**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)