Study	Experimental Total	Mean	SD	Control Total	Mean	SD	Mean Difference	MD	95%-CI	Weight (fixed)	Weight (random)
Zavorsky et al. (2019)	8	109.00	32.0	8	111.00	31.0		−2.00	[−32.87; 28.87]	0.0%	0.0%
Zavorsky & Newton (2018)	9	55.50	5.9	9	54.60	2.5		0.90	[−3.29; 5.09]	0.6%	0.6%
Sztajzel et al. (2000)	15	4.65	0.6	15	4.55	0.6		0.10	[−0.31; 0.51]	65.8%	65.8%
Boone & Gilmore (1995)	11	3.43	0.7	11	3.53	0.7		−0.10	[−0.68; 0.48]	33.6%	33.6%
Valenti et al. (2018)	12	198.90	39.1	12	190.20	28.7		8.70	[−18.74; 36.14]	0.0%	0.0%
Fixed effect model	**55**			**55**				**0.04**	**[−0.30; 0.37]**	**100.0%**	––
Random effects model								**0.04**	**[−0.30; 0.37]**	––	**100.0%**

Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.93$

−30 −20 −10 0 10 20 30

Doesn't Favor Sex   Favors sex