

Supporting Information 1, Table 1

Supporting Information 1, Table 1. Data collecting years, subject description, number of subjects and methodology used to determinate changes in muscle mass in each cluster.

Study cluster	Sampling years	Study groups	Training groups:			Control groups:			Method of muscle mass measurement
			Men	Women	Total	Men	Women	Total	
1	1996	Middle-aged and older men and women	21	21	42				US: CSA of QF
2	1998-2004	Middle-aged and older men and women	50	54	104	16		16	MRI: CSA of QF
3	2005-2007	Middle-aged and older men and women, Younger men	63	29	92	16	19	35	MRI: CSA of QF (n=22); US: thickness of VL (n=27); DXA: LM of the legs (n=78)
4	2010-2011	Younger and older men	49		49	21		21	DXA: LM of the legs
Total:			183	104	287	53	19	72	

US, ultrasound; CSA, cross-sectional area; QF, m.quadriceps femoris; MRI, magnetic resonance imaging; VL, m.vastus lateralis; DXA, Dual-energy X-ray Absorptiometry; LM, lean mass

References (see Supporting Information 3, References).

Study cluster 1:

Häkkinen et al. 1998

Study cluster 2:

Ahtiainen et al. 2003; Häkkinen et al. 2001 and 2003; Mikkola et al. 2012; Sallinen et al. 2006 and 2007b;

Study cluster 3:

Ahtiainen et al. 2009 and 2010; Hulmi et al. 2007, 2009a and 2009b; Sillanpää et al. 2008, 2009, 2010 and 2013

Study cluster 4:

Walker et al. 2013 and 2014