SEARCH STRATEGY SYNTAX

EMBASE®

Date: 22 August 2021

Results: 904

Filters applied: article; human

Search Strategy: ('resistance training':ab,ti OR 'strength training':ab,ti OR 'resistance exercise':ab,ti) AND ('high-load':ab,ti OR 'high load':ab,ti OR 'high-intensity':ab,ti OR 'high intensity':ab,ti OR 'heavy loads':ab,ti OR 'low-load':ab,ti OR 'low load':ab,ti OR 'low-intensity':ab,ti OR 'low intensity':ab,ti OR 'volume training':ab,ti OR 'training load':ab,ti) AND ('hypertrophy':ab,ti OR 'muscle size':ab,ti OR 'skeletal muscle enlargement':ab,ti OR 'muscle thickness':ab,ti OR 'muscle mass':ab,ti OR 'muscle fibers, skeletal':ab,ti OR 'muscle, skeletal':ab,ti OR 'growth':ab,ti OR 'cross-sectional area':ab,ti OR 'muscle strength':ab,ti OR 'dynamic strength':ab,ti OR 'dynamic force':ab,ti OR 'maximum repetition':ab,ti OR '1rm':ab,ti OR 'isometric contraction':ab,ti OR 'isometric force':ab,ti OR 'maximal voluntary contraction':ab,ti OR 'mvc':ab,ti OR 'maximal voluntary isometric contraction':ab,ti OR 'mvic':ab,ti)

PUBMED®

Date: 22 August 2021

Results: 1492

Filters applied: humans; journal article; english

Search Strategy: ("resistance training"[Mesh] OR "resistance training"[Title/Abstract] OR "strength training"[Title/Abstract] OR "resistance exercise"[Title/Abstract]) AND ("high-load"[Title/Abstract] OR "high load"[Title/Abstract] OR "high-intensity"[Title/Abstract] OR "high intensity"[Title/Abstract] OR "heavy loads"[Title/Abstract] OR "low-load"[Title/Abstract] OR "low load"[Title/Abstract] OR "low-intensity"[Title/Abstract] OR "low intensity"[Title/Abstract] OR "volume training"[Title/Abstract] OR "training load"[Title/Abstract]) AND ("hypertrophy"[Mesh] OR "hypertrophy"[Title/Abstract] OR "muscle size"[Title/Abstract] OR "skeletal muscle enlargement"[Mesh] OR "skeletal muscle enlargement"[Title/Abstract] OR "muscle thickness"[Title/Abstract] OR "muscle mass"[Title/Abstract] OR "muscle fibers, skeletal"[Mesh] OR "muscle fibers, skeletal"[Title/Abstract] OR "muscle, skeletal"[Mesh] OR "muscle, skeletal"[Title/Abstract] OR "growth"[Mesh] OR "growth"[Title/Abstract] OR "cross-sectional area"[Title/Abstract] OR "muscle strength"[Mesh] OR "muscle strength"[Title/Abstract] OR "dynamic strength"[Title/Abstract] OR "dynamic force"[Title/Abstract] OR "maximum repetition"[Title/Abstract] OR "1RM"[Title/Abstract] OR "isometric contraction"[Mesh] OR "isometric contraction"[Title/Abstract] OR "isometric force"[Title/Abstract] OR "maximal voluntary contraction"[Title/Abstract] OR "MVC"[Title/Abstract] OR "maximal voluntary isometric contraction"[Title/Abstract] OR "MVIC"[Title/Abstract])

WEB OF SCIENCE

Date: 22 August 2021

Results: 1517

Filters applied: articles; english

Search Strategy: ("resistance training" OR "strength training" OR "resistance exercise") AND ("high-load" OR "high load" OR "high-intensity" OR "high intensity" OR "heavy loads" OR "low-load" OR "low load" OR "low-intensity" OR "low intensity" OR "volume training" OR "training load") AND ("hypertrophy" OR "muscle size" OR "skeletal muscle enlargement" OR "muscle thickness" OR "muscle mass" OR "muscle fibers, skeletal" OR "muscle, skeletal" OR "growth" OR "cross-sectional area" OR "muscle strength" OR "dynamic strength" OR "dynamic force" OR "maximum repetition" OR "1RM" OR "isometric contraction" OR "isometric force" OR "maximal voluntary contraction" OR "MVC" OR "maximal voluntary isometric contraction" OR "MVIC") (Topic) and Articles (Document Types) and English (Languages)