

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 |

