

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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Supplementary Table 1.

PEDro Assessment Criteria								
Reference (year)	2	3	4	5	6	7	8	Total
Boullosa et al. [41]	Y	N	Y	Y	Y	Y	Y	6
Garcia-Ramos et al. [42]	N	N	Y	Y	Y	Y	Y	5
Garcia-Ramos et al. [57]	Y	N	Y	Y	Y	Y	Y	6
Garcia-Ramos et al. [58]	Y	N	Y	Y	Y	Y	Y	6
Girman et al. [44]	Y	N	Y	Y	Y	Y	Y	6
Haff et al. [19]	Y	N	Y	Y	Y	Y	Y	6
Hardee et al. [21]	Y	N	Y	Y	Y	Y	Y	6
Inglesias-Soler et al. [43]	N	N	Y	Y	Y	Y	Y	5
Joy et al. [24]	Y	N	Y	Y	Y	Y	Y	6
Marshall et al. [53]	Y	N	Y	Y	Y	Y	Y	6
Mayo et al. [56]	N	N	Y	Y	Y	Y	Y	5
Moir et al. [45]	N	N	Y	Y	Y	Y	Y	5
Nickerson et al. [52]	Y	N	Y	Y	Y	Y	Y	6
Nickerson et al. [59]	Y	N	Y	Y	Y	Y	Y	6
Oliver et al. [23]	Y	N	Y	Y	Y	Y	Y	6
Oliver et al. [46]	Y	N	Y	Y	Y	Y	Y	6
Oliver et al. [47]	Y	N	Y	Y	Y	Y	Y	6
Rio-Rodriguez et al. [54]	N	N	Y	Y	Y	Y	Y	5
Tufano et al. [25]	Y	N	Y	Y	Y	Y	Y	6
Tufano et al. [26]	Y	N	Y	Y	Y	Y	Y	6
Mora-Custodio et al. [50]	Y	N	Y	Y	Y	Y	Y	6
Inglesias-Soler et al. [55]	N	N	Y	Y	Y	Y	Y	5
Lawton et al. [22]	Y	N	Y	Y	Y	Y	Y	6
Koefoed et al. [51]	N	N	Y	Y	Y	Y	Y	5
Wagle et al. [49]	Y	N	Y	Y	Y	Y	Y	6

Electronic supplementary material S1 Pedro's scale. y: yes; n: no.

2 = subjects were randomly allocated to groups (in a crossover study, subjects were randomly allocated and order in which treatments were received).

3 = allocation was concealed.

4 = the groups were similar at baseline regarding the most important prognostic indicators.

5 = measures of at least one key outcome were obtained from more than 85% of the subjects initially allocated to groups.

6 = all subjects from whom outcome measures were available received the treatment or control condition as allocated or,

where this was not the case, data for at least one key outcome were analyzed by "intention to treat".

7 = the results of between-group statistical comparisons were reported for at least one key outcome.

8 = the study provided both point measures and measures of variability for at least one key outcome.