**Supplementary material 1: Flow Diagram**

Full-text articles excluded, with reasons
(N = 38)

Included patients, elderly or adolescents (N = 16)

Meta-analysis or review (N = 3)

To short intervention (N = 2)

Different training program (N = 4)

Could not extract data (N = 6)

Not measured strength or power (N = 4)

Could not determine training approach (N = 2)

Outliner (N = 1)

Records excluded
(N = 213)

Duplicates (N = 213)

Records excluded
(N = 454)

Title screening (N = 352)

Abstract screening (N = 102)

Eligibility

Included

Additional records identified through other sources (N = 2)
References list (N = 2)

Records identified through database searching
(N = 718)

PubMed (N = 195)

SPORTDisc (N = 321)

Web of Science (N = 202)

Studies included in quantitative synthesis (meta-analysis)
(N = 17)

Studies included in qualitative synthesis
(N = 17)

Full-text articles assessed for eligibility
(N = 51)

Records screened
(N = 505)

Records after duplicates removed
(N = 505)

Identification

Screening