Records removed *before screening*:

Records without DOI assigned

(n = 352)

Duplicate records removed (n = 2935)

Records removed by automated title screening (n = 278)

Records identified from:

Pubmed (n = 3969)

Web of Science (n = 3960)

**Identification**

Records excluded:

not in English (n = 2)

no primary research (n = 36)

research not in humans (n = 17)

VO2max only estimated (n = 64)

Randomly sampled records screened

(n = 500)

Reports not retrieved

(n = 15)

Reports sought for retrieval

(n = 381)

**Screening**

Reports excluded:

not in English (n = 7)

no primary research (n = 11)

VO2max only estimated (n = 41)

no appropriate test protocol (n = 31)

no information regarding the exclusion criteria (n = 32)

Reports assessed for eligibility

(n = 366)

Studies included in review

(n = 244)

**Included**