

## ***Expression of concern: Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity training (HIIT)***

Viana RB, Naves JPA, Coswig VS, *et al.* Is interval training the magic bullet for fat loss? A Systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity training (HIIT). *Br J Sports Med* 2019;53:655–64.

The manuscript 'Is interval training the magic bullet for fat loss? A Systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity training (HIIT)' was published in *British Journal of Sports Medicine*.

The journal was contacted by Mr Hollings and colleagues with concerns that the article may have some data extracts and analysis errors which may impact the original conclusions of the article.

The journal has asked the authors to provide an erratum, correcting the analysis and results. We anticipate receiving this soon. In the meantime, we are releasing this statement of concern to alert readers and policymakers to uncertainty about the weight and significance of the findings reported herein.

<https://blogs.bmj.com/bjism/2019/05/31/questions-regarding-dr-ricardo-borges-viana-et-al-s-paper-on-interval-training-and-fat-loss/>

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