**Supplemental Digital Content 1**. Effect Sizes for Muscle Size. A positive value favors the hypertrophy (HYPER) group.

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| **Hedges g** |
|  | **Effect Size (90% CI)** |
| Posterior Upper Arm 50% |  |
| Dominant | 0.78 (0.22, 1.33) |
| Non-Dominant | 0.76 (0.21, 1.31) |
|  |  |
| Posterior Upper Arm 60% |  |
| Dominant | 0.56 (0.01, 1.10) |
| Non-Dominant | 0.69 (0.14, 1.24) |
|  |  |
| Posterior Upper Arm 70% |  |
| Dominant | 0.63 (0.08, 1.18) |
| Non-Dominant | 0.13 (-0.41, 0.66) |
|  |  |
| Anterior Upper Leg 50% |  |
| Dominant | 0.82 (0.25, 1.38) |
| Non-Dominant | 1.07 (0.49, 1.65) |
|  |  |
| Anterior Upper Leg 60% |  |
| Dominant | 0.61 (0.06, 1.17) |
| Non-Dominant | 0.98 (0.40, 1.55) |
|  |  |
| Anterior Upper Leg 70% |  |
| Dominant | 0.62 (0.06, 1.17) |
| Non-Dominant | 1.04 (0.46, 1.61) |
|  |  |
| Lateral Upper Leg 50% |  |
| Dominant | 0.46 (-0.08, 1.00) |
| Non-Dominant | 0.23 (-0.30, 0.77) |
|  |  |
| Lateral Upper Leg 60% |  |
| Dominant | 0.58 (0.03, 1.12) |
| Non-Dominant | 0.13 (-0.40, 0.67) |
|  |  |
| Lateral Upper Leg 70% |  |
| Dominant | 0.45 (-0.09, 0.99) |
| Non-Dominant | 0.43 (-0.22, 1.07) |