

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

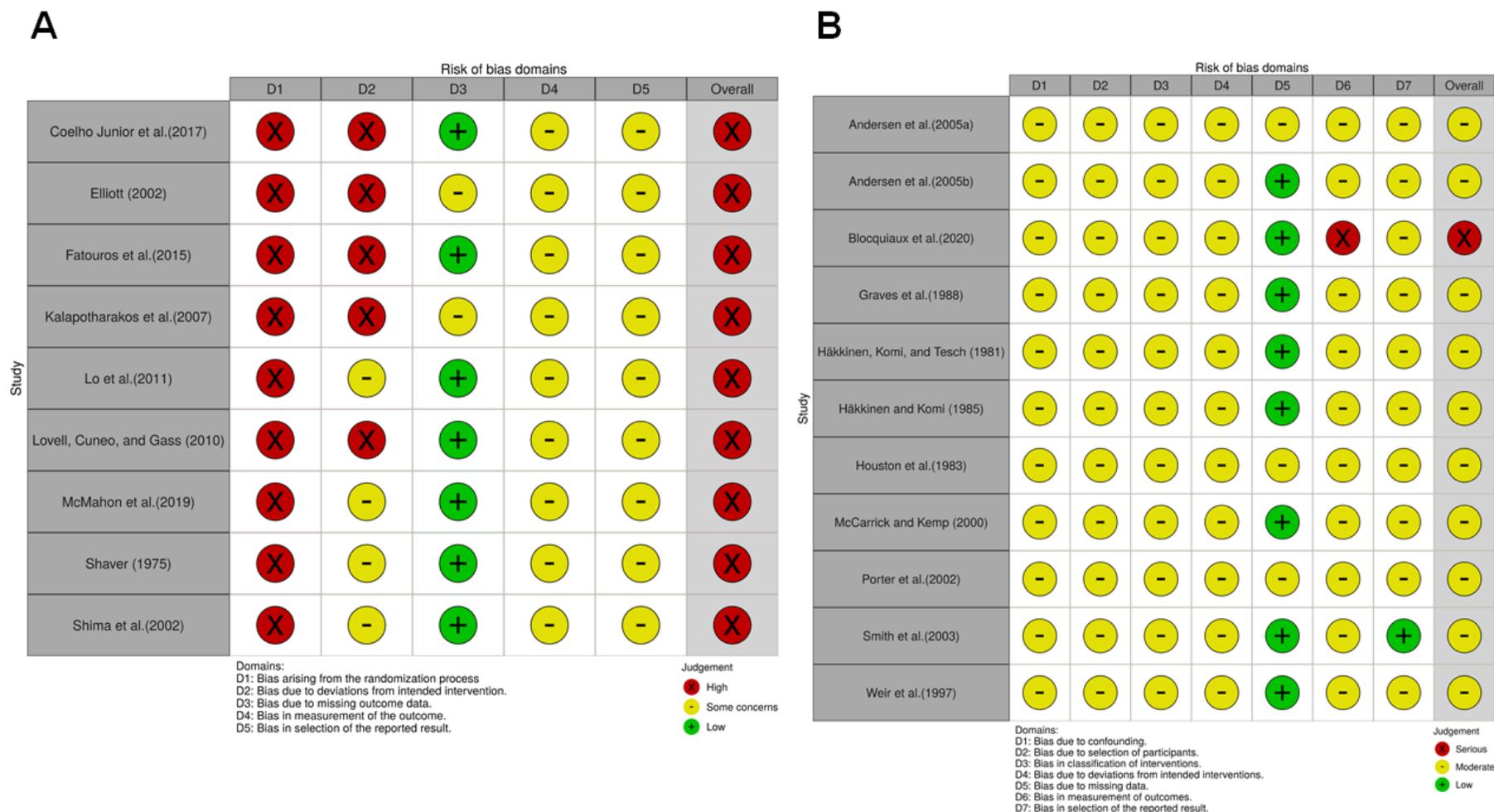
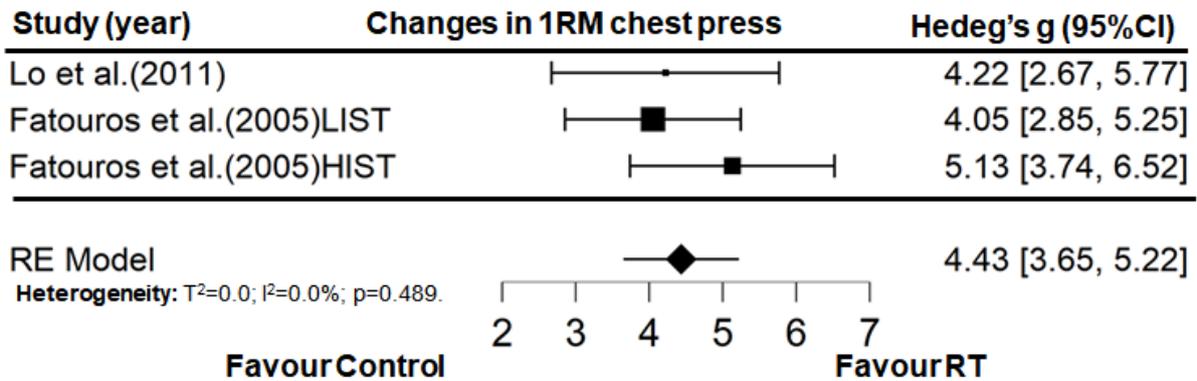
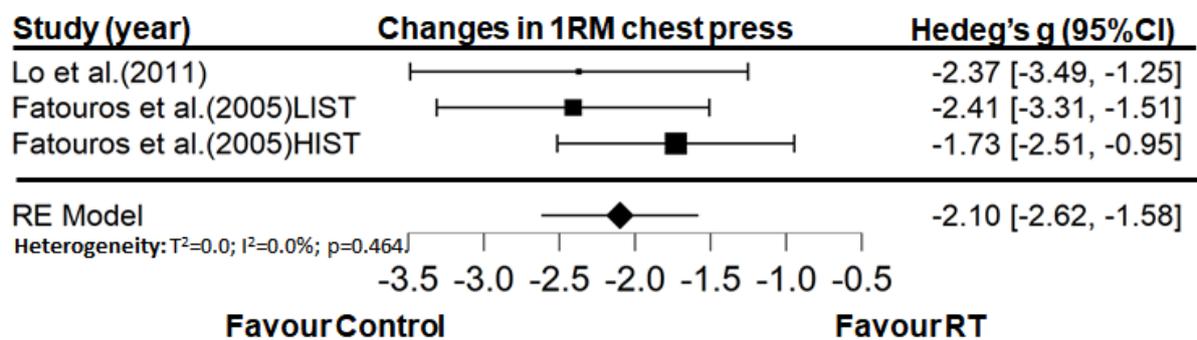


Figure S2. Changes in 1RM chest press strength from baseline to post-RT (A), from post-RT to post 16-24 weeks of detraining (B), and from baseline to 16-24 weeks of detraining (C).

A



B



C

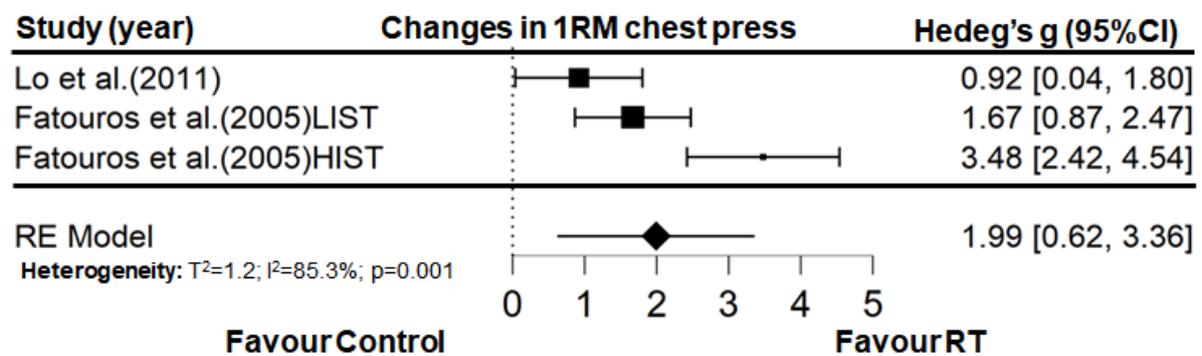
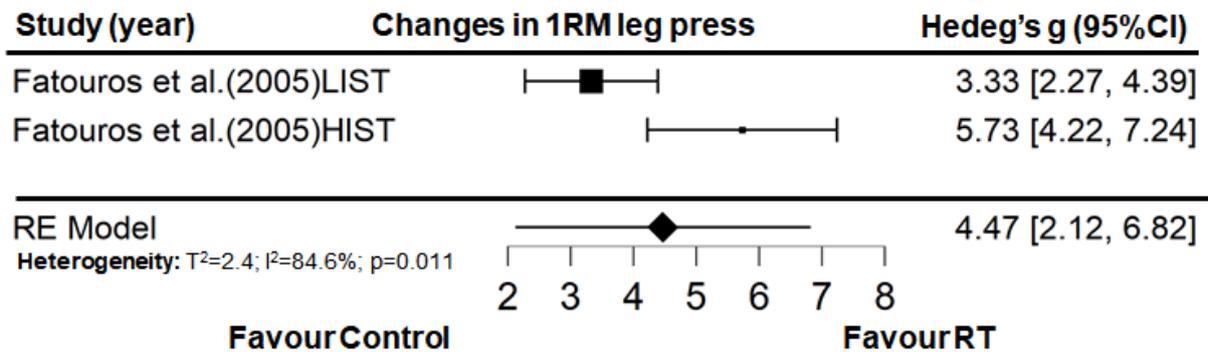
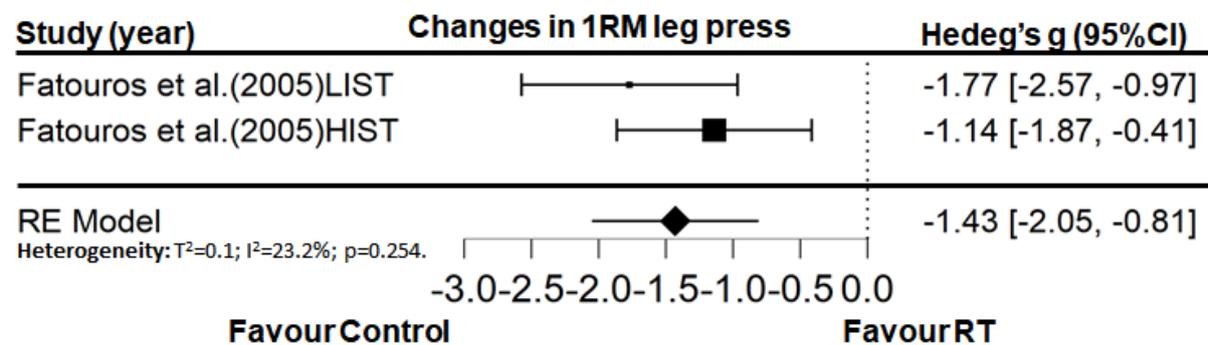


Figure S3. Changes in 1RM leg press strength from baseline to post-RT (A), from post-RT to post 16-24 weeks of detraining (B), and from baseline to 16-24 weeks of detraining (C).

A



B



C

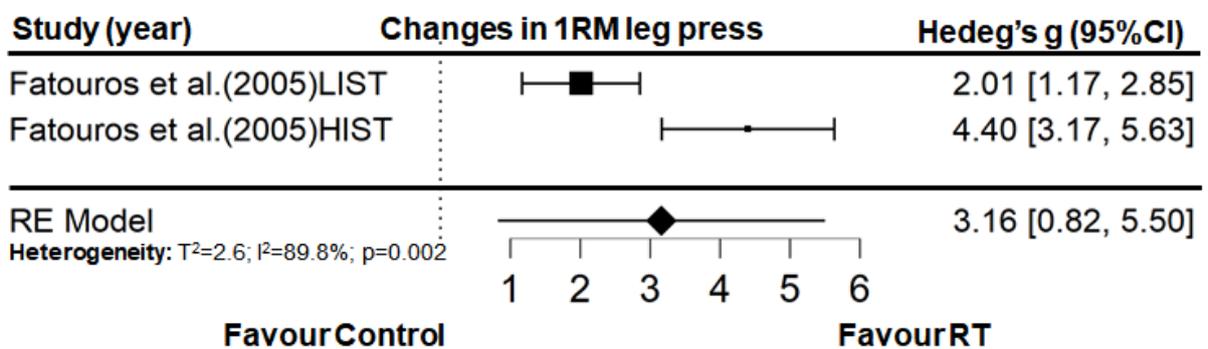


Figure S4. Changes in 1RM chest press strength from baseline to post-RT (A), from post-RT to post 32 weeks of detraining (B), and from baseline to 32 weeks of detraining (C).

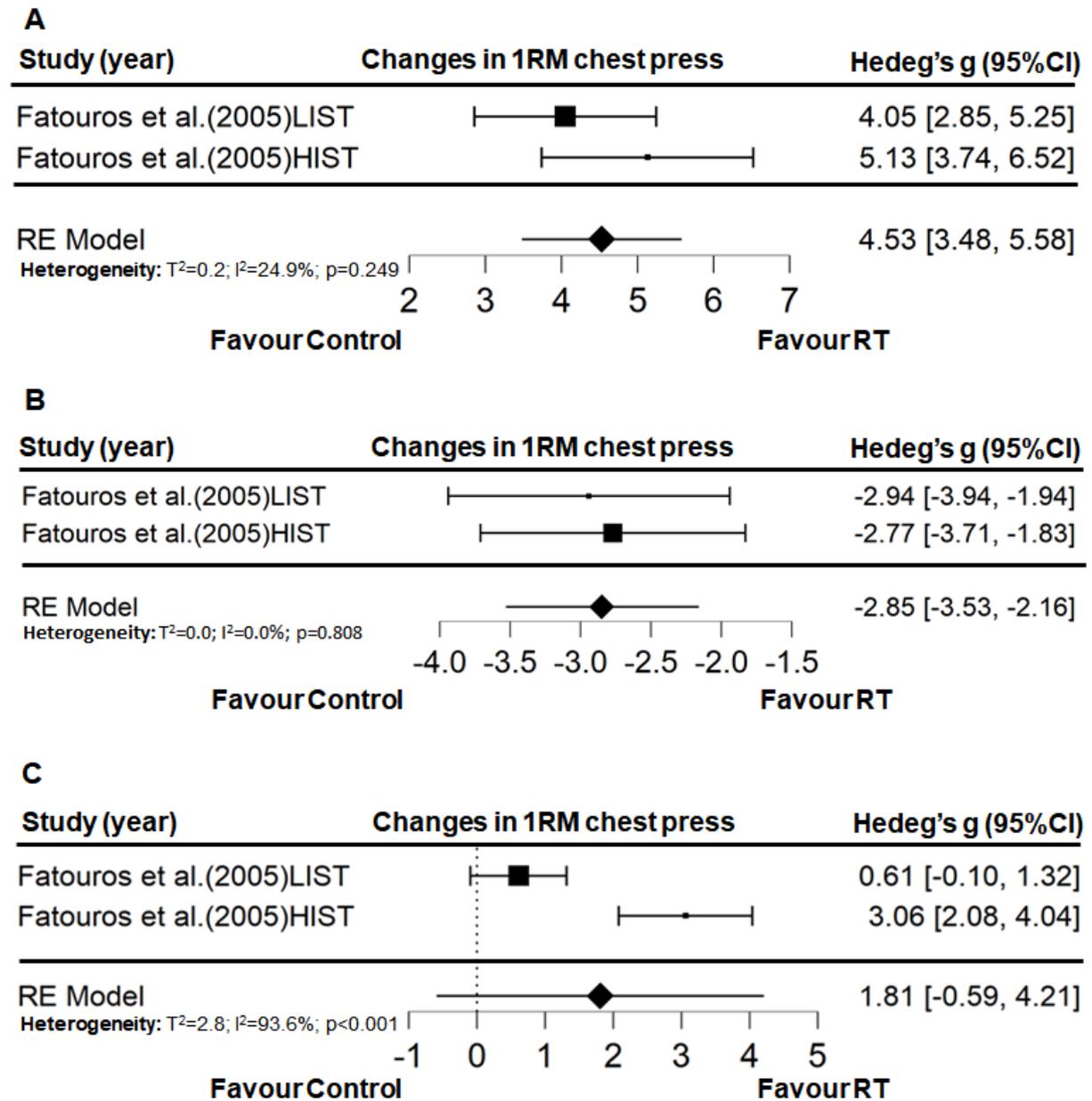
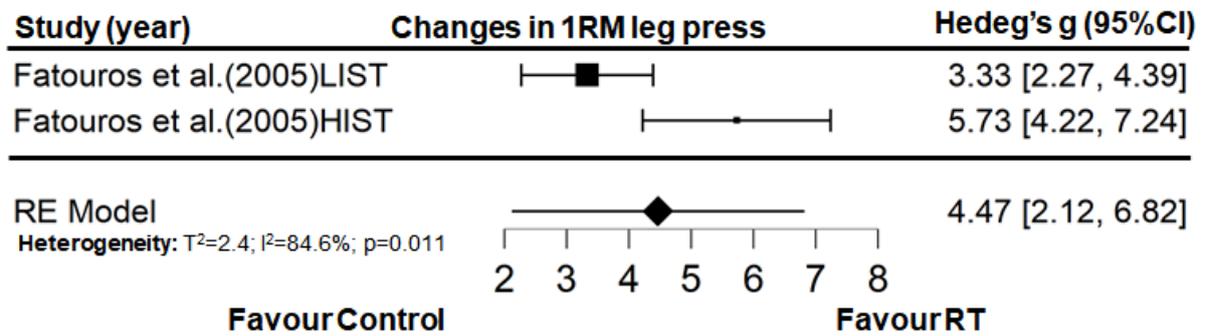
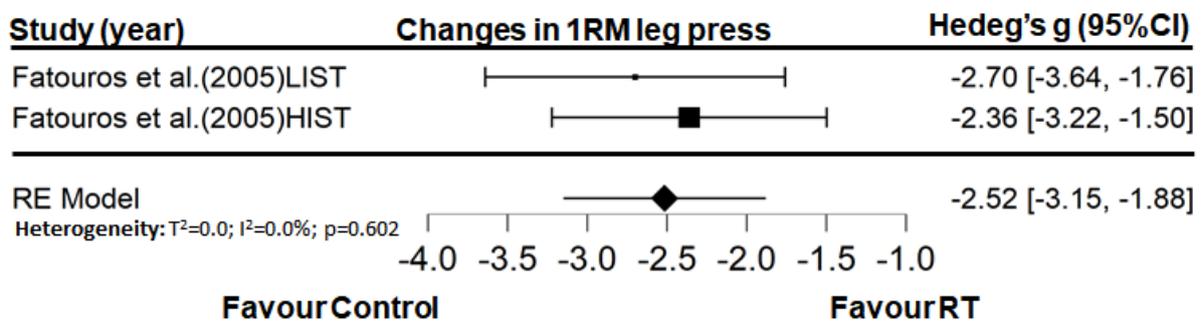


Figure S5. Changes in 1RM leg press strength from baseline to post-RT (A), from post-RT to post 32 weeks of detraining (B), and from baseline to 32 weeks of detraining (C).

A



B



C

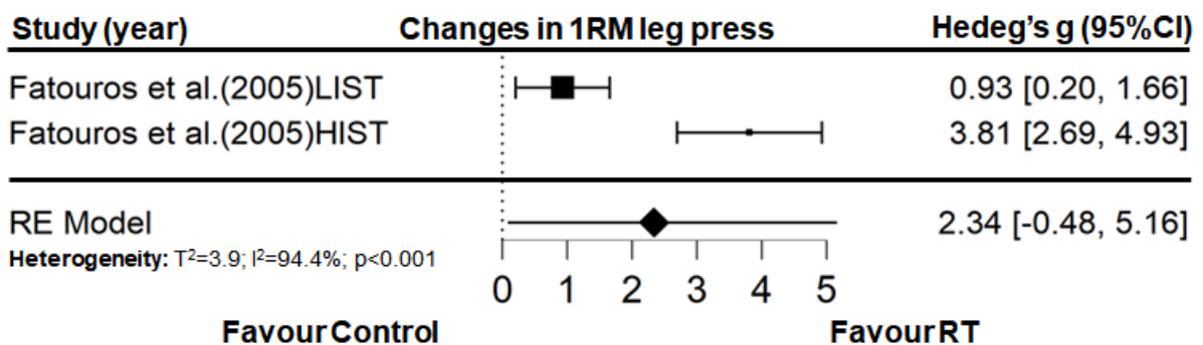


Figure S6. Changes in 1RM chest press strength from baseline to post-RT (A), from post-RT to post 48 weeks of detraining (B), and from baseline to 48 weeks of detraining (C).

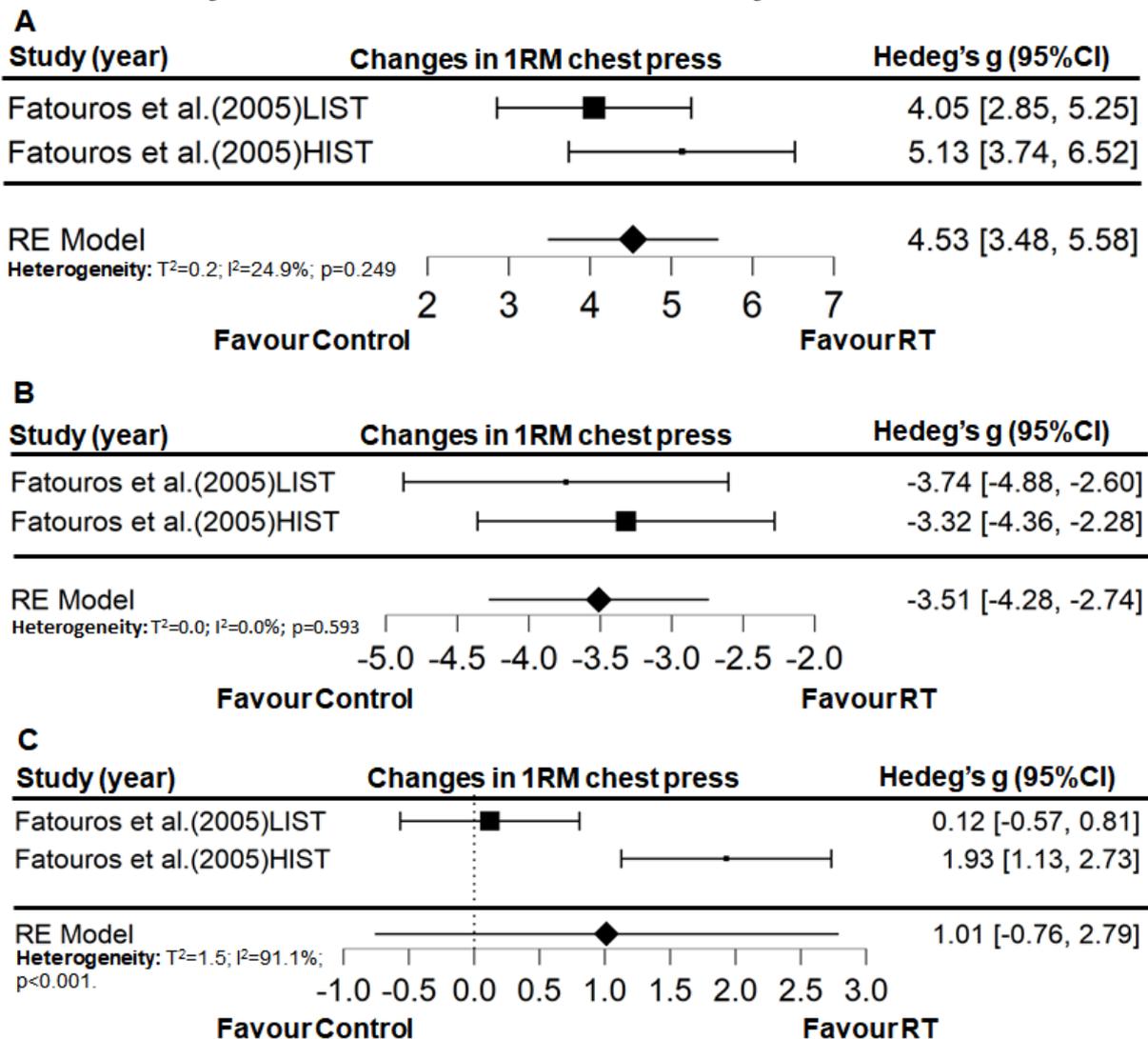


Figure S7. Changes in 1RM leg press strength from baseline to post-RT (A), from post-RT to post 48 weeks of detraining (B), and from baseline to 48 weeks of detraining (C).

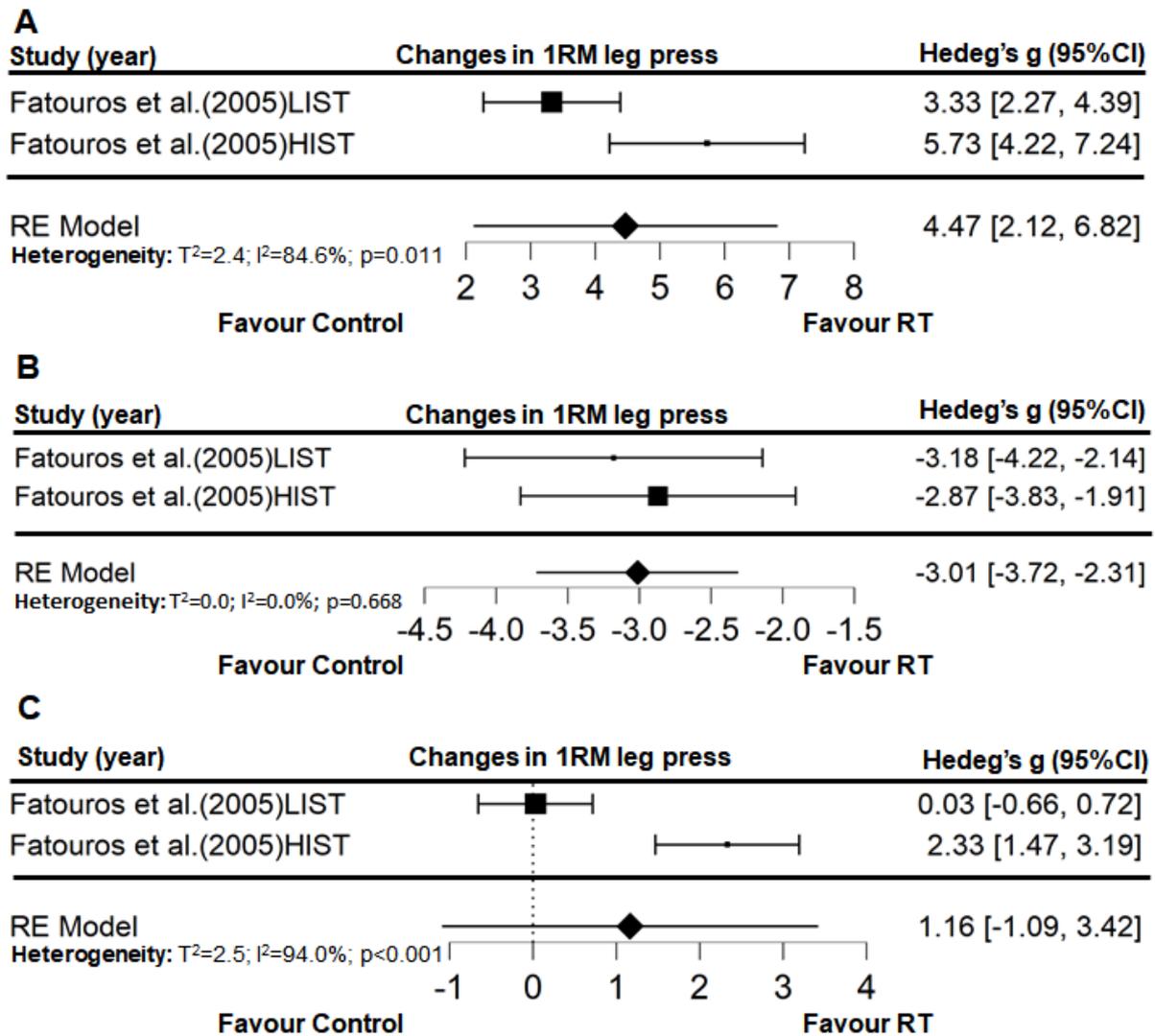


Figure S8. Funnel plots for all meta-analyses performed.

