Table S4: Complementary data from the forest plot (figure 2) of muscle soreness.

|  |  |  |
| --- | --- | --- |
| Study or Subgroup | Weight | Std. Mean Difference  IV, Fixed, 95% CI |
| Arriel 2018 | 36.0% | -0.27 [-1.02, 0.47] |
| Daab 2020 | 21.6% | -1.71 [-2.68, -0.75] |
| Northey 2016 | 29.8% | -0.54 [-1.36, 0.28] |
| Page 2017 | 12.6% | -1.99 [-3.25, -0.73] |
| Total (95% CI) | **100.0%** | **-0.88 [-1.33, -0.43]** |