

effect sizes

Moderator	Estimate	Lower	Upper	I2.study	I2.arm
Strength Outcomes					
SMD					
Main model	0.85	0.75	0.95	64.02	5.98
TESTEX score	0.00	-0.03	0.03	64.26	5.94
Age	0.00	-0.01	0.00	63.43	6.06
Proportion Male	0.00	0.00	0.00	66.58	3.53
Weight	0.00	0.00	0.00	63.10	6.08
BMI	0.01	-0.02	0.03	71.36	5.21
Training Status (trained)	0.44	0.28	0.61	64.20	5.95
Training Status (untrained)	0.33	0.28	0.38	64.20	5.95
Healthy Sample	0.31	0.28	0.34	64.20	5.97
Clinical Sample	0.34	0.28	0.39	64.20	5.97
RT + Adjuvant Intervention	0.42	0.37	0.48	64.02	5.97
RT Only Intervention	0.33	0.28	0.38	64.02	5.97
Duration (weeks)	0.00	0.00	0.00	63.42	6.15
Weekly Frequency	-0.01	-0.10	0.09	62.92	6.39
Number of Exercises	-0.01	-0.03	0.00	64.34	5.85
Sets per Exercise	0.03	-0.01	0.06	65.00	5.78
Number of Repetitions	0.00	0.00	0.00	60.34	5.92
Load (%1RM)	0.00	0.00	0.00	67.16	3.84
Task Failure (No)	0.35	0.25	0.46	56.11	4.71
Task Failure (Y)	0.35	0.28	0.42	56.11	4.71
Outcome Measure (12RM)	2.18	2.08	2.28	59.64	6.80
Outcome Measure (1RM)	0.94	0.83	1.05	59.64	6.80
Outcome Measure (3RM)	0.66	0.57	0.74	59.64	6.80
Outcome Measure (5RM)	1.07	1.07	1.07	59.64	6.80
Outcome Measure (6RM)	1.17	1.17	1.17	59.64	6.80
Outcome Measure (Isokinetic)	0.50	-0.03	1.03	59.64	6.80
Outcome Measure (Isometric)	0.61	0.50	0.72	59.64	6.80
InCVR					
Main model	-0.63	-0.77	-0.48	22.53	0.00
TESTEX score	-0.02	-0.10	0.06	22.74	0.00
Age	0.01	0.00	0.01	21.18	0.00
Proportion Male	0.00	-0.01	0.00	21.85	0.00
Weight	0.00	-0.02	0.02	21.05	0.00
BMI	0.10	0.02	0.18	22.27	0.00
Training Status (trained)	-0.30	-0.86	0.27	22.33	0.00
Training Status (untrained)	-0.64	-0.79	-0.49	22.33	0.00
Healthy Sample	-0.18	-0.39	0.03	22.71	0.00
Clinical Sample	-0.63	-0.78	-0.49	22.71	0.00
RT + Adjuvant Intervention	-0.84	-1.06	-0.61	22.40	0.00
RT Only Intervention	-0.62	-0.77	-0.47	22.40	0.00
Duration (weeks)	0.01	0.00	0.02	21.43	0.00
Weekly Frequency	0.06	-0.19	0.31	22.94	0.00
Number of Exercises	0.02	-0.02	0.06	21.97	0.00
Sets per Exercise	-0.03	-0.11	0.05	22.79	0.00
Number of Repetitions	0.00	-0.01	0.00	20.03	0.00
Load (%1RM)	0.00	0.00	0.00	23.77	0.00
Task Failure (No)	-0.66	-0.98	-0.34	24.05	0.00
Task Failure (Y)	-0.66	-0.86	-0.45	24.05	0.00
Outcome Measure (12RM)	-0.01	-0.04	0.01	22.22	0.00
Outcome Measure (1RM)	-0.64	-0.81	-0.48	22.22	0.00
Outcome Measure (3RM)	-1.25	-1.26	-1.25	22.22	0.00
Outcome Measure (5RM)	0.24	0.24	0.24	22.22	0.00
Outcome Measure (6RM)	-1.13	-1.13	-1.13	22.22	0.00
Outcome Measure (Isokinetic)	-0.95	-1.37	-0.53	22.22	0.00
Outcome Measure (Isometric)	-0.56	-0.86	-0.26	22.22	0.00
Hypertrophy Outcomes					
SMD					
Main model	0.34	0.29	0.39	55.90	0.96
TESTEX score	0.00	-0.03	0.03	56.11	0.95
Age	0.00	-0.01	0.00	52.94	0.89
Proportion Male	0.00	0.00	0.00	53.22	1.45
Weight	0.00	0.00	0.00	55.99	1.12
BMI	0.01	-0.02	0.03	75.44	0.74
Training Status (trained)	0.44	0.28	0.61	55.64	0.95
Training Status (untrained)	0.33	0.28	0.38	55.64	0.95
Healthy Sample	0.31	0.28	0.34	56.04	0.99
Clinical Sample	0.34	0.28	0.39	56.04	0.99
RT + Adjuvant Intervention	0.42	0.37	0.48	56.34	0.00
RT Only Intervention	0.33	0.28	0.38	56.34	0.00
Duration (weeks)	0.00	0.00	0.00	56.17	0.96
Weekly Frequency	-0.01	-0.10	0.09	56.21	0.95
Number of Exercises	-0.01	-0.03	0.00	54.34	1.04
Sets per Exercise	0.03	-0.01	0.06	56.46	0.71
Number of Repetitions	0.00	0.00	0.00	55.71	1.42
Load (%1RM)	0.00	0.00	0.00	61.93	0.98
Task Failure (No)	0.35	0.25	0.46	53.81	0.00
Task Failure (Y)	0.35	0.28	0.42	53.81	0.00
Outcome Measure (BIA)	0.29	0.06	0.53	45.15	2.67
Outcome Measure (Biopsy: Type i)	0.33	0.15	0.50	45.15	2.67
Outcome Measure (Biopsy: Type ii)	0.30	0.07	0.52	45.15	2.67
Outcome Measure (Biopsy: Type iia)	0.66	0.36	0.97	45.15	2.67
Outcome Measure (Biopsy: Type iib)	0.59	0.28	0.89	45.15	2.67
Outcome Measure (BodPod)	0.15	0.08	0.22	45.15	2.67
Outcome Measure (Circumference)	0.19	0.02	0.36	45.15	2.67
Outcome Measure (CT)	0.37	0.28	0.45	45.15	2.67
Outcome Measure (DXA)	0.23	0.18	0.29	45.15	2.67
Outcome Measure (Hydrostatic Weighing)	0.06	-0.06	0.18	45.15	2.67
Outcome Measure (MRI)	0.44	0.33	0.55	45.15	2.67
Outcome Measure (Skinfold)	0.24	0.11	0.37	45.15	2.67
Outcome Measure (US)	0.48	0.36	0.60	45.15	2.67
InCVR					
Main model	-0.46	-0.62	-0.31	9.75	0.00
TESTEX score	0.05	-0.08	0.18	8.87	0.00
Age	0.01	0.00	0.02	8.78	0.00
Proportion Male	0.00	0.00	0.00	9.99	0.00
Weight	0.00	-0.02	0.03	9.99	0.00
BMI	-0.02	-0.09	0.06	22.39	1.32
Training Status (trained)	-0.16	-0.83	0.51	8.75	0.00
Training Status (untrained)	-0.48	-0.64	-0.33	8.75	0.00
Healthy Sample	-0.15	-1.04	0.73	9.99	0.00
Clinical Sample	-0.48	-0.64	-0.32	9.99	0.00
RT + Adjuvant Intervention	-0.46	-0.72	-0.20	9.85	0.00
RT Only Intervention	-0.47	-0.62	-0.31	9.85	0.00
Duration (weeks)	0.00	0.00	0.01	10.08	0.00
Weekly Frequency	0.03	-0.22	0.29	10.26	0.00
Number of Exercises	0.02	-0.03	0.06	10.04	0.00
Sets per Exercise	-0.05	-0.17	0.07	10.11	0.00
Number of Repetitions	0.00	0.00	0.01	8.82	0.00
Load (%1RM)	0.00	-0.01	0.00	13.99	0.00
Task Failure (No)	-0.56	-0.85	-0.26	13.83	0.00
Task Failure (Y)	-0.49	-0.75	-0.23	13.83	0.00
Outcome Measure (BIA)	-1.04	-1.63	-0.44	8.25	0.00
Outcome Measure (Biopsy: Type i)	-0.28	-0.71	0.15	8.25	0.00
Outcome Measure (Biopsy: Type ii)	0.24	-0.47	0.94	8.25	0.00
Outcome Measure (Biopsy: Type iia)	-0.57	-0.99	-0.16	8.25	0.00
Outcome Measure (Biopsy: Type iib)	-0.42	-0.76	-0.08	8.25	0.00
Outcome Measure (BodPod)	-1.63	-1.79	-1.46	8.25	0.00
Outcome Measure (Circumference)	-0.81	-0.97	-0.65	8.25	0.00
Outcome Measure (CT)	-0.15	-0.49	0.20	8.25	0.00
Outcome Measure (DXA)	-0.39	-1.03	0.25	8.25	0.00
Outcome Measure (Hydrostatic Weighing)	-1.31	-1.52	-1.09	8.25	0.00
Outcome Measure (MRI)	-0.78	-1.13	-0.42	8.25	0.00
Outcome Measure (Skinfold)	-0.29	-0.57	-0.02	8.25	0.00
Outcome Measure (US)	-0.34	-0.62	-0.06	8.25	0.00
Note: SMD = standardised mean difference; InCVR = log ratio of coefficient of variation; RT = resistance training					