Identification
Screening
Eligibility
Included
Records identified through database searching (n = 1,017)
Additional records identified through other sources (n = 1)
Records excluded by title and abstract (n = 1,003)
Full-text articles assessed for eligibility (n = 15)
Full-text articles excluded with reasons (n = 6):
- Not conducted in strength/power-trained individuals (n = 2).
- Non-randomized trial (n = 3).
- Duplicated sample (n = 1)
Studies meeting criteria (n = 9)