

**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 2.

Risk of bias assessment criteria							
	Sequence generation	Allocation concealment	Blinding of participants, personnel	Blinding of outcome	Incomplete outcome data	Selective outcome reporting	Other source of bias
Boullosa et al. [41]	Low	Unclear	High	High	Low	Low	Low
Garcia-Ramos et al. [42]	High	Unclear	High	High	Low	Low	Low
Garcia-Ramos et al. [57]	Low	Unclear	High	High	Low	Low	Low
Garcia-Ramos et al. [58]	Low	Unclear	High	High	Low	Low	Low
Girman et al. [44]	Low	Unclear	High	High	Low	Low	Low
Haff et al. [19]	Low	Unclear	High	High	Low	Low	Low
Hardee et al. [21]	Low	Unclear	High	High	Low	Low	Low
Iglesias-Soler et al. [43]	High	Unclear	High	High	Low	Low	Low
Joy et al. [24]	Low	Unclear	High	High	Low	Low	Low
Marshall et al. [53]	Low	Unclear	High	High	Low	Low	Low
Mayo et al. [56]	High	Unclear	High	High	Low	Low	Low
Moir et al. [45]	High	Unclear	High	High	Low	Low	Low
Nickerson et al. [52]	Low	Unclear	High	High	Low	Low	Low
Nickerson et al. [59]	Low	Unclear	High	High	Low	Low	Low
Oliver et al. [23]	Low	Unclear	High	High	Low	High	Low
Oliver et al. [46]	Low	Unclear	High	High	Low	High	Low
Oliver et al. [47]	Low	Unclear	High	High	Low	High	Low
Rio-Rodriguez et al. [54]	High	Unclear	High	High	Low	Low	Low
Tufano et al. [25]	Low	Unclear	High	High	Low	Unclear	Low
Tufano et al. [26]	Low	Unclear	High	High	Low	Low	Low
Mora-Custodio et al. [50]	Low	Unclear	High	High	Low	High	Low
Inglesias-Soler et al. [55]	High	Unclear	High	High	Low	Low	Low
Lawton et al. [22]	Low	Unclear	High	High	Low	High	Low
Koefoed et al. [51]	High	Unclear	High	High	Low	Low	Low
Wagle et al. [49]	Low	Unclear	High	High	Low	Low	Low
<b>Low risk</b>	<b>18</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>25</b>	<b>19</b>	<b>25</b>
<b>High risk</b>	<b>7</b>	<b>0</b>	<b>25</b>	<b>25</b>	<b>0</b>	<b>5</b>	<b>0</b>
<b>Unclear</b>	<b>0</b>	<b>25</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>0</b>