**Supplemental Digital Content 2**. Effect Size for Muscle Strength and Endurance A positive value favors the hypertrophy (HYPER) group.

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| --- | --- |
| **Hedges g** | |
|  | **Effect Size (90% CI)** |
| Isometric Torque |  |
| Dominant | -0.11 (-0.64, 0.43) |
| Non-Dominant | -0.14 (-0.67, 0.40) |
|  |  |
| Isokinetic at 60 deg/sec |  |
| Dominant | 0.43 (-0.12, 0.97) |
| Non-Dominant | 0.49 (-0.05, 1.03) |
|  |  |
| Isokinetic at 180 deg/sec |  |
| Dominant | 0.25 (-0.29, 0.79) |
| Non-Dominant | -0.01 (-0.55, 0.52) |
|  |  |
| Lower Body 1-Rep Maximum |  |
| Dominant | 0.31 (-0.23, 0.84) |
| Non-Dominant | 0.49 (-0.05, 1.03) |
|  |  |
| Lower Body Endurance |  |
| Dominant | 0.65 (0.10, 1.20) |
| Non-Dominant | 0.49 (-0.05, 1.03) |
|  |  |
| Chest Press 1-Rep Maximum | -0.22 (-0.75, 0.32) |
|  |  |
| Chest Press Endurance | 0.45 (-0.09, 1.00) |