

Retraction

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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.

This paper has been retracted because the Editor has concerns about: (i) the accuracy of inclusion/exclusion of some studies; (ii) classification of the exercise intensity in some of the studies; (iii) the accuracy of some reported effect sizes; (iv) the veracity of the main conclusions and title.

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