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[Dose-response relationship between weekly resistance training volume and increases in muscle mass: A systematic review and meta-analysis](#)

[Effects of resistance training frequency on measures of muscle hypertrophy: A systematic review and meta-analysis](#)

[Comparison of amplitude-mode ultrasound versus air displacement plethysmography for assessing body composition changes following participation in a structured weight-loss programme in women](#)

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

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[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](#)