	Е	xperime	ental	Control						Weight	Weight
Study	Total	Mean	SD	Total	Mean	SD	Mean Difference	MD	95%-CI	(fixed)	(random)
Zavorsky et al. (2019)	8	32.00	16.0	8	33.00	15.0		-1.00	[–16.20; 14.20]	75.2%	75.2%
Valenti et al. (2018)	12	163.20	30.8	12	159.40	35.2	-	3.80	[-22.66; 30.26]	24.8%	24.8%
Fixed effect model	20			20				0.19	[–12.99; 13.37]	100.0%	
Random effects model						_			[-12.99; 13.37]		100.0%
Heterogeneity: $I^2 = 0\%$, τ^2	= 0, <i>p</i> =	= 0.76				1	0 00 10 0 10	1 1			
						_	0 –20 –10 0 10	20 30			
						Doe	sn't Favor Sex I	Favors sex			