<table>
<thead>
<tr>
<th>Database</th>
<th>Search Strategy</th>
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</thead>
</table>
| **MEDLINE**  | 1. \((\text{strength}$ or \text{resist}$ or \text{weight}$) \text{adj3 training}).\text{tw.} \)  
2. \((\text{progressive resist$}).\text{tw.} \)  
3. \(\text{or/1-2} \)  
4. \(\text{Exercise/} \)  
5. \(\text{Exercise Therapy/} \)  
6. \(\text{exercise$}.\text{tw.} \)  
7. \(\text{or/4-6} \)  
8. \((\text{Resist$ training or strength$}).\text{tw.} \)  
9. \(\text{and/7-8} \)  
10. \(\text{or/3,9} \)  
11. \(\text{randomized controlled trial}.\text{pt} \)  
12. \(\text{controlled clinical trial}.\text{pt} \)  
13. \(\text{Randomized Controlled Trials/} \)  
14. \(\text{Random Allocation/} \)  
15. \(\text{Double Blind Method/} \)  
16. \(\text{Single Blind Method/} \)  
17. \(\text{or/11-16} \)  
18. \(\text{Animals/ not Humans/} \)  
19. \(17 \text{ not } 18 \)  
20. \(\text{and/10,19} \)  
| **The Cochrane Library (Wiley)** |  #1 \((\text{strength* or resist* or weight*}) \text{NEAR/3 training}):\text{ti,ab,kw} \)  
#2 \((\text{progressive resist*}):\text{ti,ab,kw} \)  
#3 \#1 OR \#2  
#4 \text{MeSH descriptor Exercise, this term only}  
#5 \text{MeSH descriptor Exercise Therapy, this term only}  
#6 \((\text{exercise*}):\text{ti,ab,kw} \)  
#7 \(#4 \text{ OR } #5 \text{ OR } #6\)  
#8 \((\text{resist* or strength*}):\text{ti,ab,kw} \)  
#9 \(#7 \text{ AND } #8\)  
#10 \(#3 \text{ OR } #9\)  |