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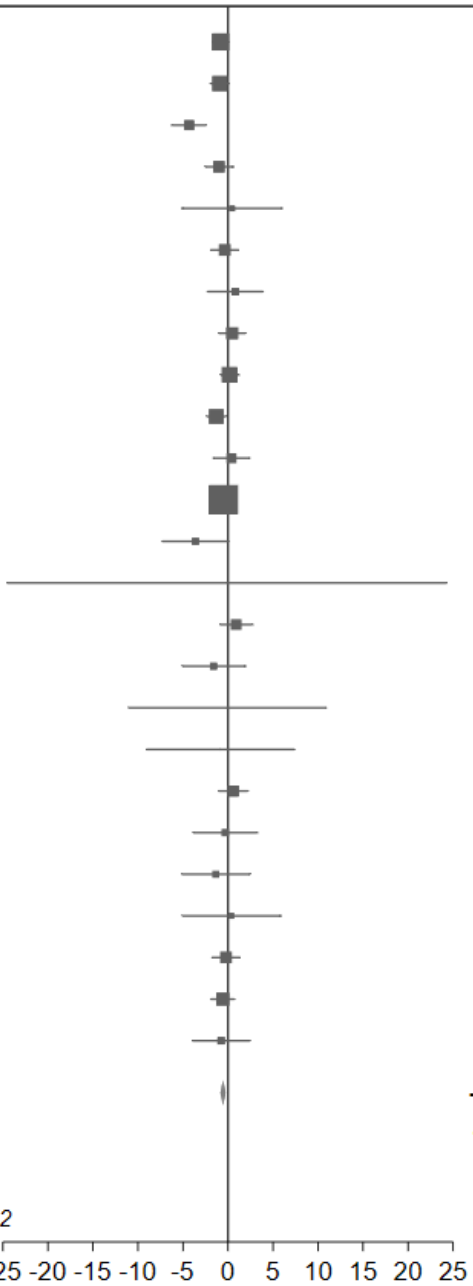

Study	Effect Size with 95% CI		Weight (%) Random	Weight (%) Fixed
Aadahl et al. (2014)	-0.83	(-1.72, 0.06)	9.92	9.91
Alkhajah et al. (2013)	-0.90	(-1.95, 0.15)	8.27	7.20
Ashe et al. (2015)	-4.31	(-6.22, -2.40)	3.43	2.18
Balducci et al. (2019)	-1.00	(-2.55, 0.55)	4.81	3.31
Biddle et al. (2015)	0.46	(-5.05, 5.97)	0.48	0.26
Carr et al. (2013)	-0.36	(-1.90, 1.17)	4.88	3.37
Dunning et al. (2018)	0.81	(-2.28, 3.91)	1.45	0.83
Healy et al. (2013)	0.47	(-1.00, 1.94)	5.19	3.65
Healy et al. (2017)	0.19	(-0.82, 1.20)	8.66	7.78
Kallings et al. (2017)	-1.30	(-2.40, -0.20)	7.80	6.56
Kozey-Keadle et al. (2014)	0.39	(-1.61, 2.39)	3.19	1.99
Lin et al. (2017)	-0.52	(-0.99, -0.05)	16.14	35.88
Lyons et al. (2017)	-3.61	(-7.28, 0.05)	1.06	0.59
MacEwen et al. (2017)	-0.10	(-24.52, 24.32)	0.03	0.01
Mantzari et al. (2018)	0.91	(-0.91, 2.73)	3.72	2.40
Maylor et al. (2018)	-1.60	(-5.10, 1.90)	1.15	0.65
Miyamoto et al. (2017)	-0.10	(-11.10, 10.90)	0.12	0.07
Pesola et al. (2017)	-0.83	(-9.02, 7.36)	0.22	0.12
Peterman et al. (2019)	0.60	(-1.03, 2.23)	4.46	3.00
Schuna et al. (2014)	-0.30	(-3.85, 3.25)	1.12	0.63
Taylor et al. (2016) [Booster]	-1.34	(-5.15, 2.47)	0.98	0.55
Taylor et al. (2016) [Computer]	0.35	(-5.12, 5.82)	0.49	0.27
Thomsen et al. (2016)	-0.21	(-1.77, 1.35)	4.77	3.27
Thomsen et al. (2017)	-0.58	(-1.87, 0.71)	6.27	4.73
Zhu et al. (2018)	-0.76	(-3.94, 2.42)	1.38	0.78
Overall (Fixed Effects)	**-0.55 kg**	**(-0.83, -0.27)**	**p<0.001**	
Overall (Random Effects)	**-0.56 kg**	**(-0.94, -0.17)**	**p = 0.005**	

Heterogeneity: $I^2 = 23.6$, $p = 0.142$

Weight, kg