	Experimenta	I Control				Weight	Weight
Study	Total Mean SD	Total Mean SD	Mean Difference	MD	95%-CI	(fixed) (random)
Zavorsky et al. (2019)	8 20.50 3.3	8 19.50 3.3	<u> </u>	1.00	[-2.23; 4.23]	69.9%	69.9%
Zavorsky & Newton (2018) (Handgrip)	9 50.70 4.9	9 50.00 6.1	- 	0.70	[-4.41; 5.81]	28.0%	28.0%
Zavorsky & Newton (2018) (Stair jump)	9 218.00 26.0	9 216.00 28.0		2.00 [-22.96; 26.96]	1.2%	1.2%
Valenti et al. (2018)	12 198.90 39.1	12 190.20 28.7	- !	— 8.70 <u>[</u>	-18.74; 36.14]	1.0%	1.0%
Fixed effect model	38	38	\	1.00	[-1.70; 3.71]	100.0%	
Random effects model Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.96$				1.00	[-1.70; 3.71]		100.0%
Herefore the transfer of the			-30 -20 -10 0 10 20 30				
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