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[\*\*Effects of varied versus constant loading zones on muscular adaptations in trained men\*\*](#)

[\*\*Longer rest periods enhance muscle strength and hypertrophy in resistance-trained men\*\*](#)

[\*\*Effects of meal frequency on weight loss and body composition: A meta-analysis\*\*](#)

**[Effect of repetition duration during resistance training on muscle hypertrophy: A systematic review and meta-analysis](#)**

**[Muscular adaptations in low- versus high-load resistance training: A meta-analysis](#)**

**[Body composition changes associated with fasted versus non-fasted aerobic exercise](#)**

**[The effect of protein timing on muscle strength and hypertrophy: A meta-analysis](#)**

**[Determining Appropriate Set Volume for Resistance Exercise](#)**

**[Single vs. multiple sets of resistance exercise for muscle hypertrophy: a meta-analysis](#)**

**[Single versus multiple sets of resistance exercise: a meta-regression](#)**

**[Effects of variation in protein and carbohydrate intake on body mass and composition during energy restriction: a meta-regression](#)**

**[Chronic glutamine supplementation increases nasal but not salivary IgA during 9 days of interval training](#)**