

Supplemental Digital Content: Current Evidence Sections Levels of Evidence			
	Authors	Study Design	Level of Evidence
Training plan	Darroch et al ⁸	Cohort study	Level III
	Christopher et al ¹⁵	Clinical Commentary	Level V
	Deering et al ¹⁶	Expert opinion	Level V
	Donnelly et al ¹⁷	Expert opinion	Level V
	Kimber et al ²⁵	Systematic Review and meta-analysis	Level I
	Christopher et al ²⁸	Expert opinion	Level V
	Bo et al ³⁶	Consensus statement & systematic review	Level I
	Tennfjord et al ³⁷	Cohort study	Level III
	Nygaard et al ³⁸	Cohort study	Level III
	Hilal et al ³⁹	Case Report	Level V
	Speziali et al ⁴⁰	Case Report	Level V
	Harrast and Colonno ⁴¹	Review	Level V
	Liem et al ⁴²	Review	Level V
	Ristolainen et al ⁴³	Cohort study	Level III
	Ramskov ⁴⁵	RCT	Level II
Nielsen ⁴⁶	Cohort study	Level III	
Progression/Regression	Davenport et al ⁵	Cohort study	Level III
	James et al ⁶	Survey	Level III
	Christopher et al ⁹	Survey	Level III
	Moore et al ¹⁰	Survey	Level III
	Christopher et al ¹⁴	Survey	Level V
	Donnelly et al ¹⁷	Expert opinion	Level V
	Blyholder et al ²²	Cohort Survey	Level III
	Gavin et al ²³	Systematic review	Level I
	Makama et al ²⁴	Systematic Review	Level I
	Bo et al ³⁶	Consensus statement & systematic review	Level I
	Ramskov et al ⁴⁴	RCT	Level I
	Nielsen et al ⁴⁵	cohort	Level III
	Watson AM ⁴⁶	Review	Level V
	McGuire E. ⁴⁷	Review	Level V
	Edie et al ⁴⁸	Systematic review	Level I
Tsuchiya et al ⁴⁹	Cohort study	Level III	

Kredlow et al ⁵⁰	Meta-analytic review	Level I
Wang and Boros ⁵¹	Systematic review	Level I
Choong et al ⁵²	Systematic review and meta-analysis	Level I
Ryan et al ⁵³	Systematic review	Level I
Darroch ⁵⁴	Expert opinion	Level V
Biaggi et al ⁵⁵	Systematic review	Level I
Coast et al ⁵⁶	Evidence Mapping	Level V
Glover ⁵⁷	Review	Level V
McCurdy et al ⁵⁸	Meta-analysis	Level I
Commonwealth of Australia ⁵⁹	Review	Level V
Wang et al ⁶⁰	Cohort study	Level III
Whitney et al ⁶¹	Cohort study	Level III
Carvalhais et al ⁶²	Cohort study	Level III
Holtzman and Ackerman ⁶³	Review	Level V
Mountjoy et al ⁶⁴	Review	Level V
Mountjoy et al ⁶⁵	Review	Level V
Deering and Mountjoy ⁶⁶	Review	Level V
Lawrence and Lawrence ⁶⁷	Review	Level V
Mountjoy et al ⁶⁸	Review	Level V
Mountjoy et al ⁶⁹	Review	Level V
Mountjoy et al ⁷⁰	Review	Level V
Be'er et al ⁷¹	Cohort study	Level III
Osman et al ⁷²	RCT	Level I
Carey et al ⁷³	Cohort study	Level III
Christopher et al ⁷⁴	Systematic Review	Level I
Damsted et al ⁷⁵	Cohort study	Level III
Damsted et al ⁷⁶	Systematic review	Level I
Linton and Valentin ⁷⁷	Cohort study	Level III
ACSM's guidelines for exercise testing and prescription ⁷⁸		Level V
Guzman Rojas et al ⁷⁹	Cohort study	Level III
Hilde et al ⁸⁰	Cohort study	Level III
Hilde et al ⁸¹	Cohort study	Level III
Martin- Martin et al ⁸²	Cohort study	Level III
Nygaard and Shaw ⁸³	Narrative Review	Level V
Reimers et al ⁸⁴	Cohort study	Level III
Shin et al ⁸⁵	Narrative Review	Level V
Stær-Jensen et al ⁸⁶	Cohort study (longitudinal)	Level III
Vermandel et al ⁸⁷	Cohort study	Level III

	Wallace et al ⁸⁸	Narrative Review	Level V
	Hadizadeh-Talasaz et al ⁸⁹	Systematic review and meta-analysis	Level I
	de Mattos Lourenco et al ⁹⁰	Systematic review	Level I
	Forner et al ⁹¹	Cohort study	Level III
Key Muscles	Christopher et al ¹⁴	Survey	Level V
	Kimber et al ²⁵	Systematic Review and meta-analysis	Level I
	Hilde et al ⁸⁰	Cohort study	Level III
	Hilde et al ⁸¹	Cohort study	Level III
	Stær-Jensen et al ⁸⁶	Cohort study (longitudinal)	Level III
	Vermandel et al ⁸⁷	Cohort study	Level III
	Handa et al ⁹³	Cohort study	Level III
	Woodley ⁹⁴	Chochrane Review	Level I
	Deering et al ²⁶	Cohort study	Level III
	Deering et al ⁹⁵	Cohort study	Level III
	Hills et al ⁹⁶	Cohort study	Level III
	Fuentes et al ⁹⁷	Systematic Review	Level I
	Sharawi et al ⁹⁸	Systematic Review	Level I
	Peterson et al ⁹⁹	Systematic Review and meta-analysis	Level I
	Christopher et al ⁷⁴	Systematic Review	Level I
	Conder et al ¹⁰⁰	Systematic Review	Level I
Christopher et al ¹⁰¹	Cohort study	Level III	