

## **Progressive resistance training for concomitant increases in muscle strength and bone mineral density in older adults: A systematic review and meta-analysis**

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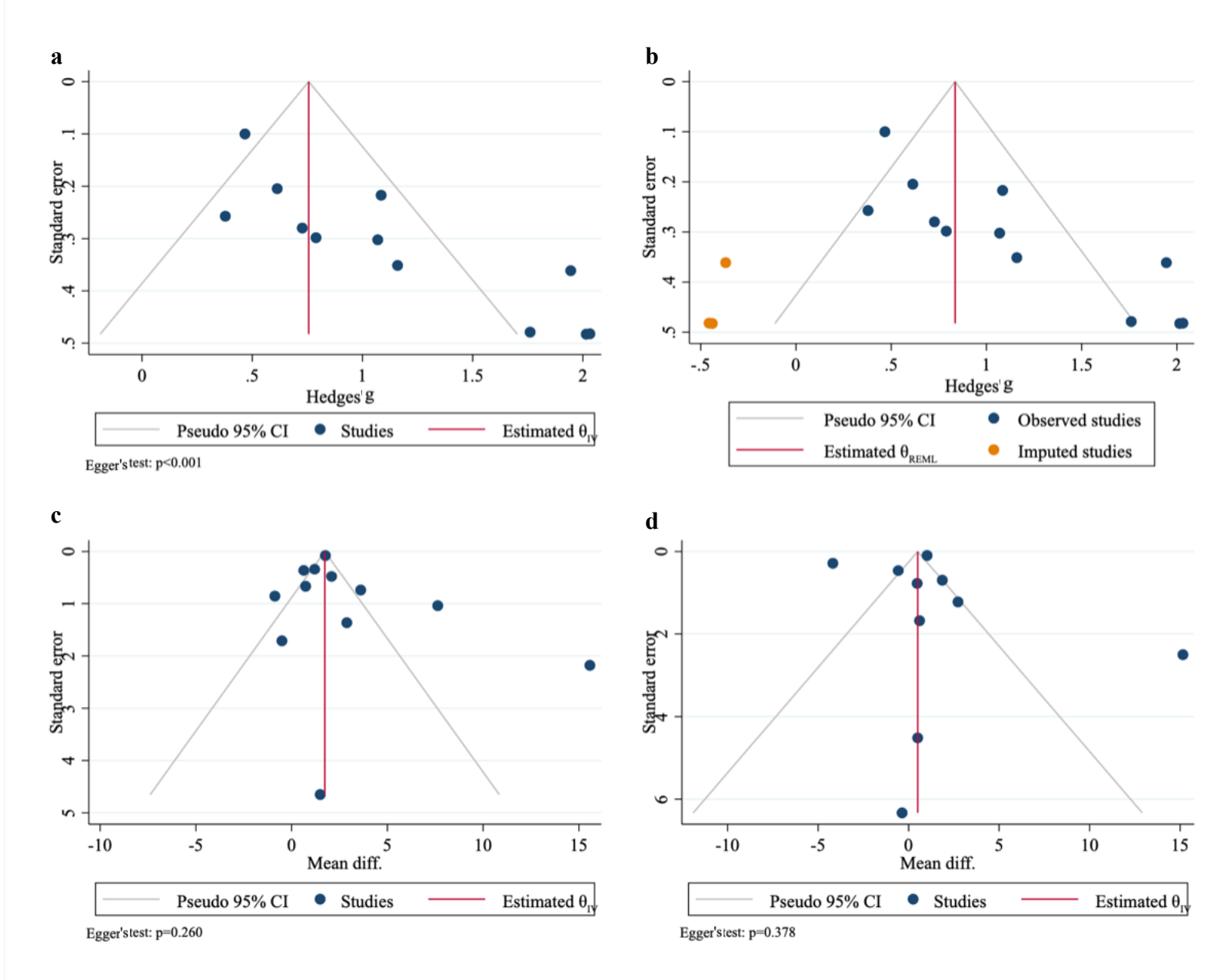
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**Supplement 3.** Small study effect was observed for strength outcome (Egger's test  $p < 0.001$ ) (A). Trim and fill method imputed 3 additional studies and pooled Hedges' g was only slightly smaller than initial results (B). While there was some asymmetry in funnel plots for both femur/hip (C) and lumbar spine (D) BMD outcomes, Egger's test was not significant ( $p > 0.05$ )