Table 1. *Sample and Experimental Characteristics of Identified "Time-Based" or "Set-Based" Studies*

Study	Participants	Familiarization	Study Protocol
Alves, 2017	N = 14 females Age = 31 ± 10.5 years Activity Level = Sedentary	Explained sequence of exercise, use of FS, demonstrated correct form. Sequence was then performed as demonstrated with "minimum weight"	*Exercises*; bench press, leg extension, lat pulldown, barbell curl, leg curl *Load*; not indicated *Normalized Load:* N/A *Volume*; 3x10 *Rest Intervals*; 1-2 minutes *Instrumentation*: FS
Bellezza, 2009	N = 29 Sex = 38% female Age = 20.8 ± 2.0 years Activity Level = recreationally trained; RT 2-3x per week	Not Reported	*Exercises*; Chest press, leg press, rows, leg extension, overhead press, leg curl, biceps curl, calf raise, triceps extension *Load*; 80 and 100% of 1RM *Normalized Load:* N/A *Volume*; 2x10 *Rest Intervals*; "1 minute minimum" *Instrumentation:* FS and FAS
Chmelo, 2009	N = 32 females, Age = 21.0 ± 1.4 years Activity Level = regularly active; 81% exercised at least 3x per week	Not Reported	*Exercises*; Chest press, rows, squats, lateral raises, biceps curls, triceps extension, deadlifts, ab crunches *Load*; 60 and 100% of 10RM *Normalized Load:* 45% and 75% of 1RM *Volume*; 2x10. One set with 60%, one set with 100% *Rest Intervals*; "1 minute minimum"

			Instrumentation: FS, FAS, AD ACL
Ciccolo, 2016	N = 14 Sex = 28.6% female, 7.1% transgendered female Age = 31 years Activity Level = sedentary	Not Reported	*Exercises*; Squats, lunges, and push-ups *Load*; Bodyweight *Normalized Load:* N/A *Volume*; 30s sets for 10 rounds* *Rest Intervals*; 90s *Instrumentation:* FS and FAS *Circuit style protocol
Elsangedy, 2016	N = 12 males Age = 35.8 ± 5.8 years Activity Level = sedentary	First session: anthropometric measures, familiarization with RPE and FS (anchors and explanations).	*Exercises*; Chest press, leg press, seated rows, leg extensions, overhead press, biceps curls, triceps pushdown *Load*; Self-selected (averaged 55% of 1RM) *Normalized Load:* N/A *Volume*; 3x10 *Rest Intervals*; 2 minutes between sets *Instrumentation:* FS
Focht, 2015	N = 20 females Age = 23.2 ± 2.9 years Activity Level = recreationally trained; 3x week minimum for at least a year	Not Reported	*Exercises*; Leg extensions, seated chest press, lat pulldowns, leg curls *Load*; 40% and 70% of 1RM and self-selected (averaged 57% of 1RM) *Normalized Load:* N/A *Volume*; 3x10 *Rest Intervals*; "2 minutes" *Instrumentation:* FS, Intentions and Self-Efficacy Scale

Greene, 2015	N = 22 Sex = 23% female Age = 21.5 ± 3.0 years Activity Level = 20 exercise vigorously regular basis; 4.7 days/wk, 16 primarily RT.	Not Reported	*Exercises*; Bench press, leg curls, bent over rows, leg extensions, overhead press, curls, supine triceps extensions *Load*; 70% and 100% of 10RM *Normalized Load:* 52.6% and 75% of 1RM *Volume*; 3x10 *Rest Intervals*; 90s between sets, 120s between exercises *Instrumentation:* FS, PACES, FAS, and STAI
Herring, 2009	N = 14 Sex = 100% female Age = 20.1 ± 0.9 years Activity Level = sedentary	Not Reported	*Exercises*; Leg press, leg extension, leg curl *Load*; 70% and 15% of estimated 1RM *Normalized Load:* N/A *Volume*; 3x10 and 4x10 *Rest Intervals*; 90s between sets, 120s between exercises *Instrumentation:* POMS-B
Nosrat, 2017	N = 10 Sex = 40% female Age = 50.4 ± 8.9 years Activity Level = sedentary	Not Reported	*Exercises*; Squats, lunges, and push-ups *Load*; Bodyweight *Normalized Load:* N/A *Volume*; 30s for 10 rounds* *Rest Intervals*; 90s *Instrumentation:* FS and FAS *Circuit style protocol
Portugal, 2015	N = 16 males	First visit: FS/FAS/CR10	*Exercises*; Lat pulldown, leg extensions, chest press, leg curls

	Age = 25.1 ± 5.5 years Activity Level = active; 3-12 months of RT	explained & demonstrated, & Control participants familiarized with 1RM procedure & machine adjustments. Another familiarization with 1RM. 2nd visit: 3rd familiarization with 1RM testing plus test itself	*Load*; 40%, 60%, 80% of 1RM and self-selected *Normalized Load:* N/A *Volume*; 3x8 *Rest Intervals*; 1 minute between sets, 2 minutes between exercises *Instrumentation:* FS and FAS
Richardson, 2018	N = 10 Sex = 50% female Age = >60 years Activity Level = no RT in previous 6 months	Not Reported	*Exercises*; Chest press, leg press, calf raise, leg extension, leg curl, seated row, biceps curl, triceps extension *Load*; 40 and 80% of estimated 1RM *Normalized Load:* N/A *Volume*; 3x14 and 3x7 *Rest Intervals*; 2 minutes between sets, 3 minutes between exercise *Instrumentation:* FS and PAAS
Vasconcelos, 2019	N = 12 males Age = 23 ± 3.2 years Activity Level = experience with RT for at least six months	First visit: familiarized with scales and the 10RM test Second and third visit: 10RM test replicated	*Exercises*; Chest press and seated row *Load*; 100% of 10RM *Normalized Load:* 75% of 1RM *Volume*; 3x8-10 or 3 sets of 2 blocks (4 reps each block) *Rest Intervals*; 2 minutes between sets or 20 seconds between blocks

			Instrumentation: FS