**Supplemental Digital Content 2.** Study Flow Diagram

Full-Text Review (n = 119)

Electronic Search (n = 7179)

 MEDLINE: 3727

 EMBASE: 2207

 Cochrane: 128

 SPORTDiscus: 615

 PsycINFO: 502

Included (n = 25)

Excluded (n = 94)

 No exercise regimen: 61

 Not randomized: 16

 Outcome data not quantifiable: 7

Poster abstract only: 4

Effect of cointervention inseparable: 2

 AAS not the intervention: 1

 Not healthy subjects: 1

 No placebo: 1

 Duplicate dataset: 1

Excluded by Title and Abstract (n = 7063)

 AAS not the intervention: 6318

 Wrong outcome: 400

 Not healthy subjects: 176

 No control group: 109

 Not humans: 60

Hand Search (n = 3)