**Supplementary Digital Content 8: Methods of Strength Assessment**

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| **Author, Year** | **Method of Strength Measurement** |
| Weiss and Mueller, 1968 | Maximum voluntary isometric contraction for bicep curl |
| Fahey and Brown, 1973 | Single repetition maximum load dead lift |
| Ward, 1973 | Single repetition maximum load squat |
| Ariel, 1974 | Single repetition maximum load squat |
| O'Shea and Winkler, 1974 | Single repetition maximum load squat |
| Stromme et al., 1974 | Maximum voluntary isometric contraction for leg press |
| Johnson et al., 1975 | Maximum voluntary isometric contraction for knee extension by cable tensiometry |
| Loughton and Ruhling, 1977 | Single repetition maximum load leg press |
| Bhasin et al., 1996 | Single repetition maximum load squat |
| Brown et al., 1999 | Single repetition maximum load upper body composite of bench press, shoulder press, lat pulldown |
| Giorgi et al., 1999 | Single repetition maximum load bench press |
| King et al., 1999 | Single repetition maximum load vertical butterfly |
| Broeder et al., 2000 | Single repetition maximum load composite of bench, biceps curl, tricep press-down, leg extension, leg curl |
| Van Gammeren et al., 2001 | Single repetition maximum load bench press |
| Van Gammeren et al., 2002 | Single repetition maximum load bench press |
| Villareal and Holloszy, 2006 | Single repetition maximum load leg press (hoist method) |
| Rogerson et al., 2007 | Single repetition maximum load leg press |
| Igwebuike et al., 2008 | Single repetition maximum load leg press |
| Hildreth et al., 2013 | Single repetition maximum load seated leg press |
| Kvorning et al., 2013 | Maximum voluntary isometric contraction for knee extension |
| Granados et al., 2014 | Single repetition maximum load composite of bench press, back squat, deadlift |