The acute neuromuscular responses to cluster-set resistance training: A systematic review and meta-analysis Short title: Acute responses to cluster-set training

Sports Medicine

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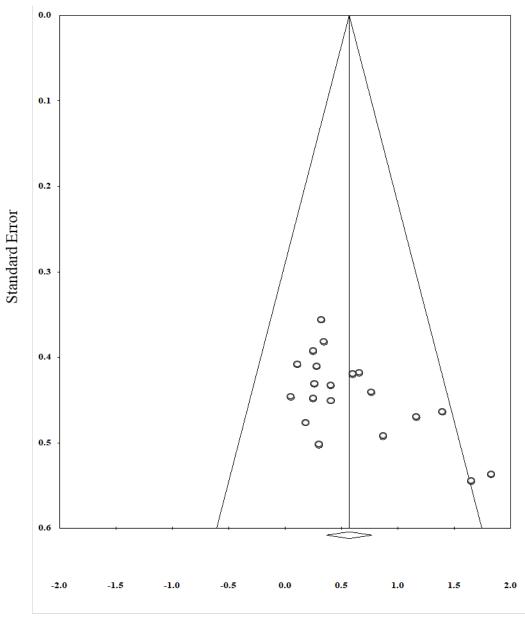
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Supplementary Figure 1)



Standard differences in Means