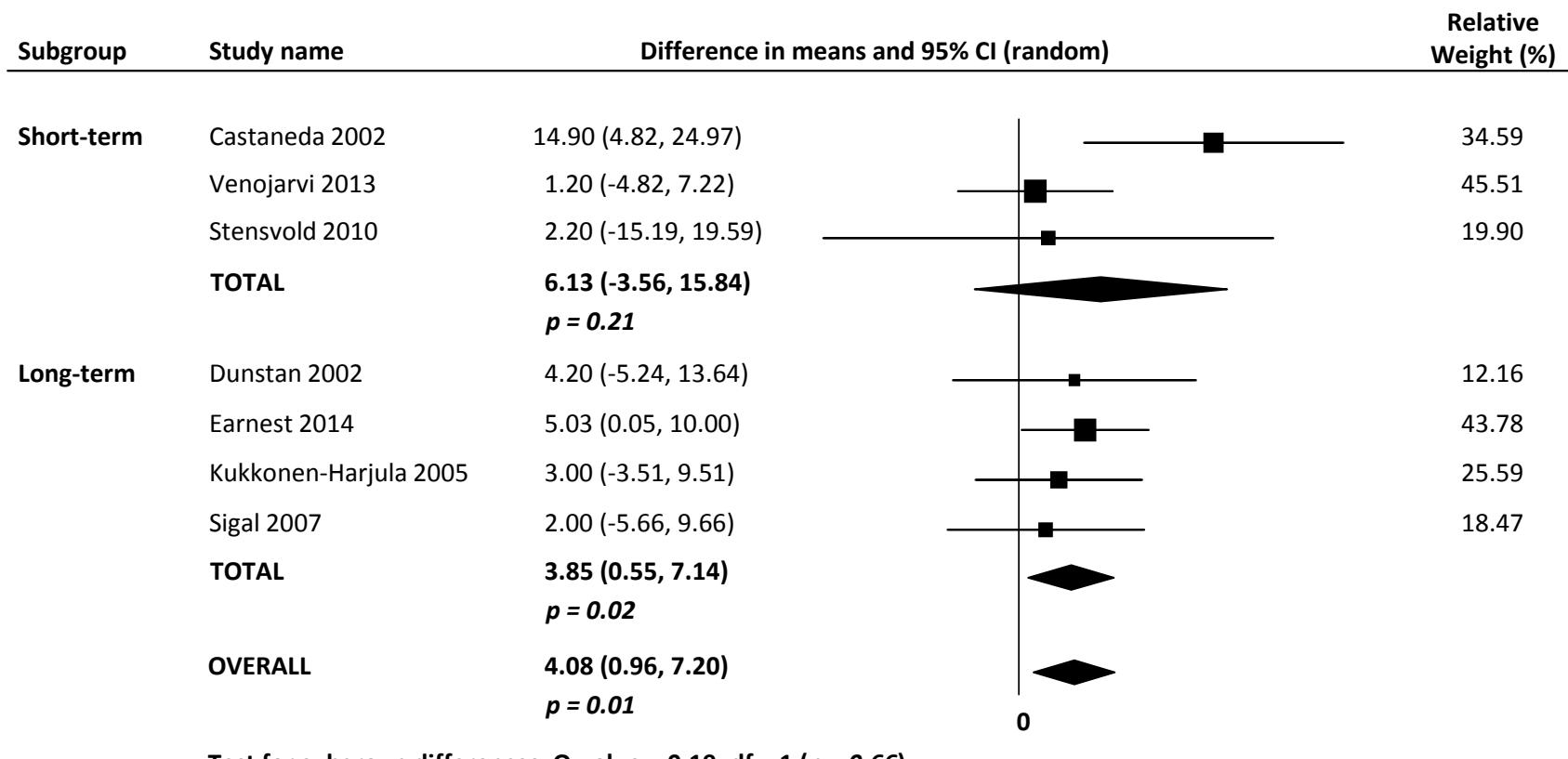


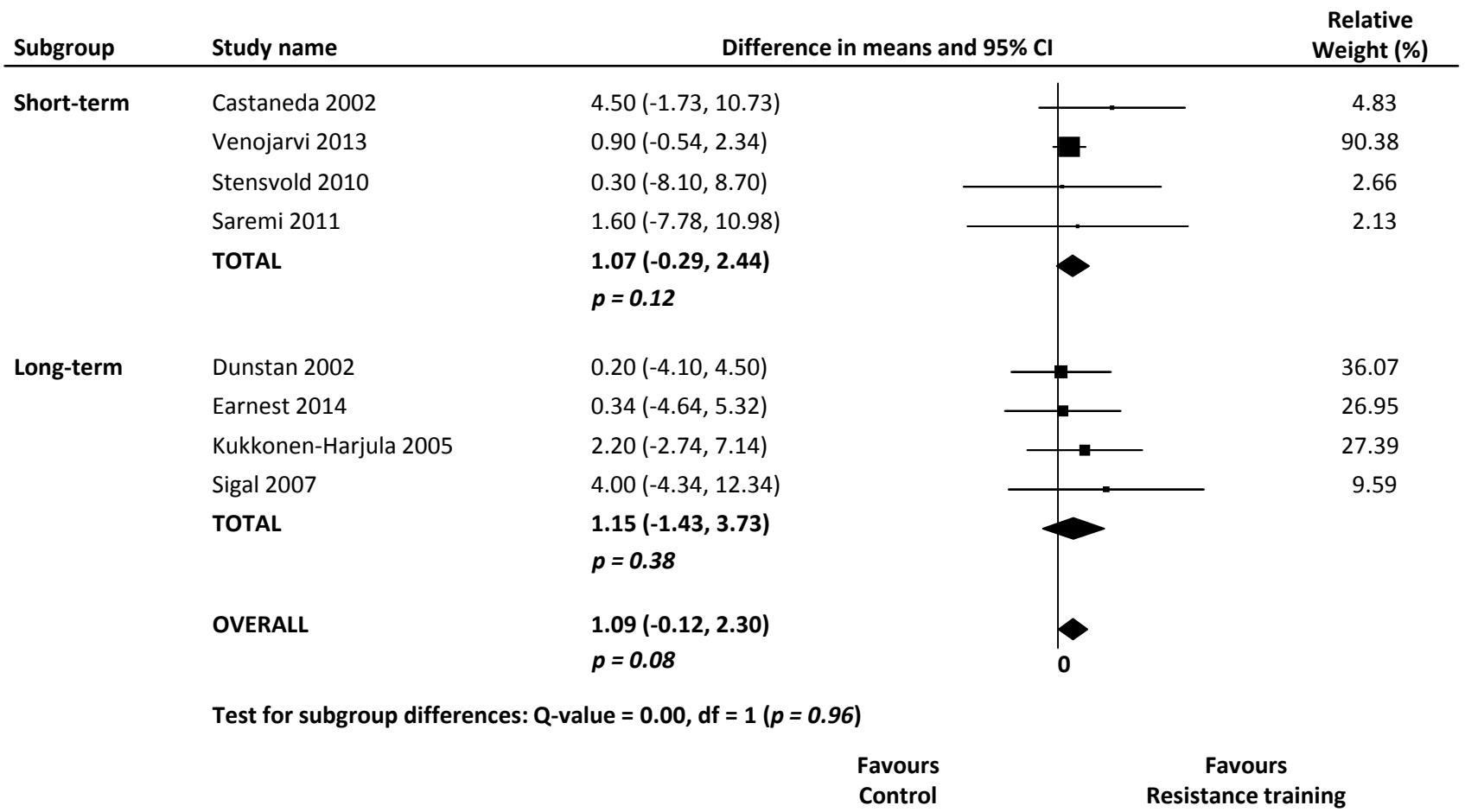
**Figure 4.** Forest plot (short vs. long-term) showing pooled MD with 95% CI for diastolic blood pressure.



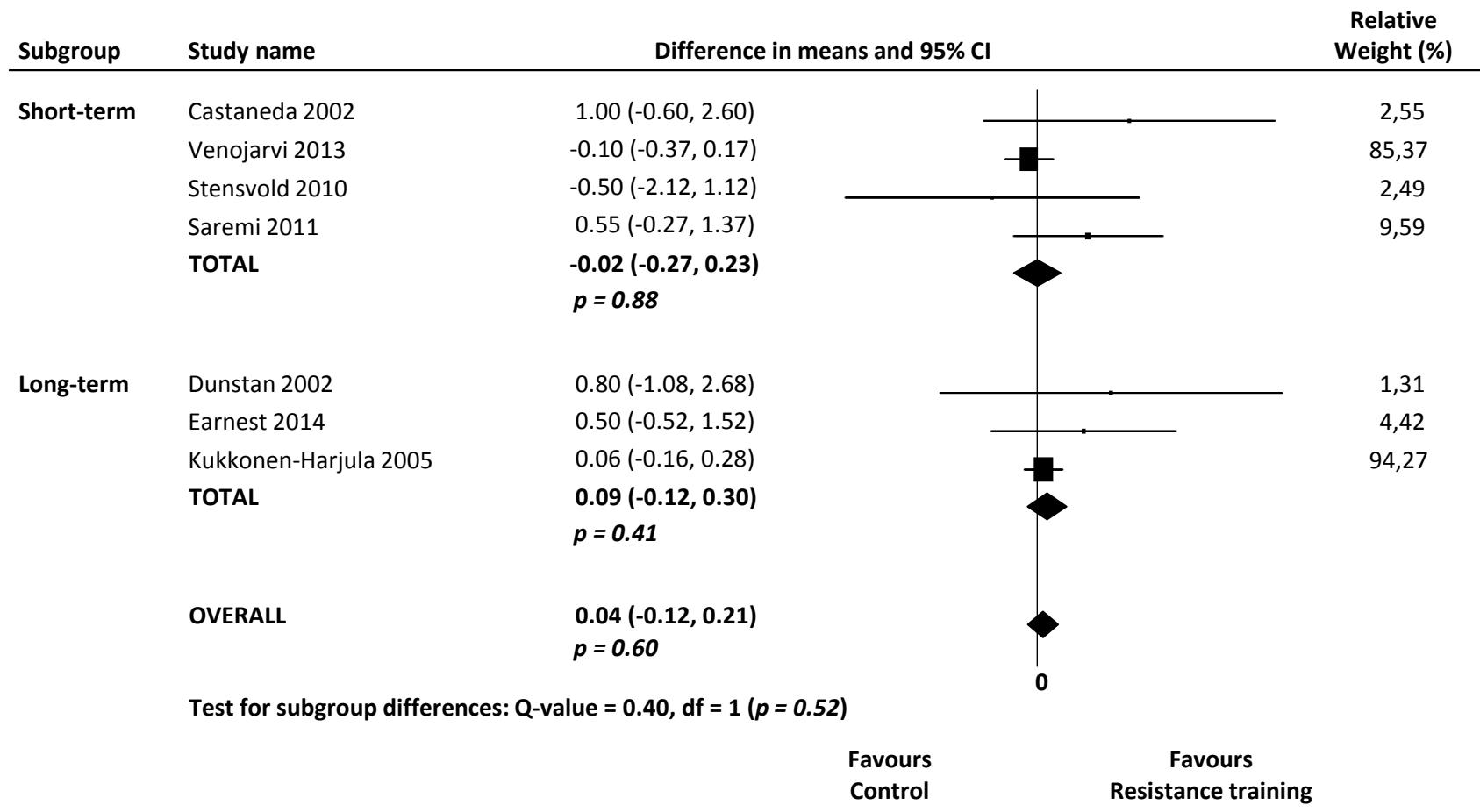
Favours  
Control

Favours  
Resistance training

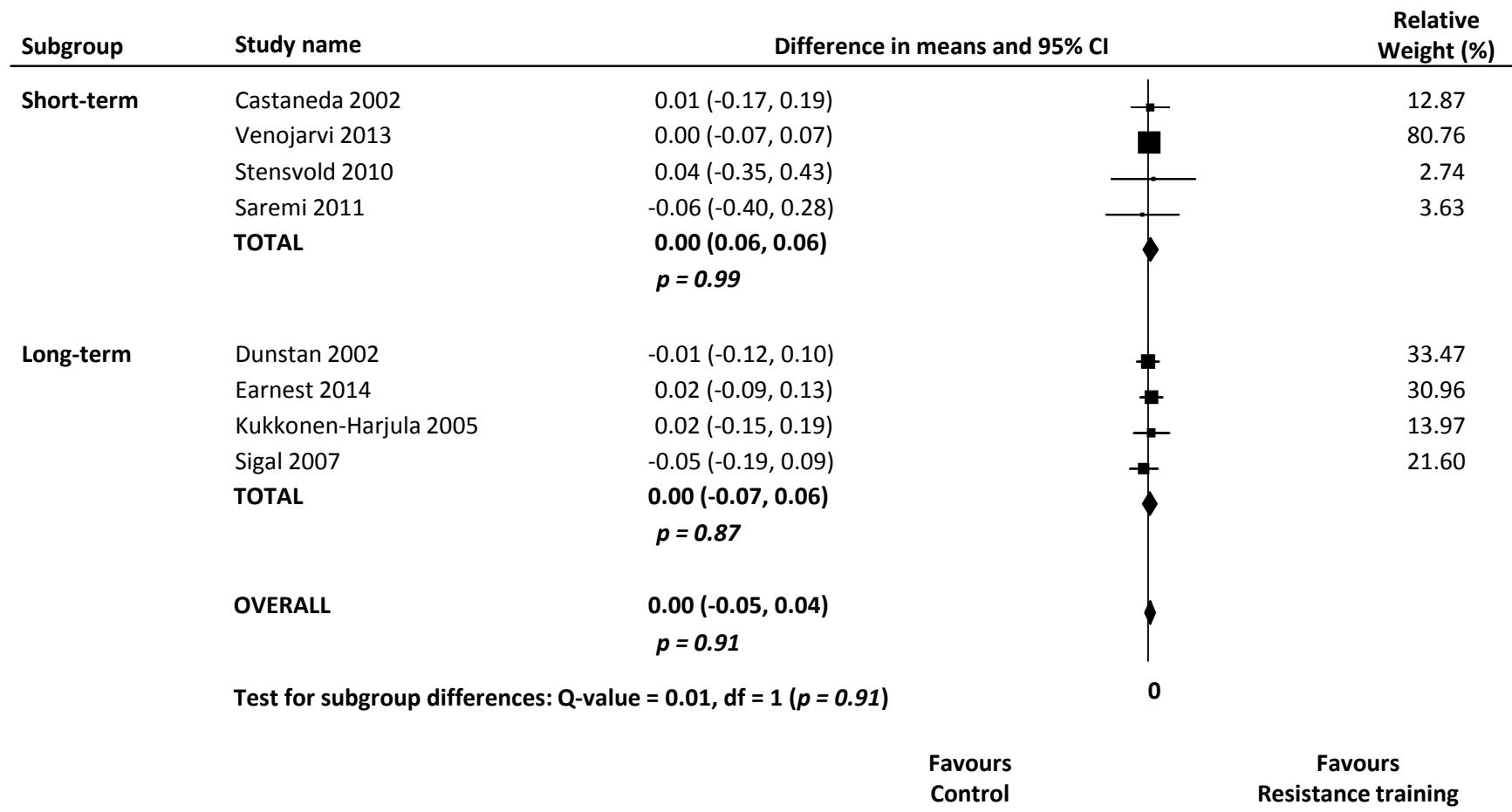
**Figure 5.** Forest plot (short vs. long-term) showing pooled MD with 95% CI for systolic blood pressure.



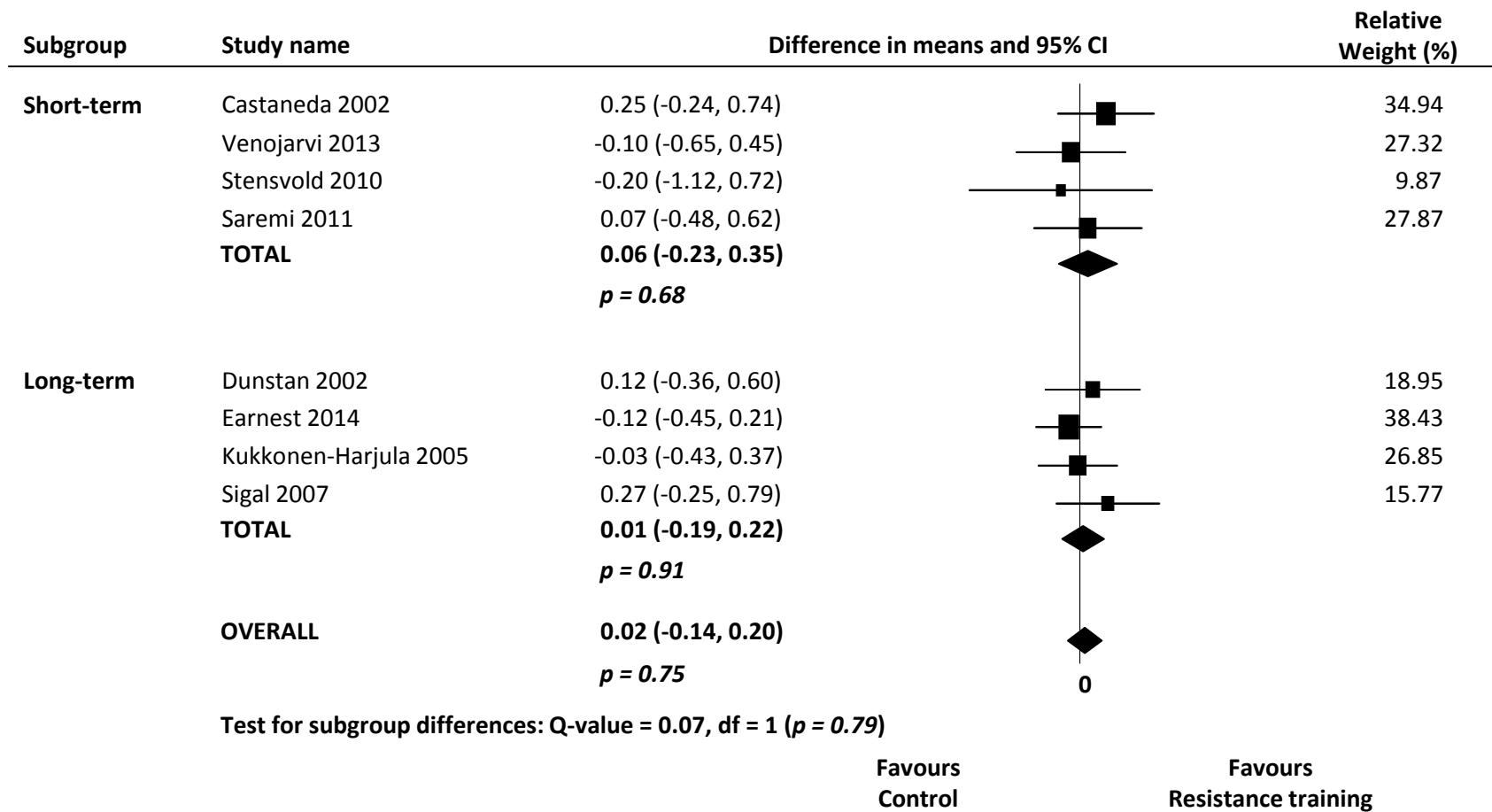
**Figure 6.** Forest plot (short vs. long-term) showing pooled MD with 95% CI for waist circumference.



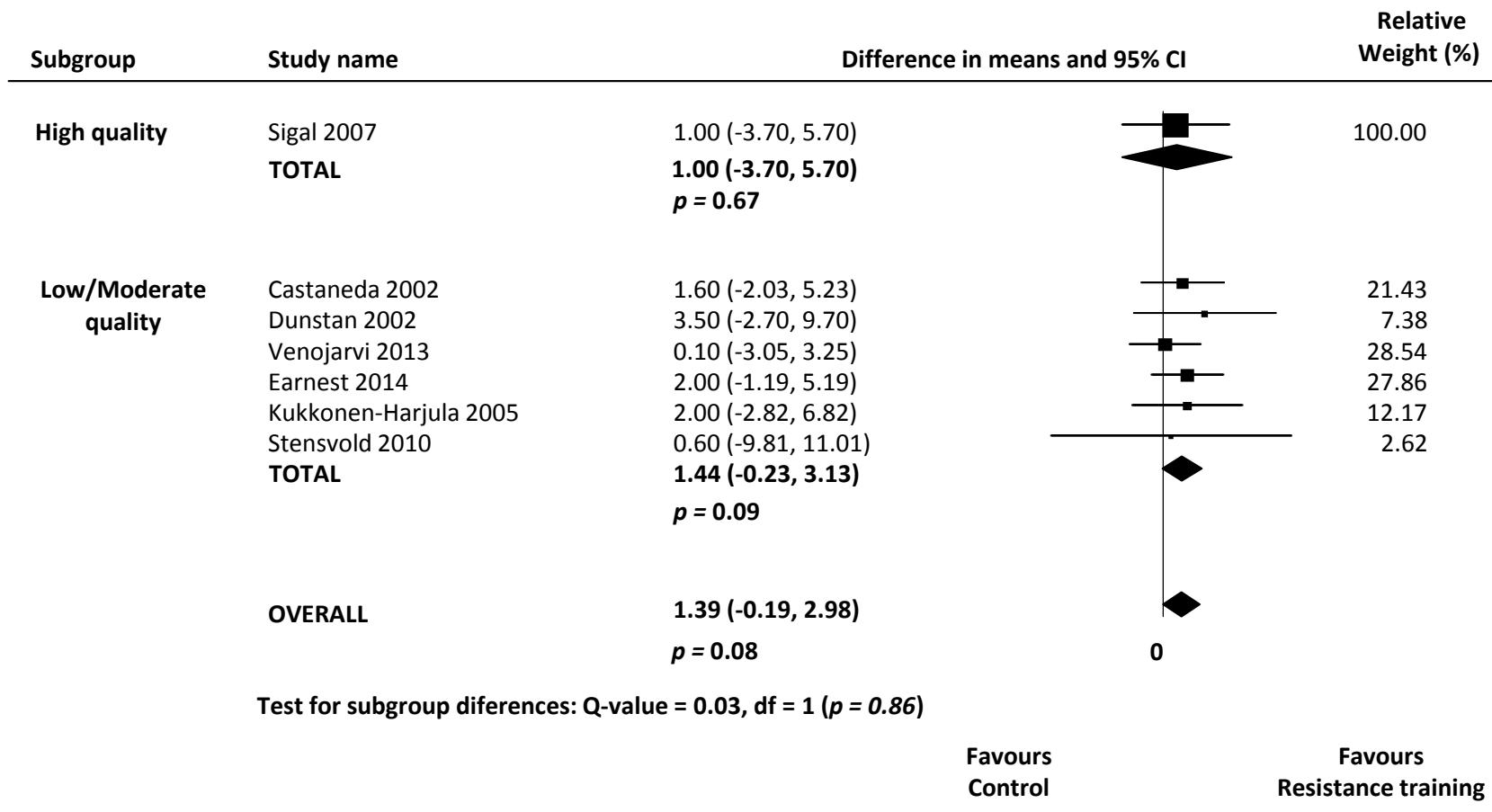
**Figure 7.** Forest plot (short vs. long-term) showing pooled MD with 95% CI for fasting glucose.

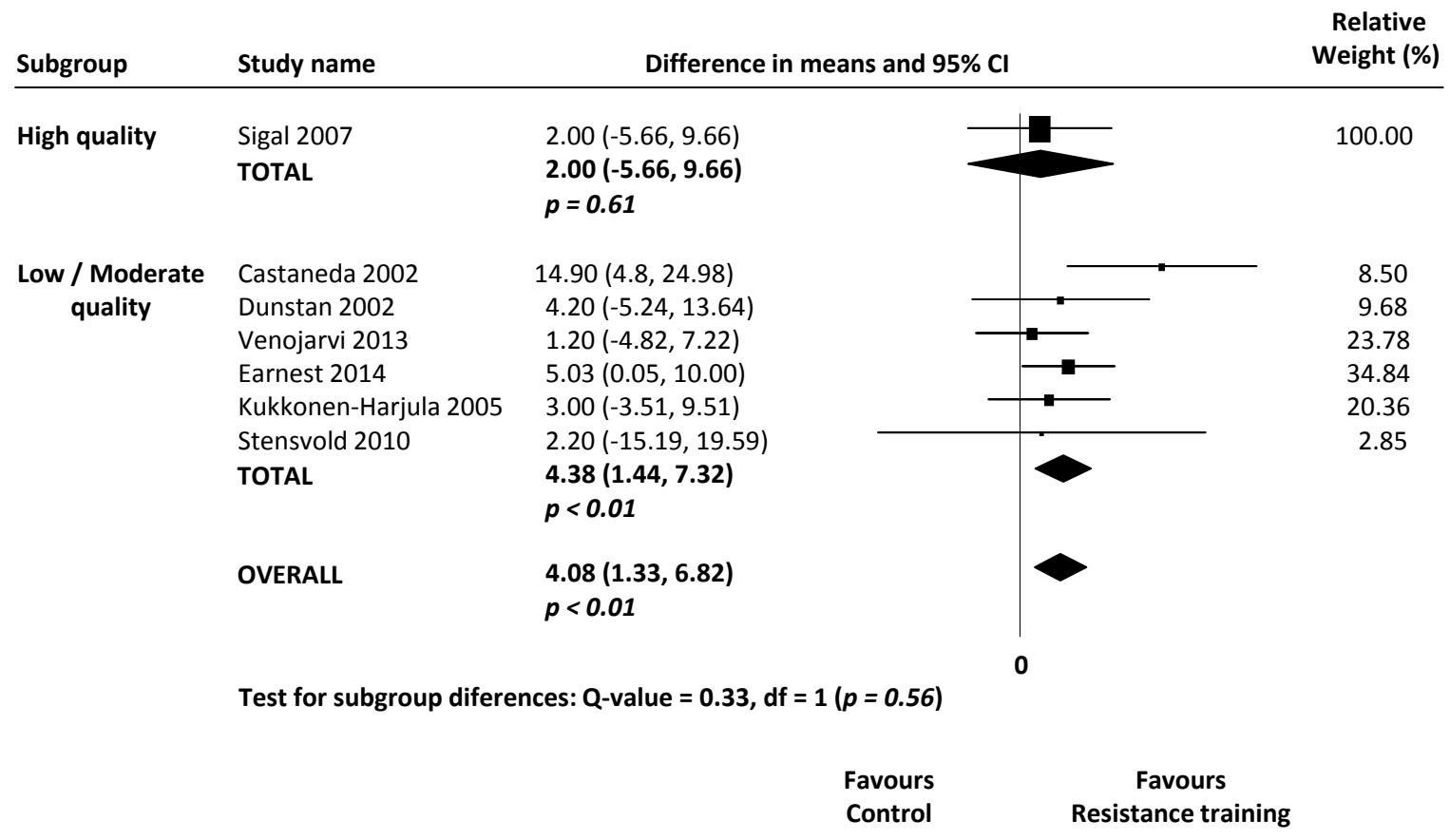


**Figure 8.** Forest plot (short vs. long-term) showing pooled MD with 95% CI for HDL-cholesterol.

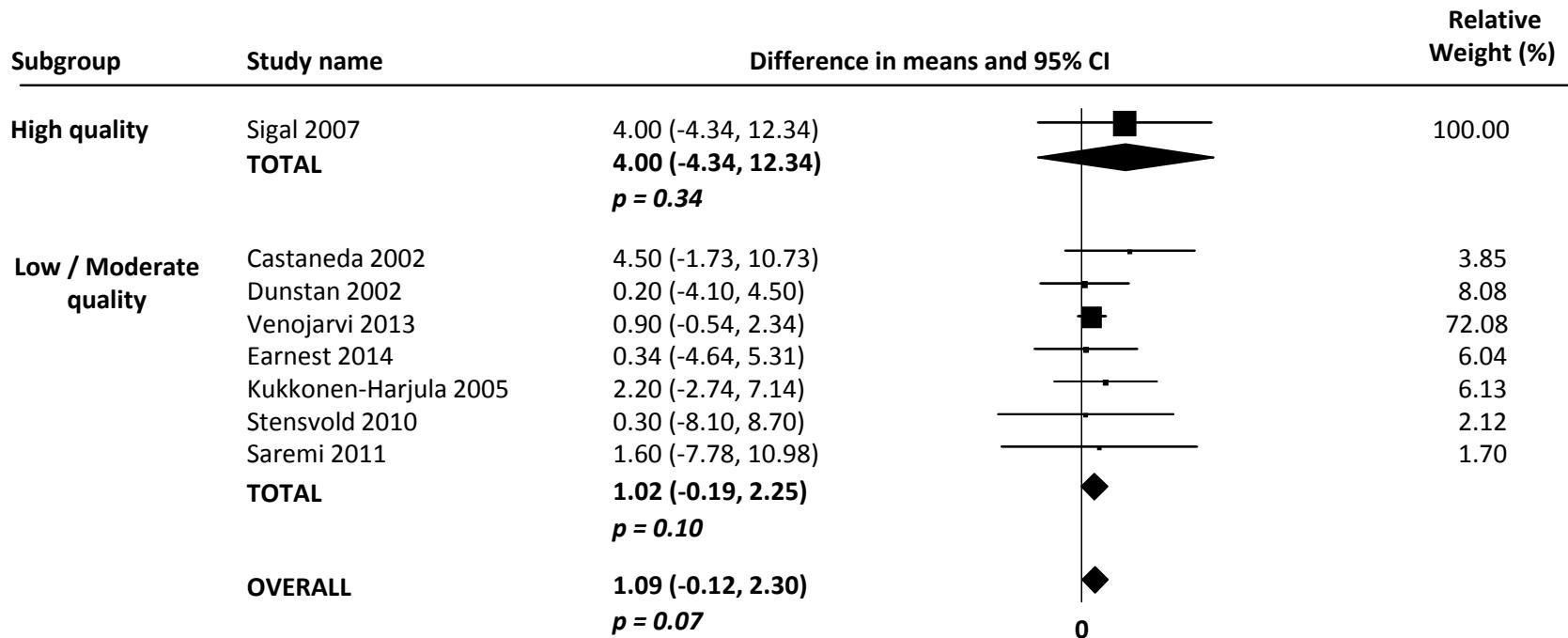


**Figure 9.** Forest plot (short vs. long-term) showing pooled MD with 95% CI for triglycerides.





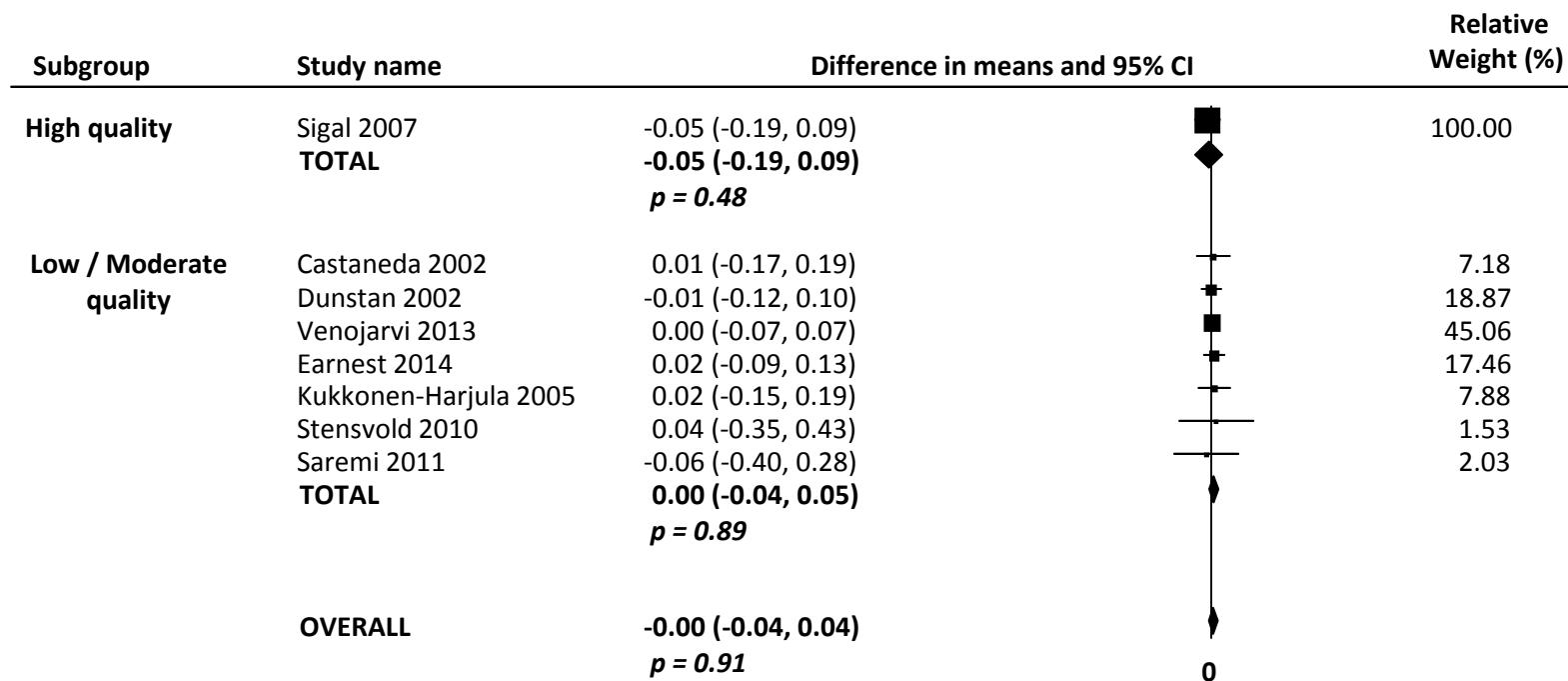
**Figure 11.** Forest plot (high vs low/moderate quality) showing pooled MD with 95% CI for systolic blood pressure.



Test for subgroup differences: Q-value = 0.47, df = 1 (*p* = 0.49)

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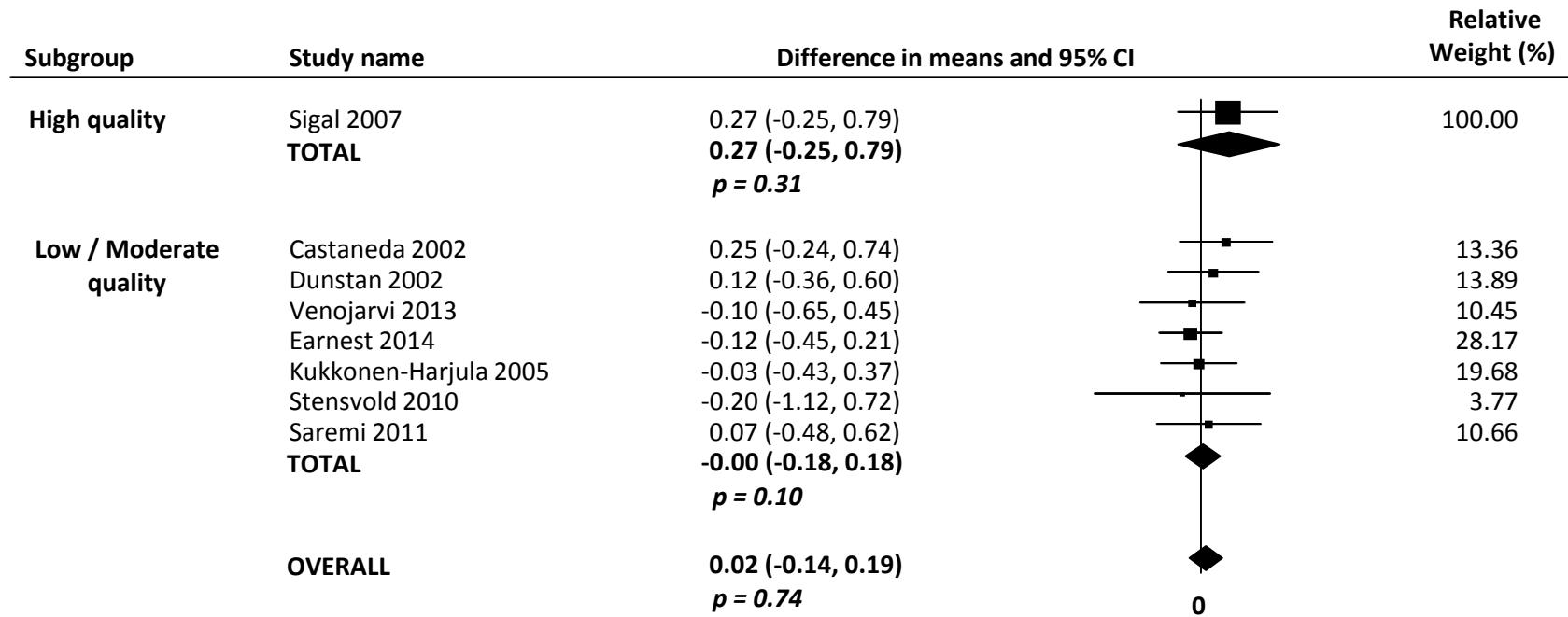
**Figure 12.** Forest plot (high vs low/moderate quality) showing pooled MD with 95% CI for waist circumference.



Test for subgroup differences: Q-value = 0.50, df = 1 (*p* = 0.47)

Favours  
Control      Favours  
Resistance training

**Figure 13.** Forest plot (high vs low/moderate quality) showing pooled MD with 95% CI for HDL-cholesterol.



Test for subgroup differences: Q-value = 0.90, df = 1 (*p* = 0.34)



**Figure 14.** Forest plot (high vs low/moderate quality) showing pooled MD with 95% CI for Triglycerides.