**(SDC1) Table S1**. Literature search strategy used for the PubMed database

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| #1” Search “strength training to failure” [title/abstract] OR “strength training to muscle failure” [title/abstract] OR “muscle failure” [title/abstract] OR “muscular failure” [title/abstract] OR “set to failure” [title/abstract] OR “sets to failure” [title/abstract] OR “until failure” [title/abstract] OR “until volitional failure” [title/abstract] OR “protocols to failure” [title/abstract] OR “strength training to exhaustion” [title/abstract] OR “strength training to muscle exhaustion” [title/abstract] OR “set to exhaustion” [title/abstract] OR “sets to exhaustion” [title/abstract] OR “until exhaustion” [title/abstract] OR “until volitional exhaustion” [title/abstract] OR “protocols to exhaustion” [title/abstract] OR “strength training to fatigue” [title/abstract] OR “strength training to muscle fatigue” [title/abstract] OR “muscular fatigue” [title/abstract] OR “muscle fatigue” [title/abstract] OR “set to fatigue” [title/abstract] OR “sets to fatigue” [title/abstract] OR “until fatigue” [title/abstract] OR “until volitional fatigue” [title/abstract] OR “protocols to fatigue” [title/abstract] OR “repetitions maximum” [title/abstract] OR “repetition maximum” [title/abstract] OR “resistance training to failure” [title/abstract] OR “resistance training to muscle failure” [title/abstract] OR “resistance training to exhaustion” [title/abstract] OR “resistance training to muscle exhaustion” [title/abstract] OR “resistance training to fatigue” [title/abstract] OR “resistance training to muscle fatigue” [title/abstract] OR “high-load” [title/abstract] OR “high load” [title/abstract] OR “low-load” [title/abstract] OR “low load” [title/abstract]  #2” Search “muscle mass” [title/abstract] OR “muscular size” [title/abstract] OR hypertrophy [title/abstract] OR “muscle hypertrophy” [title/abstract] OR “cross-sectional area” [title/abstract] OR “muscle thickness” [title/abstract] OR “one maximum repetition” [title/abstract] OR “1-RM” [title/abstract] OR “maximal strength” [title/abstract].  #1 AND #2 |