Table 2. Resistance training exercises and resistance type

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| Authors | Upper body exercises | Lower body exercises | Resistance machine and manufacturer |
| Balachandran, et al. 2017 | Chest press, seated row, shoulder press, latissimus dorsi pulldowns, biceps curl, triceps pushdowns | Leg press, leg curl, calf raises, hip abduction, hip adduction | Plate loaded; Cybex VR2, or  Pneumatic Resistance; Keiser A420 |
| Borges-Silva, et al. 2022 | Pec deck fly, seated row, preacher curl | Prone leg curls, seated calf raises, leg extension | Technogym selectorized |
| Buskard, et al. 2019 | Chest press, seated row, latissimus dorsi pulldown, biceps curl, triceps press down | Seated leg press, leg curl, hip adduction | Pneumatic Resistance; Keiser A420 |
| Filho, et al. 2022 | Seated row, flexor chair, articulated bench press, curl-ups | Leg press, plantar flexion | Not specified |
| Hanson, et al. 2009 | Chest press, seated row, abdominal crunch | Knee extension, seated leg curl, alternating leg press | Pneumatic resistance; Keiser A300 |
| Johnen, et al. 2018 | Latissimus dorsi pulldown, elbow and shoulder extension, back extension | Leg press, | Proxomed; Compass |
| Lee, et al. 2021 | Chest press, latissimus dorsi pulldown, abdomen, back extension | Leg press, leg extension, leg curl, hip abduction, hip adduction | Pneumatic resistance; Gym Tonic |
| Leenders, et al. 2013 | Chest press, horizontal row, alternating vertical latissimus dorsi pulldown, abdominal crunches, biceps curl, triceps extension | Leg press, leg extension | Technogym selectorized |
| Moura, et al. 2017 | Latissimus dorsi pulldown, seated cable row, lumbar extension | 45° leg press, hip abductor | Righetto, Freestyle |
| Pinto , et al. 2014 |  | Leg press, knee extension, knee flexion | Not specified |
| Raj, et al. 2014 | Smith machine bench press, latissimus dorsi pulldown, | 45° leg press, calf press | Not specified |
| Roma, et al. 2013 | Chest press, sit ups, lower back | Leg press, calf press | Biodelta, maxiflex |
| Safons, et al. 2021 | Bench press, high pull, triceps, and row | knee flexion, knee extension, hip abduction, hip adduction, hip extension | Pneumatic Resistance, ENDynamic,  Enraf Nonius |
| Sayers, et al. 2016 |  | Leg press, knee extension | Pneumatic Resistance; Keiser A420 |
| Schaun, et al. 2022 | Chest press, seated row | Leg press, knee extension, seated plantar flexion, | Not specified |
| Schlicht, et al. 2001 |  | Leg extension, leg press, calf press,  Hip adduction, hip abduction  Glute Press | Universal 8-station  Paramount Fitness  Cybex International |
| Walker, et al. 2017 | Chest press, latissimus dorsi pulldown, triceps pushdown, abdominal curl, back extension | Leg press, knee extension, knee flexion, | Precor Vitality Series |