

Table I - Characteristics of the participants and scores (PeDro scale)

Study	Group	Participants	Age (years)	Height (cm)	Weight (Kg)	Training Status	PeDro Score
Aagaard P et al., 2011	Int	7 (M)	19.5 ± 0.8	180.7 ± 5.4	70.7 ± 5.8	Elite cyclists	4
	Cont	7 (M)					
Hauswirth C et al., 2009	Int	7 (M)	30.2 ± 4.3	176.3 ± 3.1	70.4 ± 8.0	Triathletes	5
	Cont	7 (M)	32.4 ± 4.8	175.0 ± 7.2	69.4 ± 7.8		
Jackson NP et al., 2007	H ResH-	7 (M)/2 (F)	31 ± 10	ND	25.4 ± 2.1	Cyclists in a club level	5
	Rep	8 (M)/1 (F)	32 ± 9		24.4 ± 2.7		
	Cont	3 (M)/2 (F)	27 ± 10		23.1 ± 2.9 (IMC)		
Levin GT, McGuigan MR, Laursen PB., 2009	Int	7 (M)	25 (4)	180,5 (9,6)	78,6 (9,4)	Well trained cyclists/Triathletes	7
	Cont	7 (M)	37 (7)	179,2 (8,0)	76,2 (8,3)		
Rønnestad BR, Hansen E A, Raastad T., 2010	Int	6 (M)	ND	ND	ND	Well trained cyclists	5
	Cont	6 (M)					
Rønnestad BR et al., 2016	Int	7 (M)	19.0±1.6	179±8	67.8±7.8	Elite cyclists	4
	Cont	7 (M)	20.1±1.6	183±9	74.3±7.5		
Rønnestad BR et al., 2015	Int	9 (ND)	19.1 ± 1.7	178 ± 7	66.0 ± 8.0	Elite cyclists	6
	Cont	7 (ND)	20.1 ± 1.6	183 ± 9	74.3 ± 7.5		
Rønnestad BR, Hansen J, Nygaard H, 2017	Int	10 (M)/2 (F)	19 ± 2	178 ± 9 181 ±	67 ± 8 72 ± 9	Elite cyclists	6
	Cont	6 (M)/2 (F)	20 ± 2	10			
Sunde A et al., 2010	Int	7 (M)/1 (F)	29.9 ± 7.2	178 ± 8	72.5 ± 7.3	Well trained cyclists	5
	Cont	3 (M)/2 (F)	35.8 ± 11.8	178 ± 13	75.4 ± 11.2		

Int = intervention group; Cont = control group; H-Res = intervention group with high loads; H-Rep = intervention group with high repetitions; M = male; F = female; ND = not described; IMC= body mass index