Online Supplementary Data

**Supplemental Table 3:** Volunteer characteristics

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| **Study** | **Sample Size**  **(n)** | **Age (years)** | **Height (cm)** | **Weight (kg)** | **VO2 max**  **(mL/kg/min)** |
| Alghannam et al. (24) | 6 (5 M, 1 F) | 26 | 180 | 67 | 64 |
| Beelen et al. (25) | 14 (14 M) | 24 | NR | 72 | 62 |
| Betts et al. (26) | 6 (6 M) | 22 | NR | 74 | 61 |
| Carrithers et al. (27) | 7 (7 M) | 26 | 181 | 75 | 56 |
| Cogan et al. (15) | 11 (11 M) | 29 | 178 | 75 | 61 |
| Detko et al. (28) | 7 (7 M) | 33 | 178 | 79 | 58 |
| Ferguson-Stegall et al. (29) | 10 (5 M, 5 F) | 32 | 171 | 68 | 53 |
| Howarth, et al. (16) | 6 (6 M) | 22 | 184 | 90 | 49 |
| Ivy et al. (12) | 7 (7 M) | 21 | 181 | 74 | 61 |
| Jentjens et al. (30) | 8 (8 M) | 27 | 176 | 70 | 63 |
| Kammer et al. (31) | 12 (8 M, 4 F) | 27 | 177 | 72 | 56 |
| Lunn et al. (32) | 8 (8 M) | 24 | 178 | 76 | 53 |
| Roy et al. (33) | 10 (10 M) | 20 | 182 | 87 | NR |
| Tarnopolsky et al. (34) | 12 (8 M, 4 F) | 21 | NR | 69 | 55 |
| Van Hall et al. (35) | 8 (8 M) | 25 | 183 | 72 | NR |
| Van Hall et al. (17) | 5 (5 M) | 26 | 178 | 74 | NR |
| Van Loon et al. (18) | 8 (8 M) | 24 | NR | 70 | NR |
| Williams et al. (13) | 8 (8 M) | 24 | NR | 67 | 62 |
| Yaspelkis et al. (36) | 12 (12 M) | 19-26 | NR | 72 | 67 |
| Zawadzki et al. (14) | 9 (9 M) | NR | NR | 73 | 67 |

Values are means. M = males, F = females, NR = not reported