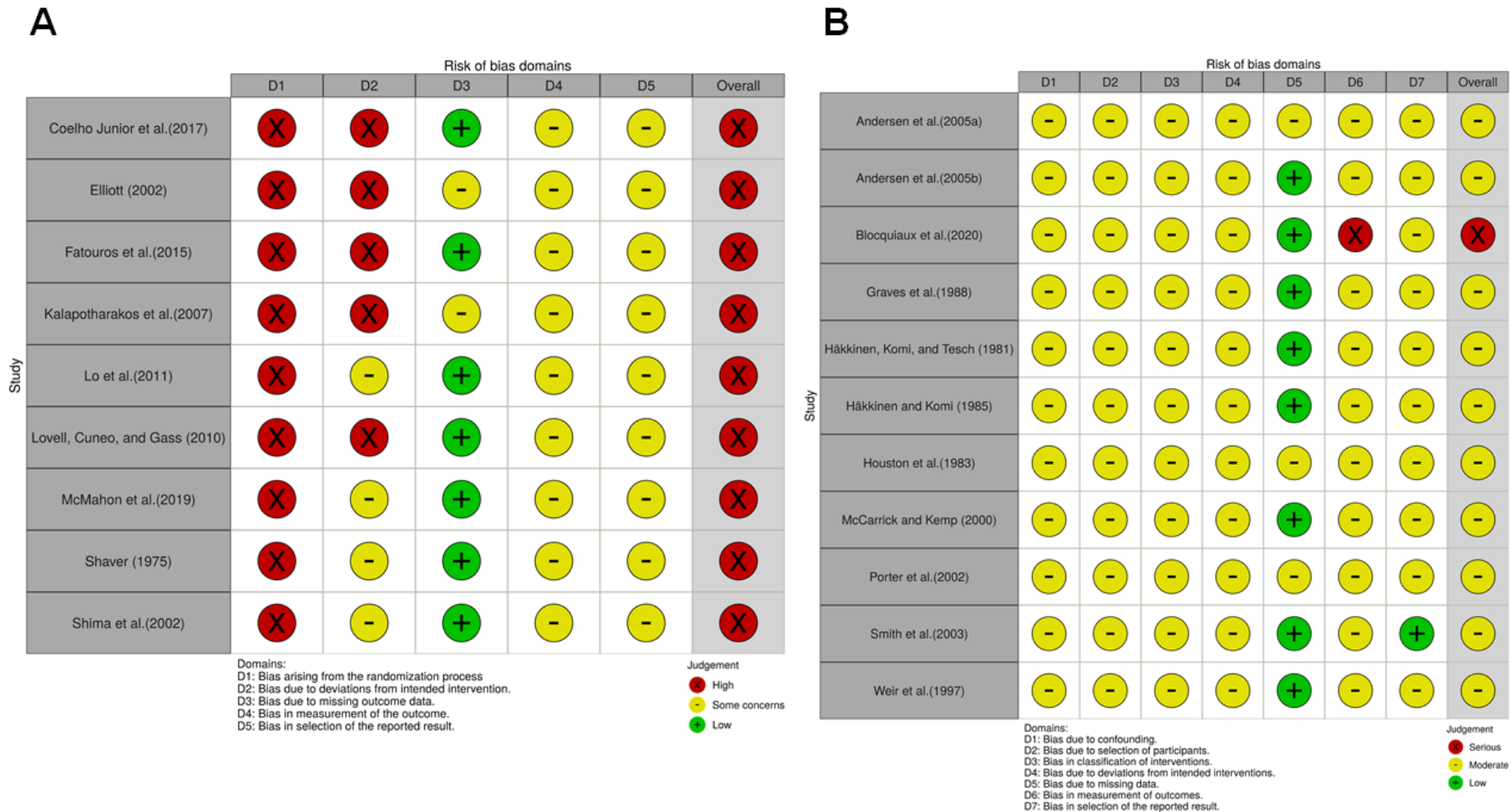
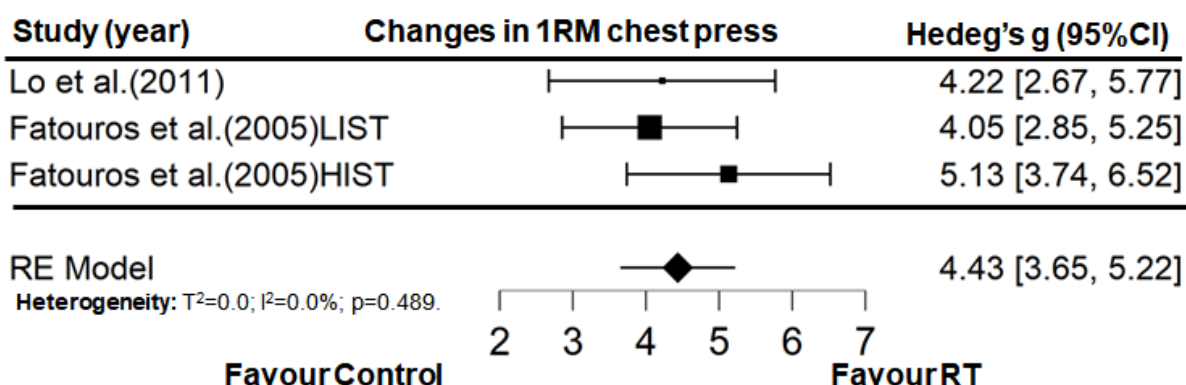


**Figure S1.** Traffic light risk-of-bias plots for randomized (A) and non-randomized (B) included studies.

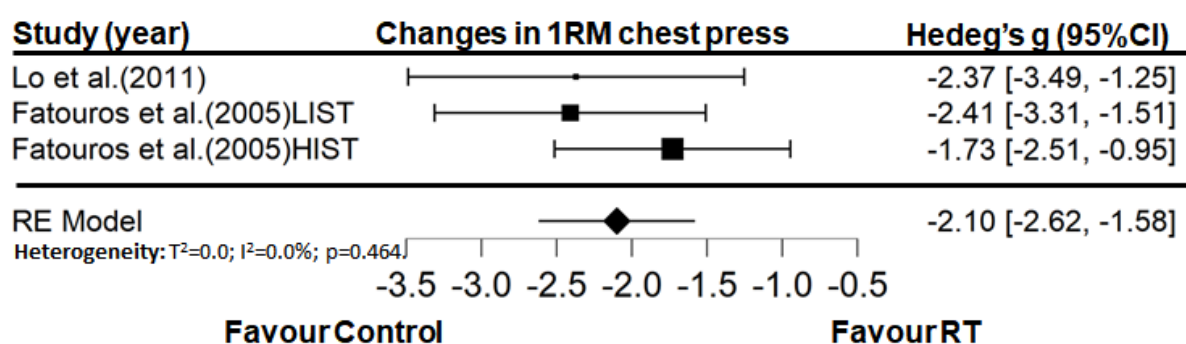


**Figure S2.** Changes in 1RM chest press strength from baseline to post-RT (A), from post-RT to post 16-24 weeks of detraining (B), and from baseline to 16-24 weeks of detraining (C).

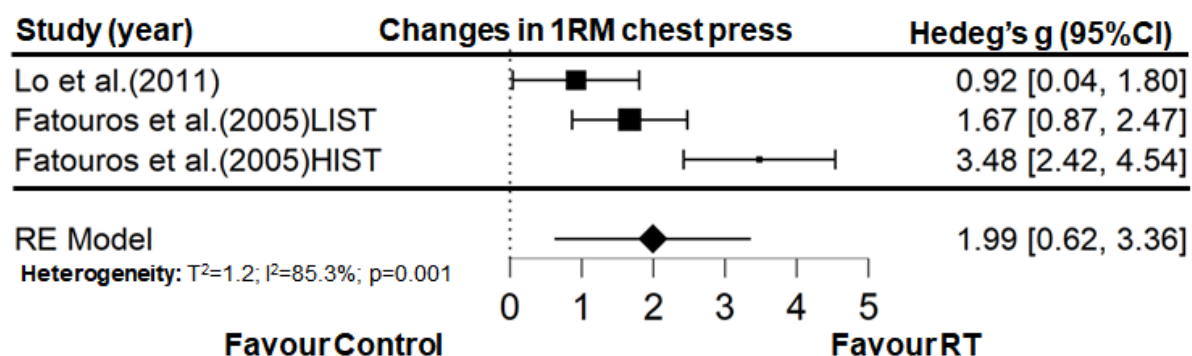
**A**



**B**

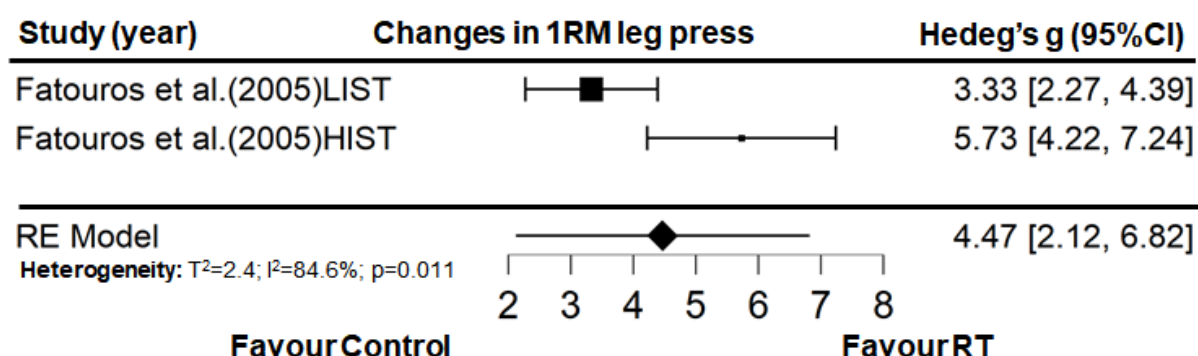


**C**

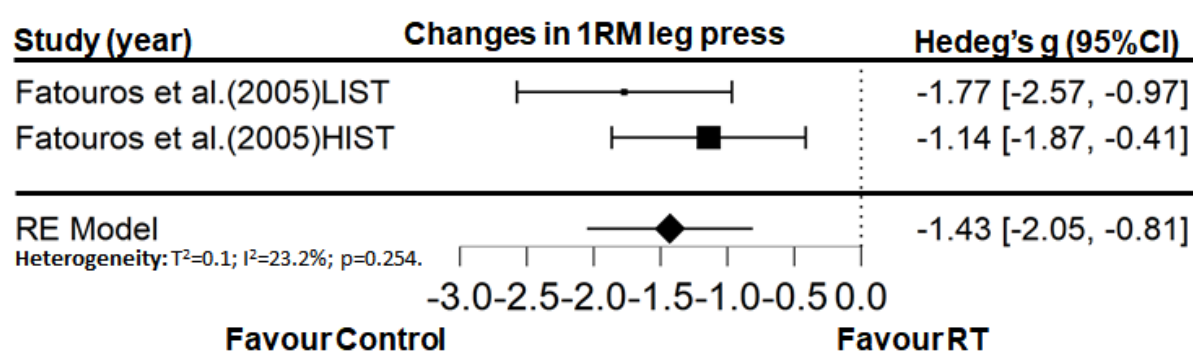


**Figure S3.** Changes in 1RM leg press strength from baseline to post-RT (A), from post-RT to post 16-24 weeks of detraining (B), and from baseline to 16-24 weeks of detraining (C).

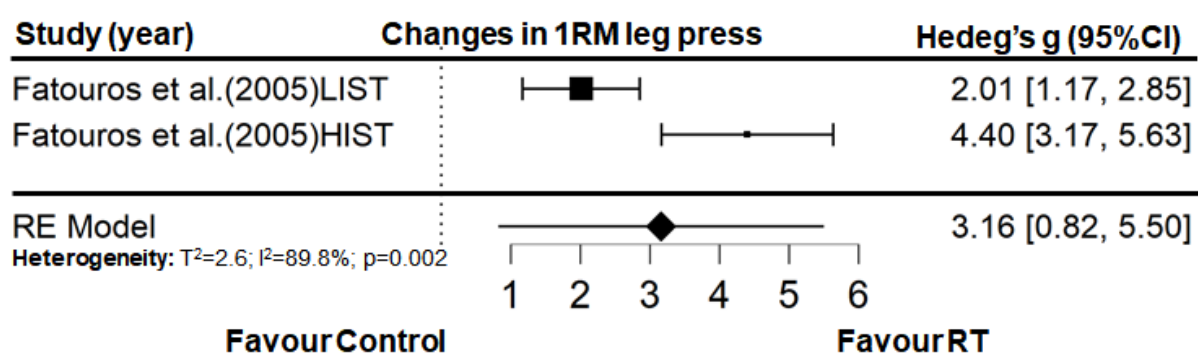
**A**



**B**

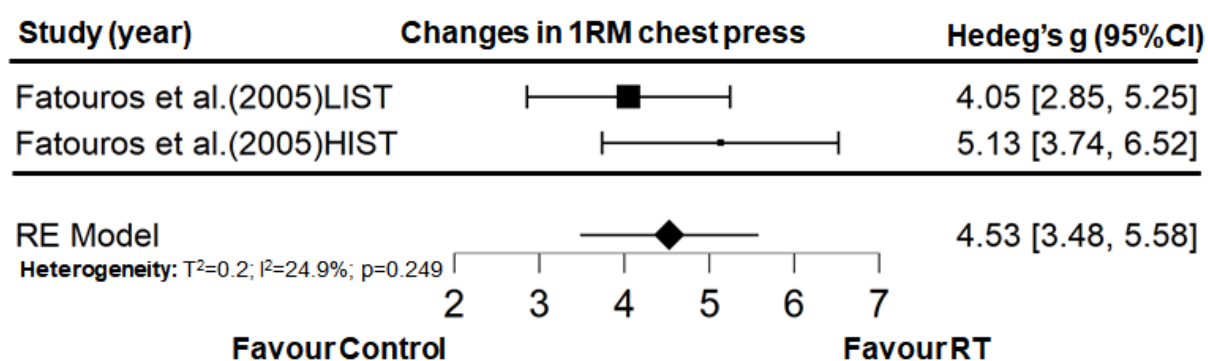


**C**

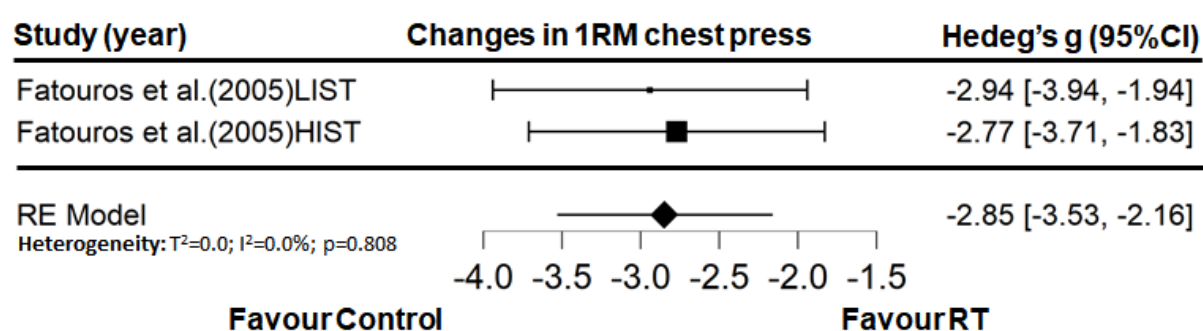


**Figure S4.** Changes in 1RM chest press strength from baseline to post-RT (A), from post-RT to post 32 weeks of detraining (B), and from baseline to 32 weeks of detraining (C).

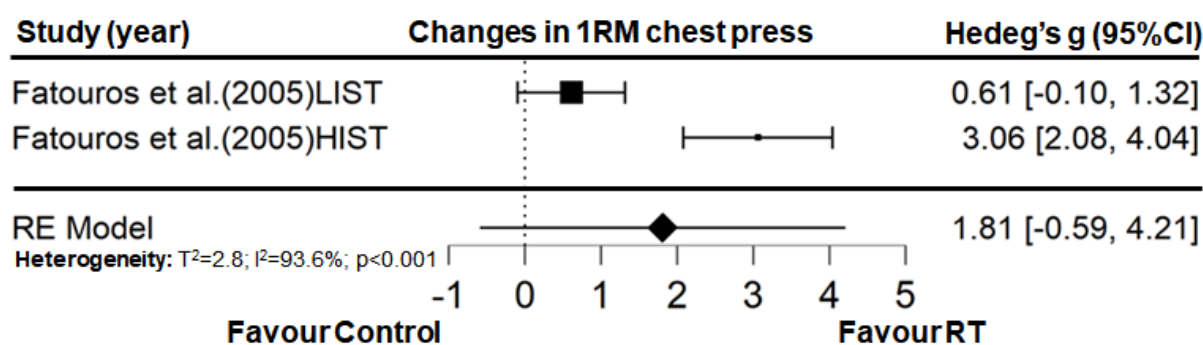
**A**



**B**

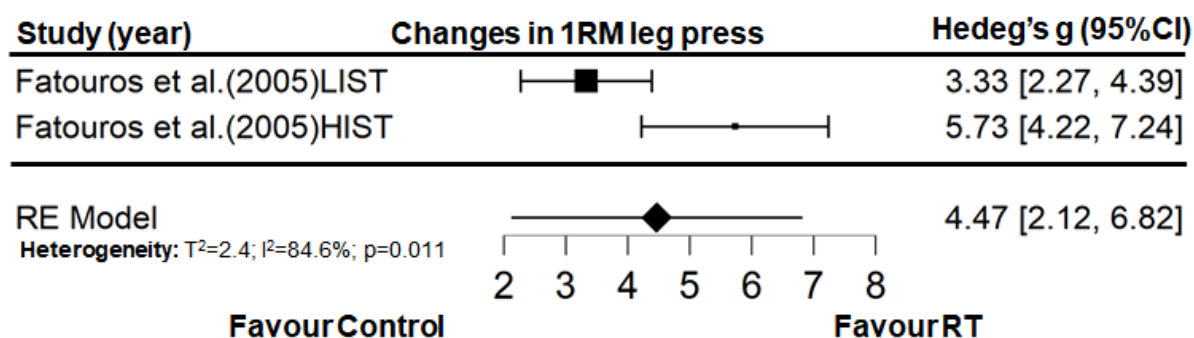


**C**

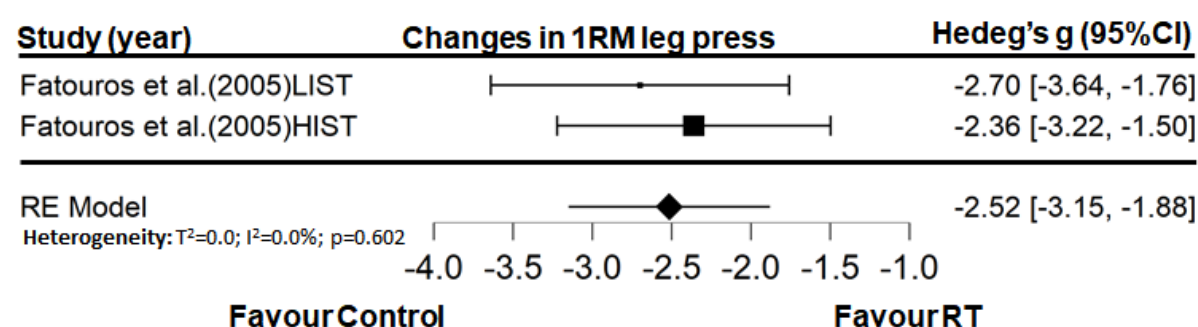


**Figure S5.** Changes in 1RM leg press strength from baseline to post-RT (A), from post-RT to post 32 weeks of detraining (B), and from baseline to 32 weeks of detraining (C).

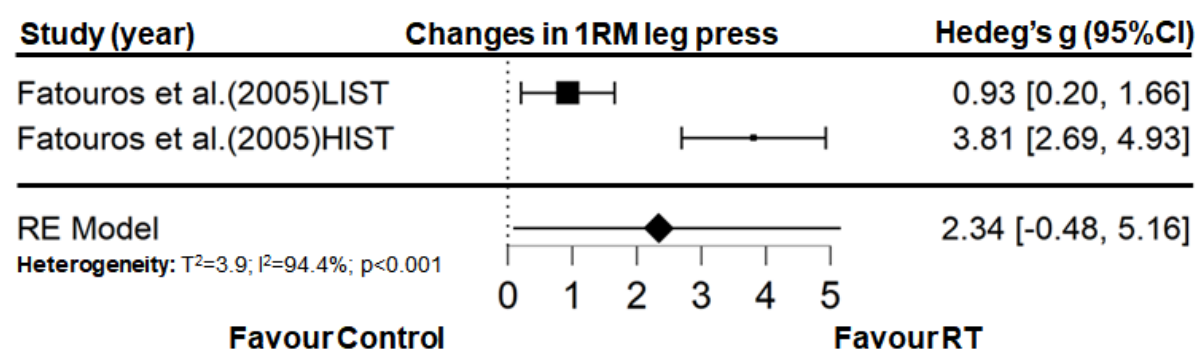
**A**



**B**

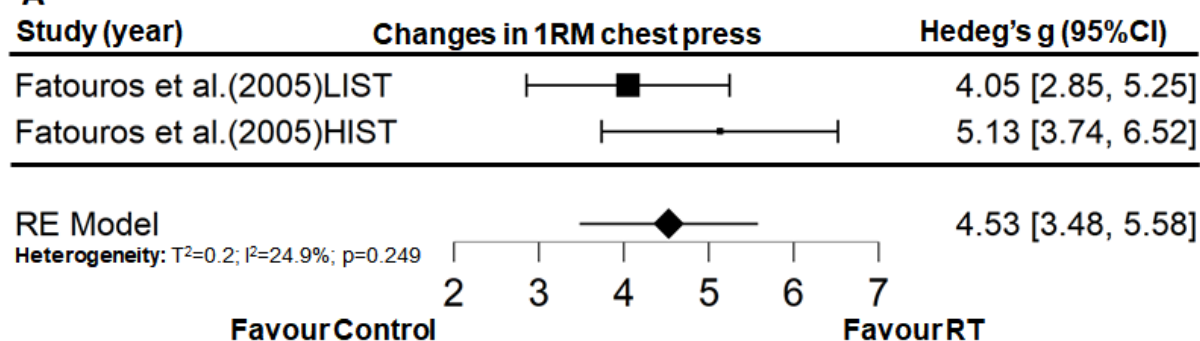


**C**

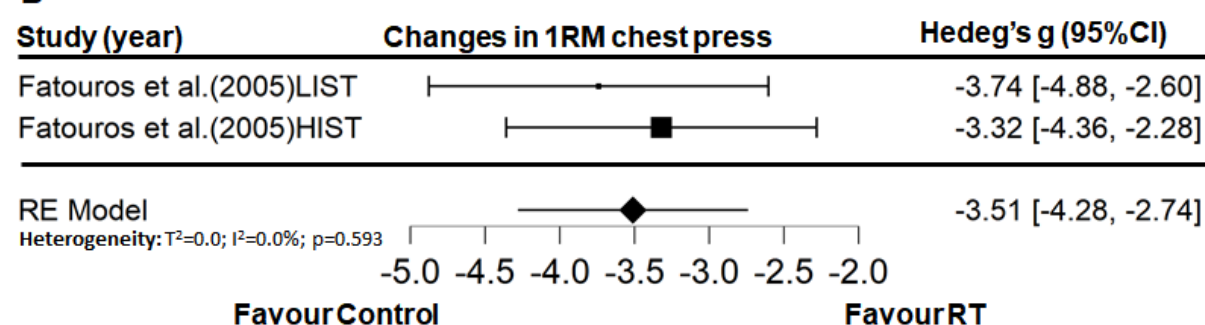


**Figure S6.** Changes in 1RM chest press strength from baseline to post-RT (A), from post-RT to post 48 weeks of detraining (B), and from baseline to 48 weeks of detraining (C).

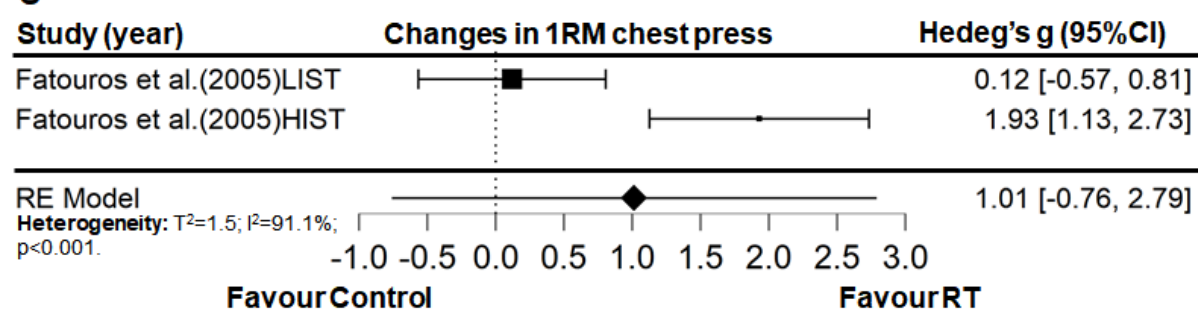
**A**



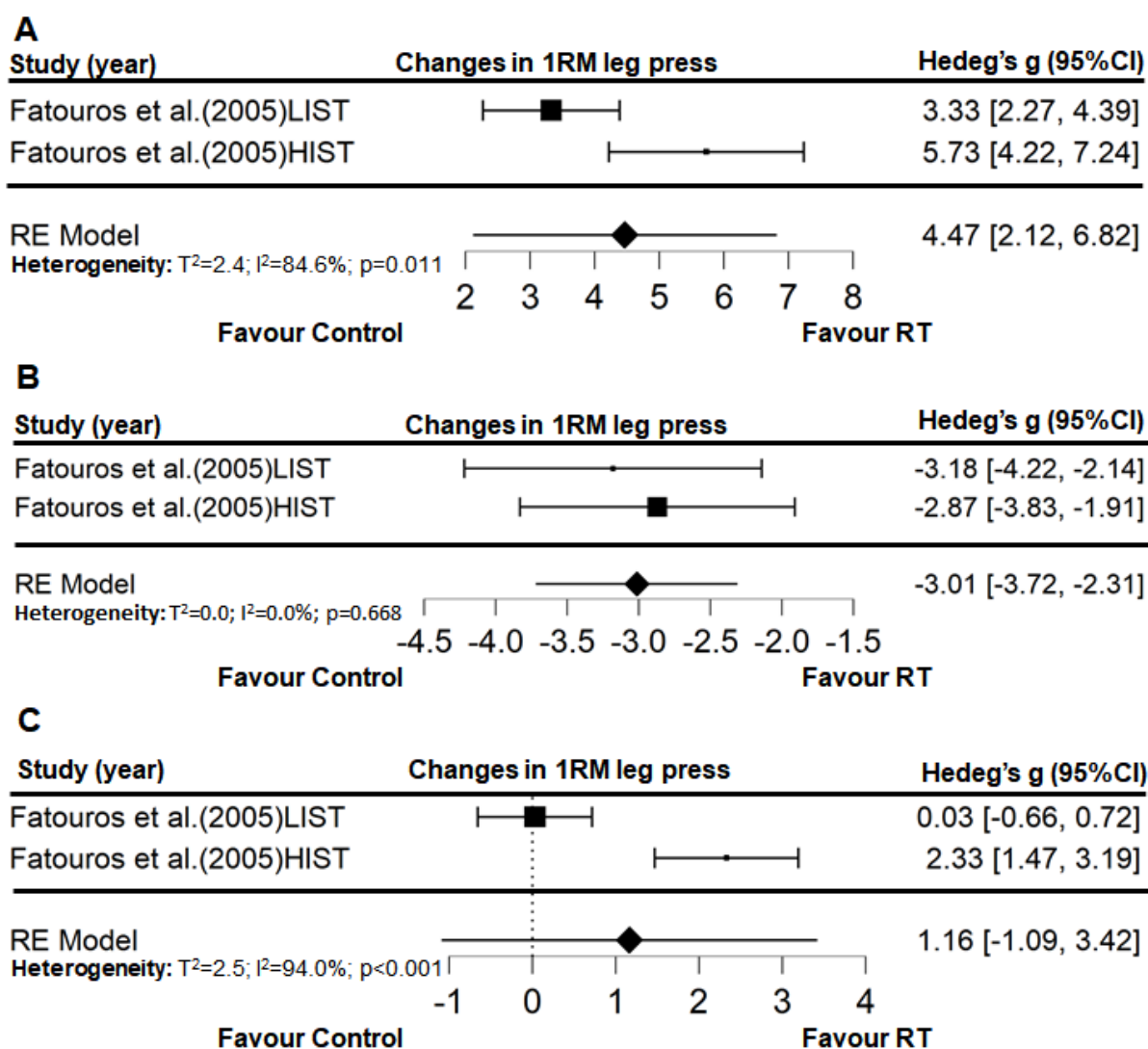
**B**



**C**



**Figure S7.** Changes in 1RM leg press strength from baseline to post-RT (A), from post-RT to post 48 weeks of detraining (B), and from baseline to 48 weeks of detraining (C).



**Figure S8.** Funnel plots for all meta-analyses performed.

