Study	Experimental Total Mean SD		Mean Difference	MD 95%-CI Weight
Type = Aerobic Zavorsky et al. (2019) Zavorsky & Newton (2018) Sztajzel et al. (2000) Boone & Gilmore (1995) Random effects model Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $\rho = 0.92$	8 109.0 32.0 9 55.5 5.9 15 4.7 0.6 11 3.4 0.7	8 111.0 31.0 -9 54.6 2.5 15 4.5 0.6 11 3.5 0.7		-2.0 [-32.9; 28.9] 0.0% 0.9 [-3.3; 5.1] 0.6% 0.1 [-0.3; 0.5] 64.8% -0.1 [-0.7; 0.5] 33.0% 0.0 [-0.3; 0.4] 98.4%
Type = Strength Zavorsky et al. (2019) Zavorsky & Newton (2018) (Handgrip) Zavorsky & Newton (2018) (Stair jump) Valenti et al. (2018) Random effects model Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.96$	8 20.5 3.3 9 50.7 4.9 9 218.0 26.0 12 198.9 39.1 38	8 19.5 3.3 9 50.0 6.1 9 216.0 28.0 12 190.2 28.7 38		1.0 [-2.2; 4.2] 1.1% 0.7 [-4.4; 5.8] 0.4% 2.0 [-23.0; 27.0] 0.0% - 8.7 [-18.7; 36.1] 0.0% 1.0 [-1.7; 3.7] 1.5%
Type = Endurance Zavorsky et al. (2019) Valenti et al. (2018) Random effects model Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.76$	8 32.0 16.0 12 163.2 30.8 20	8 33.0 15.0 12 159.4 35.2 20		-1.0 [-16.2; 14.2] 0.0% 3.8 [-22.7; 30.3] 0.0% 0.2 [-13.0; 13.4] 0.1%
Random effects model Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 1.00$ Residual heterogeneity: $I^2 = 0\%$, $p = 1.00$	101		-30 -20 -10 0 10 20 30 rs Abstinence Favor	