	NI + Aujuvani intervention	0.99	0.77	1.20	31.31	3.01	11.90
	RT Only Intervention	0.86	0.77	0.96	57.37	3.01	11.90
	Duration (weeks)	0.01	0.00	0.02	57.06	3.16	11.75
	Weekly Frequency	0.11	-0.02	0.24	56.78	3.56	11.39
	Number of Exercises	0.01	-0.02	0.04	57.53	2.98	11.91
	Sets per Exercise	0.03	-0.03	0.09	58.24	2.89	11.93
	Number of Repetitions	-0.01	-0.01	0.00	53.27	2.21	13.57
	Load (%1RM)	0.00	0.00	0.01	59.14	0.13	14.13
	Task Failure (No)	0.64	0.48	0.80	49.11	0.00	15.81
	Task Failure (Y)	0.93	0.81	1.05	49.11	0.00	15.81
	Outcome Measure (12RM)	2.15	2.06	2.24	53.77	4.22	10.58
	Outcome Measure (1RM)	0.97	0.86	1.08	53.77	4.22	10.58
	Outcome Measure (3RM)	0.64	0.56	0.71	53.77	4.22	10.58
	Outcome Measure (5RM)	1.07	1.07	1.07	53.77	4.22	10.58
	Outcome Measure (6RM)	1.21	NaN	NaN	53.77	4.22	10.58
	Outcome Measure (Isokinetic)	0.44	-0.10	0.99	53.77	4.22	10.58
	Outcome Measure (Isometric)	0.60	0.49	0.71	53.77	4.22	10.58
InCVR							
	Main model	-0.61	-0.76	-0.47	23.18	0.00	0.00
	Main model TESTEX score	-0.61 -0.02	-0.76 -0.10	-0.47 0.06	23.18	0.00	0.00
	TESTEX score	-0.02	-0.10	0.06	23.41	0.00	0.00
	TESTEX score Age	-0.02 0.01	-0.10 0.00	0.06	23.41	0.00	0.00
	TESTEX score Age Proportion Male	-0.02 0.01 0.00	-0.10 0.00 -0.01	0.06 0.01 0.00	23.41 21.91 22.61	0.00 0.00 0.00	0.00 0.00 0.00
	TESTEX score Age Proportion Male Weight	-0.02 0.01 0.00 0.00	-0.10 0.00 -0.01 -0.02	0.06 0.01 0.00 0.02	23.41 21.91 22.61 21.77	0.00 0.00 0.00 0.00	0.00 0.00 0.00 0.00
	TESTEX score Age Proportion Male Weight BMI	-0.02 0.01 0.00 0.00 0.10	-0.10 0.00 -0.01 -0.02 0.02	0.06 0.01 0.00 0.02 0.18	23.41 21.91 22.61 21.77 23.05	0.00 0.00 0.00 0.00	0.00 0.00 0.00 0.00
	TESTEX score Age Proportion Male Weight BMI Training Status (trained)	-0.02 0.01 0.00 0.00 0.10 -0.28	-0.10 0.00 -0.01 -0.02 0.02 -0.85	0.06 0.01 0.00 0.02 0.18 0.29	23.41 21.91 22.61 21.77 23.05 23.01	0.00 0.00 0.00 0.00 0.00	0.00 0.00 0.00 0.00 0.00
	TESTEX score Age Proportion Male Weight BMI Training Status (trained) Training Status (untrained)	-0.02 0.01 0.00 0.00 0.10 -0.28 -0.63	-0.10 0.00 -0.01 -0.02 0.02 -0.85 -0.77	0.06 0.01 0.00 0.02 0.18 0.29 -0.48	23.41 21.91 22.61 21.77 23.05 23.01 23.01	0.00 0.00 0.00 0.00 0.00 0.00	0.00 0.00 0.00 0.00 0.00 0.00
	TESTEX score Age Proportion Male Weight BMI Training Status (trained) Training Status (untrained) Healthy Sample	-0.02 0.01 0.00 0.00 0.10 -0.28 -0.63 -0.19	-0.10 0.00 -0.01 -0.02 0.02 -0.85 -0.77 -0.41	0.06 0.01 0.00 0.02 0.18 0.29 -0.48 0.03	23.41 21.91 22.61 21.77 23.05 23.01 23.01 23.36	0.00 0.00 0.00 0.00 0.00 0.00	0.00 0.00 0.00 0.00 0.00 0.00 0.00
	TESTEX score Age Proportion Male Weight BMI Training Status (trained) Training Status (untrained) Healthy Sample Clinical Sample	-0.02 0.01 0.00 0.00 0.10 -0.28 -0.63 -0.19 -0.62	-0.10 0.00 -0.01 -0.02 0.02 -0.85 -0.77 -0.41 -0.76	0.06 0.01 0.00 0.02 0.18 0.29 -0.48 0.03 -0.47	23.41 21.91 22.61 21.77 23.05 23.01 23.01 23.36 23.36	0.00 0.00 0.00 0.00 0.00 0.00 0.00	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00
	TESTEX score Age Proportion Male Weight BMI Training Status (trained) Training Status (untrained) Healthy Sample Clinical Sample RT + Adjuvant Intervention	-0.02 0.01 0.00 0.00 0.10 -0.28 -0.63 -0.19 -0.62 -0.82	-0.10 0.00 -0.01 -0.02 0.02 -0.85 -0.77 -0.41 -0.76 -1.04	0.06 0.01 0.00 0.02 0.18 0.29 -0.48 0.03 -0.47 -0.59	23.41 21.91 22.61 21.77 23.05 23.01 23.36 23.36 23.36 23.05	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00
	TESTEX score Age Proportion Male Weight BMI Training Status (trained) Training Status (untrained) Healthy Sample Clinical Sample RT + Adjuvant Intervention RT Only Intervention	-0.02 0.01 0.00 0.00 0.10 -0.28 -0.63 -0.19 -0.62 -0.82 -0.61	-0.10 0.00 -0.01 -0.02 0.02 -0.85 -0.77 -0.41 -0.76 -1.04 -0.75	0.06 0.01 0.00 0.02 0.18 0.29 -0.48 0.03 -0.47 -0.59 -0.46	23.41 21.91 22.61 21.77 23.05 23.01 23.36 23.36 23.05 23.05	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.0
	TESTEX score Age Proportion Male Weight BMI Training Status (trained) Training Status (untrained) Healthy Sample Clinical Sample RT + Adjuvant Intervention RT Only Intervention Duration (weeks)	-0.02 0.01 0.00 0.00 0.10 -0.28 -0.63 -0.19 -0.62 -0.82 -0.61 0.01	-0.10 0.00 -0.01 -0.02 0.02 -0.85 -0.77 -0.41 -0.76 -1.04 -0.75 0.00	0.06 0.01 0.00 0.02 0.18 0.29 -0.48 0.03 -0.47 -0.59 -0.46 0.02	23.41 21.91 22.61 21.77 23.05 23.01 23.36 23.36 23.05 23.05 23.10	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.0	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.0
	TESTEX score Age Proportion Male Weight BMI Training Status (trained) Training Status (untrained) Healthy Sample Clinical Sample RT + Adjuvant Intervention RT Only Intervention Duration (weeks) Weekly Frequency	-0.02 0.01 0.00 0.00 0.10 -0.28 -0.63 -0.19 -0.62 -0.82 -0.61 0.01 0.06	-0.10 0.00 -0.01 -0.02 0.02 -0.85 -0.77 -0.41 -0.76 -1.04 -0.75 0.00 -0.19	0.06 0.01 0.00 0.02 0.18 0.29 -0.48 0.03 -0.47 -0.59 -0.46 0.02 0.31	23.41 21.91 22.61 21.77 23.05 23.01 23.36 23.36 23.05 23.05 23.05 23.05 23.05	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.0	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.0
	TESTEX score Age Proportion Male Weight BMI Training Status (trained) Training Status (untrained) Healthy Sample Clinical Sample RT + Adjuvant Intervention RT Only Intervention Duration (weeks) Weekly Frequency Number of Exercises	-0.02 0.01 0.00 0.00 0.10 -0.28 -0.63 -0.19 -0.62 -0.82 -0.61 0.01 0.06 0.02	-0.10 0.00 -0.01 -0.02 0.02 -0.85 -0.77 -0.41 -0.76 -1.04 -0.75 0.00 -0.19 -0.02	0.06 0.01 0.00 0.02 0.18 0.29 -0.48 0.03 -0.47 -0.59 -0.46 0.02 0.31 0.06	23.41 21.91 22.61 21.77 23.05 23.01 23.36 23.36 23.05 23.05 23.05 23.05 23.63 22.65	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.0	0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.0

0.00

-0.64

-0.64

0.01

-0.63

-1.22

0.27

-1.10

-0.93

-0.55

0.34

0.00

0.00

0.00

0.00

0.01

0.45

0.33

0.31

0.34

0.42

0.33

0.00

-0.01

-0.01

0.03

0.00

0.00

0.35

0.35

0.29

0.33

0.30

0.66

0.58

0.15

0.19

0.37

0.23

0.06

0.44

0.24

0.48

-0.45

0.05

0.01

0.00

0.00

-0.02

-0.15

-0.47

-0.14

-0.46

-0.45

-0.45

0.00

0.03

0.02

-0.05

0.00

0.00

-0.55

-0.48

-1.01

-0.26

0.25

-0.56

-0.40

-1.59

-0.79

-0.13

-0.38

-1.28

-0.76

-0.29

-0.32

0.00

-0.96

-0.85

-0.02

-0.80

-1.22

0.27

-1.10

-1.34

-0.85

0.29

-0.03

-0.01

0.00

0.00

-0.02

0.28

0.28

0.28

0.29

0.37

0.28

0.00

-0.10

-0.03

-0.01

0.00

0.00

0.25

0.28

0.06

0.15

0.07

0.36

0.28

0.08

0.01

0.28

0.18

-0.06

0.33

0.12

0.36

-0.61

-0.08

0.00

0.00

-0.02

-0.09

-0.82

-0.62

-1.02

-0.62

-0.71

-0.61

0.00

-0.22

-0.03

-0.17

0.00

-0.01

-0.84

-0.74

-1.61

-0.69

-0.45

-0.97

-0.73

-1.76

-0.96

-0.47

-1.01

-1.48

-1.12

-0.56

-0.60

0.00

-0.32

-0.43

0.03

-0.46

-1.21

0.27

-1.10

-0.52

-0.25

0.39

0.03

0.00

0.00

0.00

0.03

0.62

0.38

0.34

0.39

0.48

0.38

0.00

0.09

0.00

0.06

0.00

0.00

0.46

0.42

0.52

0.50

0.52

0.97

0.89

0.22

0.36

0.45

0.29

0.18

0.55

0.37

0.60

-0.29

0.17

0.02

0.00

0.03

0.06

0.52

-0.31

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-0.30

-0.19

-0.29

0.01

0.29

0.06

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-0.25

-0.22

-0.41

0.16

0.95

-0.15

-0.06

-1.43

-0.62

0.21

0.24

-1.07

-0.40

-0.03

-0.04

24.40

24.72

24.72

22.91

22.91

22.91

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22.91

22.91

54.62

54.98

51.77

51.93

54.62

73.39

54.29

54.29

54.75

54.75

57.04

57.04

55.65

55.11

53.23

55.59

54.87

59.03

54.78

54.78

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2.76

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3.03

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Meta-regression models for study and participant characteristics as moderators of SMD and InCVR effect sizes

0.87

0.00

0.00

0.00

-0.01

-0.01

1.01

0.86

0.95

0.87

0.99

0.77

-0.06

-0.01

0.00

-0.02

-0.07

0.96

0.76

0.79

0.77

0.77

Estimate Lower Upper I.2.study I.2.arm I.2.effect

57.32

57.64

56.73

58.59

55.17

66.24

57.53

57.53

57.54

57.54

57.37

3.00

2.98

3.00

0.31

2.87

3.74

2.98

2.98

3.00

3.00

3.01

11.95

11.86

12.14

13.80

13.93

7.50

11.88

11.88

11.88

11.88

11.90

0.97

0.05

0.00

0.00

0.00

0.05

1.07

0.96

1.10

0.97

1.20

Moderator

SMD

Strength Outcomes

Main model

TESTEX score

Proportion Male

Training Status (trained)

Training Status (untrained)

RT + Adjuvant Intervention

Healthy Sample

Clinical Sample

Load (%1RM)

Task Failure (No)

Task Failure (Y)

Outcome Measure (12RM)

Outcome Measure (1RM)

Outcome Measure (3RM)

Outcome Measure (5RM)

Outcome Measure (6RM)

Outcome Measure (Isokinetic)

Outcome Measure (Isometric)

Hypertrophy Outcomes

Age

Weight

BMI

Main model

TESTEX score

Proportion Male

Training Status (trained)

Healthy Sample

Clinical Sample

Training Status (untrained)

RT + Adjuvant Intervention

RT Only Intervention

Duration (weeks)

Weekly Frequency

Sets per Exercise

Load (%1RM)

Task Failure (No)

Task Failure (Y)

Outcome Measure (BIA)

Outcome Measure (Biopsy: Type i)

Outcome Measure (Biopsy: Type ii)

Outcome Measure (Biopsy: Type iia)

Outcome Measure (Biopsy: Type iib)

Outcome Measure (Circumference)

Outcome Measure (Hydrostatic Weighing)

Outcome Measure (BodPod)

Outcome Measure (CT)

Outcome Measure (DXA)

Outcome Measure (MRI)

Outcome Measure (US)

Main model

Age

Weight

BMI

TESTEX score

Proportion Male

Training Status (trained)

Healthy Sample

Clinical Sample

RT Only Intervention

Duration (weeks)

Weekly Frequency

Number of Exercises

Number of Repetitions

Sets per Exercise

Load (%1RM)

Task Failure (No)

Task Failure (Y)

Outcome Measure (BIA)

Outcome Measure (Biopsy: Type i)

Outcome Measure (Biopsy: Type ii)

Outcome Measure (Biopsy: Type iia)

Outcome Measure (Biopsy: Type iib)

Outcome Measure (Circumference)

Outcome Measure (Hydrostatic Weighing)

Outcome Measure (BodPod)

Outcome Measure (CT)

Outcome Measure (DXA)

Outcome Measure (MRI)

Outcome Measure (US)

SMD = standardised mean difference; InCVR = log ratio of coefficient of variation;

RT = resistance training

Note:

Outcome Measure (Skinfold)

Training Status (untrained)

RT + Adjuvant Intervention

InCVR

Outcome Measure (Skinfold)

Number of Exercises

Number of Repetitions

SMD

Age

Weight

BMI