

List of abbreviations

AT = Anaerobic threshold

BIA = Bio-impedance Analysis

CFS = Chronic Fatigue Syndrome

DXA= Dual-energy X-ray Absorptiometry

EPHPP = the Quality Assessment Tool for Quantitative Studies

FFM = Free Fat Mass

FM = Fat Mass

FMS = Fibromyalgia Syndrome

HR = Heart Rate

MM = Muscle Mass

MVC = Maximal Voluntary Contraction

PRISMA = Preferred Items for Systematic Reviews and Meta-Analyses

PROSPERO = International Prospective Register of Systematic Reviews

RPE = Rate of Perceived Exertion

SMD = Standardize Mean Difference

VA = Voluntary Activation

VO₂ Peak = Peak oxygen uptake