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Strength and hypertrophy adaptations between low- vs. high-load resistance training: a systematic review and meta-analysis.

A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults

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Muscular adaptations in low- versus high-load resistance training: A meta-analysis

Body composition changes associated with fasted versus non-fasted aerobic exercise

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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

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