**Table 3:** Methodological quality of included resistance training trials

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Criteria\***  **1** | **2** | **3** | **4** | **5** | **Study Quality** |
| Winters-Stone et al. 2012 (76, 77) | + | + | + | + | + | 5 |
| Schmitz et al. 2010 (52) | + | + | + | + | - | 4 |
| Schmitz et al. 2009 (53) | + | + | + | + | - | 4 |
| Schwartz et al. 2009 (57) | + | - | - | + | + | 3 |
| Segal et al. 2009 (59) | + | + | + | + | + | 5 |
| McNeely et al. 2008 (37) | + | + | + | + | + | 5 |
| Battaglini et al. 2007 (5) | + | + | - | + | - | 3 |
| Courneya et al. 2007 (12) | + | + | - | + | + | 4 |
| Schwartz et al. 2007 (56) | + | - | - | + | + | 3 |
| Ahmed et a. 2006 (2)  Schmitz et al. 2005 (51) | + | + | + | + | - | 4 |
| Segal et al. 2003 (58) | + | + | + | + | + | 5 |

**\***1) Randomization; 2) Method of randomization; 3) Blinding of outcome assessors; 4) Withdrawals and Drop-outs; 5) Intention-to-treat analysis

**+** = yes; **−** = no