

Supplementary material

Search strategy

PubMed and PubMed Central (184 results)

("time of day" OR "time-of-day") AND (exercise performance) AND (morning OR evening OR afternoon OR night) AND (strength OR neuromuscular OR resistance OR endurance OR isometric OR isokinetic))

Google Scholar (352 results)

("time-of-day" OR "time of day") AND ("exercise performance") AND ("short-term exercise" OR "short-duration exercise") AND (morning OR evening OR afternoon OR night) AND (strength OR neuromuscular OR resistance OR endurance OR isometric OR isokinetic)