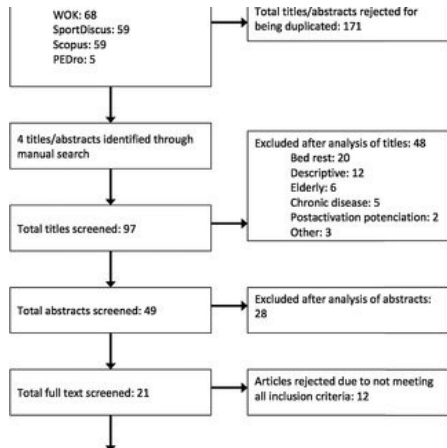


Characteristics of the studies included....



Flow chart illustrating the different phases of the search and selection of the studies included in the review (PRISMA).

Study	Mean	SD	SE	95% CI	Weight	95% CI	
Strength (N)							
Warriss-Isaacs et al. (2016)	51.8	68.81	17	18.3	11	3.98	
Nauck et al. (2016) ecc T8	6	20.18	6	21.84	9	2.76	
Nauck et al. (2016) T8	8.96	34.04	11	2.81	13	3.76	
Aukling et al. (2005) T096	10	10.62	10	0	11	3.88	
Nauck et al. (2014) T16	11.89	22.13	11	2.81	13	2.76	
Nauck et al. (2014) T8	13.62	33.17	11	2.81	13	3.76	
Nauck et al. (2016) Max T8	17	17.67	10	0	11	3.18	
Nauck et al. (2016) ecc T9	14	46.11	10	-7	10	3.18	
Aukling et al. (2005) ECC	28	42.88	15	-7	10	3.29	
Nauck et al. (2016) Max T8	34	15.88	10	1	14	3.88	
Nauck et al. (2015) T10	53	28.88	18	4	28	3.29	
Nauck et al. (2015) T9	47	21.18	10	-5	19	11	2.48
Subtotal (95% CI)					118	10.98	
Heterogeneity: Chi ² = 38.66, df = 11, P < 0.001, I ² = 71%							
Test for overall effect: Z = 1.73, P = 0.08833							
1.1.2 Muscle Power							
Nauck et al. (2016) ecc T8	12	61.24	10	-8	18.87	9	4.29
Nauck et al. (2014) T16	18.75	41.18	11	0.22	30.77	11	2.76
Nauck et al. (2014) T8	27.28	34.48	11	0.02	30.77	11	2.76
Nauck et al. (2016) Max T8	19	18.19	10	-11	10.17	9	3.18
Nauck et al. (2014) T8	18.81	48.23	11	0.02	30.77	11	2.76
Nauck et al. (2016) ecc T9	10	48.57	10	-15	46.13	9	3.08
Warriss-Isaacs et al. (2016)	119.24	78.13	17	17.48	97.38	14	3.08
Nauck et al. (2016) Max T8	19	48.8	10	-8	11.77	9	3.08
Nauck et al. (2015) T8	187	73.94	19	-4	84.10	11	3.08
Nauck et al. (2014) T16	189	73.60	18	-5	71.71	10	2.48
Subtotal (95% CI)					118	14.76	
Heterogeneity: Chi ² = 8.16, df = 9, P = 0.60, I ² = 36%							
Test for overall effect: Z = 1.47, P = 0.14222							
1.1.3 Hypertrophy							
Warriss-Isaacs et al. (2016)	80	112.16	7	43	138.83	4	4.76
Taylor et al. (2006)	71	162	10	-11	187	10	3.08
Nauck et al. (2016) T8	8	6.72	10	0	6.72	9	3.18
Nauck et al. (2015) T8	1.88	1.14	10	0.84	0.93	11	1.18
Nauck et al. (2016) T9	0.46	6.77	10	0	6.72	9	3.18
Nauck et al. (2015) T10	0.49	8.88	18	0.38	8.91	18	3.88
Warriss-Isaacs et al. (2016)	6.2	0.1	11	1.2	4.93	14	2.98
Subtotal (95% CI)					73	17.26	
Heterogeneity: Chi ² = 1.05, df = 8, P = 0.81, I ² = 16%							
Test for overall effect: Z = 1.47, P = 0.14222							
1.1.4 Jump							
Warriss-Isaacs et al. (2016)	1.43	0.83	11	1.12	1.84	14	3.76
Nauck et al. (2015) T8	0.81	13.08	19	-9.43	8.12	11	3.08
Nauck et al. (2014) T16	1.23	0.62	14	-0.43	6.12	10	3.98
De Haes et al. (2015)	0.8	1.87	18	-0.6	-0.67	11	1.76
Subtotal (95% CI)					58	13.18	
Heterogeneity: Chi ² = 0.24, df = 3, P = 0.97, I ² = 36%							
Test for overall effect: Z = 1.44, P = 0.15							
1.1.5 Speed							
De Haes et al. (2015)	0.04	0.084	18	-0.01	0.27	11	3.08
Aukling et al. (2005)	0.08	0.113	11	0	0.141	11	1.48
Warriss-Isaacs et al. (2016)	0.08	0.361	11	0.18	0.398	14	2.76
Subtotal (95% CI)					44	15.34	
Heterogeneity: Chi ² = 0.25, df = 2, P = 0.87, I ² = 36%							
Test for overall effect: Z = 1.94, P = 0.05							
Total (95% CI)							
					100	61.0	



Forest plot with meta-analysis of standardized mean difference showing comparison of eccentric overload training versus control/weight training on strength (N), muscle power (W), muscle hypertrophy (cm 3 , mm or kg), jump height (cm) and running speed (s).

[Read full report here.](#)