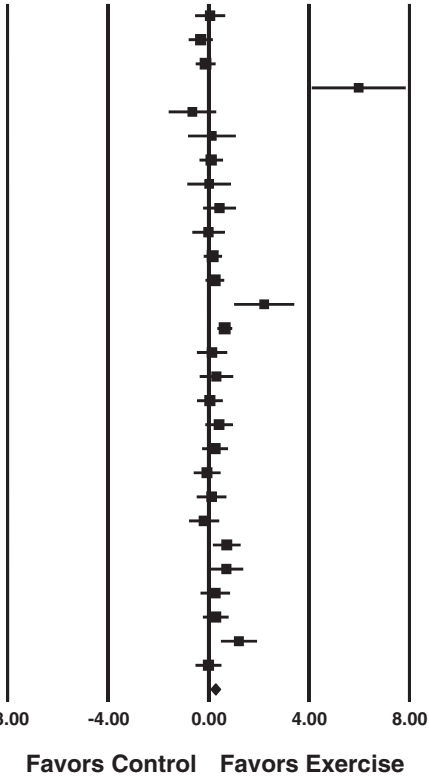Study name	Subgroup within study	Statistics for each study		
		Point estimate	Lower limit	Upper limit
Bassey et al., 1998	hrt	0.066	-0.513	0.644
Bassey et al., 1998	no hrt	-0.311	-0.767	0.145
Bergstrom et al., 2008	None	-0.112	-0.485	0.261
Bocalini et al., 2009	None	5.987	4.145	7.830
Brentano et al., 2008	circuit training	-0.642	-1.565	0.282
Brentano et al., 2008	weight training	0.137	-0.788	1.062
Brooke-Wavell et al., 1997	None	0.109	-0.335	0.553
Chilibeck et al., 2002	None	0.024	-0.815	0.863
Choquette et al., 2011	None	0.441	-0.190	1.071
Englund et al., 2005	None	0.000	-0.621	0.621
Going et al., 2003	hrt	0.171	-0.166	0.509
Going et al., 2003	no hrt	0.252	-0.095	0.598
Jessup et al., 2003	None	2.223	1.048	3.399
Kemmler et al., 2010	None	0.648	0.381	0.915
Kerr et al., 1996	weight training (high load, low reps)	0.142	-0.437	0.721
Kerr et al., 1996	weight training (low load, high reps)	0.318	-0.322	0.958
Kerr et al., 2001	circuit training	0.057	-0.428	0.541
Kerr et al., 2001	weight training	0.423	-0.099	0.945
Liu-Ambrose et al., 2004	agility training	0.263	-0.229	0.755
Liu-Ambrose et al., 2004	weight training	-0.055	-0.561	0.452
Marques et al., 2011a	aerobic training	0.123	-0.443	0.690
Marques et al., 2011a	weight training	-0.173	-0.746	0.400
Marques et al., 2011b	None	0.727	0.204	1.249
Nelson et al., 1994	None	0.713	0.065	1.360
Newstead et al., 2004	None	0.271	-0.293	0.834
Prince et al., 1995	None	0.287	-0.199	0.773
Rhodes et al., 2000	None	1.213	0.521	1.906
Wu et al., 2006	None	0.000	-0.490	0.490
		0.288	0.102	0.474