

**Table 1.** Search Strategy

<b>Database</b>	<b>Search Strategy</b>
<i>MEDLINE</i>	<ol style="list-style-type: none"><li>1. ((strength\$ or resist\$ or weight\$) adj3 training).tw.</li><li>2. (progressive resist\$).tw.</li><li>3. or/1-2</li><li>4. Exercise/</li><li>5. Exercise Therapy/</li><li>6. exercise\$.tw.</li><li>7. or/4-6</li><li>8. (Resist\$ training or strength\$).tw.</li><li>9. and/7-8</li><li>10. or/3,9</li><li>11. randomized controlled trial.pt</li><li>12. controlled clinical trial.pt.</li><li>13. Randomized Controlled Trials/</li><li>14. Random Allocation/</li><li>15. Double Blind Method/</li><li>16. Single Blind Method/</li><li>17. or/11-16</li><li>18. Animals/ not Humans/</li><li>19. 17 not 18</li><li>20. and/10,19</li></ol>
<i>The Cochrane Library (Wiley)</i>	<p>#1 ((strength* or resist* or weight*) NEAR/3 training):ti,ab,kw #2 (progressive resist*):ti,ab,kw #3 #1 OR #2 #4 MeSH descriptor Exercise, this term only #5 MeSH descriptor Exercise Therapy, this term only #6 (exercise*):ti,ab,kw #7 (#4 OR #5 OR #6) #8 (resist* or strength*):ti,ab,kw #9 (#7 AND #8) # 10 (#3 OR #9)</p>

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