Table 1. Resistance training programme and variables from each included study

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| Authors | Participant characteristics by group | Intervention Duration | Training Frequency | Training Volume | Training Load | Repetition Duration | Effort |
| Balachandran, et al. 2017 | Plate loaded; n=17 (8 female), 68.8 ±5.0 years  Pneumatic; n=19 (12 female), 68.9±4.9 years | 12 weeks | 2 x /week | Weeks 1-7: 3 sets x 10 repetitions  Weeks 8-12: 3 sets x 8 repetitions | DNS | Conc = as fast as possible,  Ecc = 2secs | RPE of 6-8/10 |
| Borges-Silva, et al. 2022 | Traditional Resistance Training; (n=15 female), 64.2 ±4.0years  Circuit Resistance training; (n=15 female), 64.7 ±4.4years | 12 weeks | 2 x /week | 1-3 sets of 6RM | 85-90% 1RM | DNS | Failure |
| Buskard, et al. 2019 | RiR; n=21 (13 female), 72.3 ±5.7 years  %1RM; n=20 (13 female), 69.6 ±7.4years  RM; n=21 (13 female), 72.3 ±6.6years  RPE; n=20 (13 female), 71.8 ±6.2years) | 11 weeks | 2 x /week (weeks 1-5)  3 x /week  (weeks 6-9) | RiR; 3 sets of 7 repetitions  %1RM; 3 sets @80% 1RM  RM; 3 sets of 8RM  RPE; 3 sets of 7 repetitions | 80% 1RM | Conc = as fast as possible,  Ecc = 2secs | RiR group: 1 repetition  RM group: failure  RPE group: <8/10 |
| Filho, et al. 2022 | SET; n=20 female, 65 ±4 years  PWT; n=18 female, 66 ±4 years  AST; n=21 female, 66 ±5years  TRT; n=17 female, 67 ±4 years | 20 weeks | 2 x /week | SET: 1 set of 20-25 repetitions  PWT: 2-3 sets of 8-12 repetitions  AST: 4-5 sets of 4-5 repetitions  TRT: 2-3 sets of 8-12 repetitions | SET, AST, TRT: 60% 10RM  PWT; 50% 10RM | SET, AST, TRT: Conc = 2secs, Ecc = 2 sec  PWT: max velocity | RPE of 6-8/10 |
| Hanson, et al. 2009 | n=50 (27 females); 71.0 ±5.0years | 22 weeks  Phase 1: 10 weeks  Phase 2: 12 weeks | 3 x /week  3 x /week | Phase 1:  5 repetitions at 50% of 1RM  Set 2: 5 repetitions at 5RM  Set 3: 10 repetitions at 5RM\*  Set 4: 15 repetitions at 5RM\*  Set 5: 20 repetitions at 5RM\*  Phase 2:  5 repetitions at 50% of 1RM  Set 2: 15 repetitions at 5RM\* | 85% 1RM | Conc = 2secs, Ecc = 3secs | Repetition maximum |
| Johnen, et al. 2020 | n=14 (8 female), 78.9 ±9.11 years | 12 weeks | 2 x / week | 1 set of 18-20 repetitions  1 set of 10-12 repetitions | 50% of 8RM  75-80% of 8RM | DNS | RPE 12/20 |
| Lee, et al. 2021 | n=234 (174 females) for 12-week analysis,  n=106 (82 females) for 24-week analysis  73 ±6.5years | 12 and 24 weeks | 2 x / week | Weeks 1-2: 2 sets of 15RM  Weeks 3-8: 2 sets of 10RM  Weeks 8-12: 2 sets of 8 repetitions  Weeks 13-24: 3 sets of 10 repetitions | Weeks 1-2: ~60% 1RM  Weeks 3-7: ~70% 1RM  Weeks 8-12: ~80% 1RM  Weeks 13-24: ~70% 1RM | DNS | Repetition Maximum |
| Leenders, et al. 2013 | n=24 females, 71±1 years  n=29 males, 70±1 years | 24 weeks | 3 x / week | Weeks 1-4: 4 sets (lower body) of 10-15, 3 sets (upper body) of 10-15  Week 5-24: 4 sets of 8 repetitions | Weeks 1-4: 60%-75% 1RM  Week 5-24: 75-80% 1RM | DNS | DNS |
| Moura, et al. 2017 | n=15 (10 females), 63.9 ±3.0years | 12 weeks | 2 x / week | 3 sets of 10 repetitions | 60-90% 1RM | Conc = 2secs,  Ecc = 2secs | DNS |
| Pinto , et al. 2014 | n=19 females, 66.0 ±8years | 6 weeks | 2 x / week | Weeks 1-3: 2 sets of 15-20RM  Weeks 4-6: 3 sets of 12-15RM | DNS | DNS | Concentric failure |
| Raj, et al. 2014 | Trad: n=12 (5 females), 68 ±5years  Ecc =13 (5 females), 68 ±5years | 16 weeks | 2 x / week | Trad = 2 sets of 10 repetitions  Ecc = 3 sets of 10 bilateral concentric repetitions, and unilateral eccentric repetitions | Traditional = 75% 1RM  Eccentrically biased = 50% 1RM | DNS | RPE 12-15/20 |
| Roma, et al. 2013 | Resistance training group:  n=20 (17 females), 68.8 ±5.6 years | 12 months | 2 x / week | 3 sets of 12, 10 and 8, repetitions, respectively | DNS | DNS | DNS |
| Safons, et al. 2021 | n= 23 female, 67.5 ±5.18 | 12 weeks | 2 x / week | Weeks 1–4: 3 sets of 12 repetitions  Weeks 5-8: 3 sets of 10 repetitions  Weeks 9-12: 3 sets of 8 repetitions | DNS | Conc = 2secs,  Ecc = 2secs | Repetitions maximum |
| Sayers, et al. 2016 | n=28 (17 female), 71.5 ±6.8 years | 12 weeks | 3 x / week | 3 sets of 14 repetitions | 40% 1RM | Conc = as fast as possible,  1sec pause, Ecc = 2-3secs | DNS |
| Schaun, et al. 2022 | Older aged adults:  n=18 (9 female), 68.9 ± 6.5years | 12 weeks | 2 x / week | Week 1: 1 set  Weeks 2-6: 2 sets  Weeks 7-12: 3 sets  All of 8–10 repetitions | 1 x / week=40% 1RM  1 x / week= 60% 1RM | Conc = as fast as possible,  Ecc = 2secs | DNS |
| Schlicht, et al. 2001 | n=11 (7 female), 72years | 8 weeks | 3 x / week | 2 sets of 10 repetitions | 75% of 1RM | DNS | DNS |
| Walker, et al. 2017 | n=46 female, 68.6 ±2.0years,  n=35 males, 69.8 ±2.4years | 12 weeks | 2 x / week | Weeks 1-4 (initiation): 2 sets of 16-20 repetitions  Weeks 5-12 (superset): 2 or 3 sets of 14-16 repetitions | 50-60% 1RM | Conc = 2secs  Ecc = 2 secs | Volitional concentric failure |

Training groups; RiR=Repetitions in Reserve, RM=Repetition Maximum, RPE=Rating of Perceived Exertion, SET=Strength-endurance training, PWT=power weight training, AST=absolute strength training, TRT=traditional resistance training, Trad=Traditional, ECC=eccentrically biased

Repetition durations; Conc=concentric, Ecc = Eccentric, DNS=did not state

\*Repetitions begun with 5RM load and then the load reduced to allow more repetitions, repeated until the desired number of reps completed