

Table S1: Risk of bias assessment criteria

Criteria		Definition	Scoring		
			0	1	2
A	Peer reviewed	Study published in peer-reviewed journal	No	Yes	-
B	Number of participants	Number of participants included in study findings	<5	6-30	>31
C	Population defined	Age, sex, sport, time experience (or level) was described	No	Partly	Yes
D	Experimental design	Experimental design of the study period was described and replicable	No	Partly	Yes
E	MMA athlete information	MMA athlete parameters were described	No	Yes	-