Title: Influence of Resistance Training Proximity-to-Failure on Skeletal Muscle Hypertrophy: A Systematic Review and Meta-Analysis.

Running title: Influence of Proximity-to-Failure on Muscle Hypertrophy.

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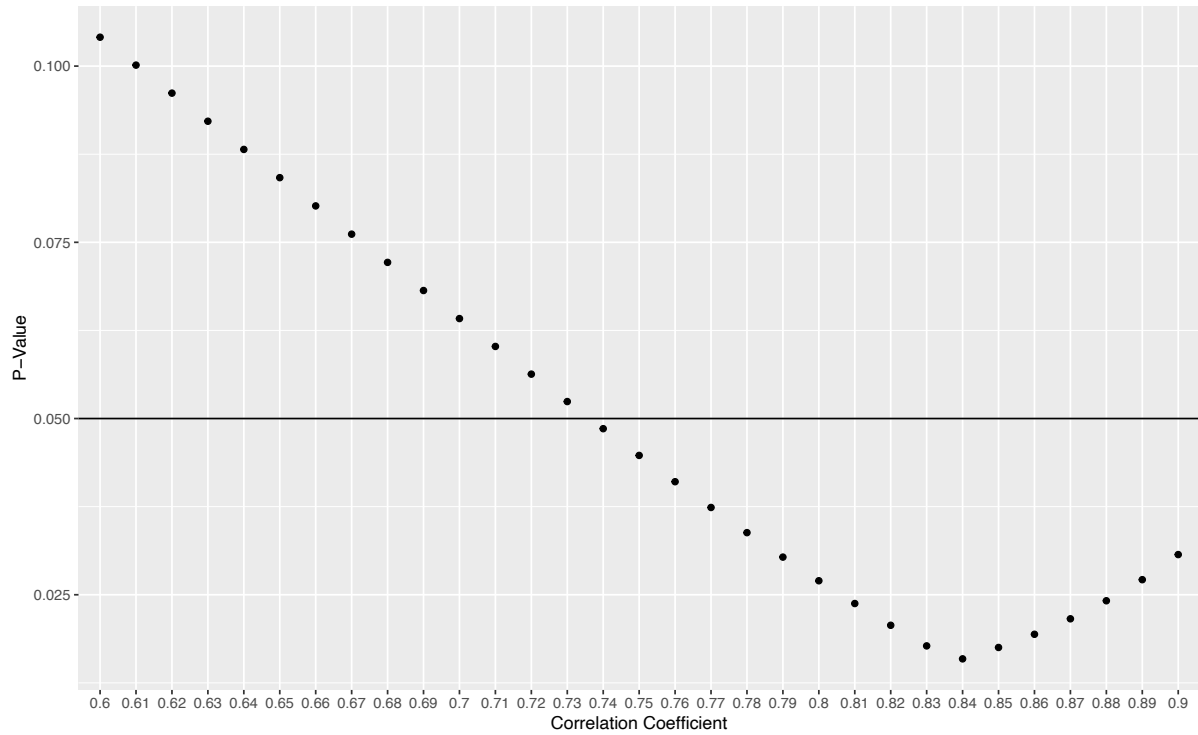Deakin University, Geelong, Australia
Email: mrefalo@deakin.edu.au
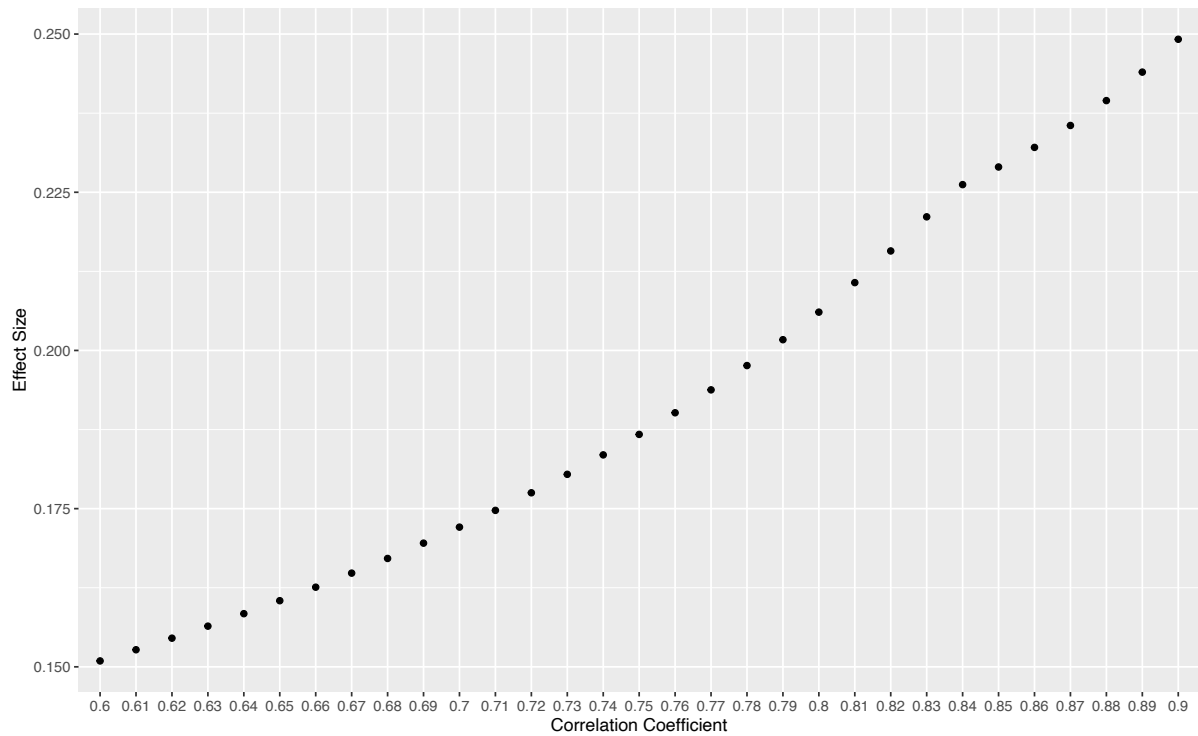ORCiD: 0000-0003-3755-6216

1. Sensitivity Analyses

1.1 Studies Comparing Set Failure VS. Non-Failure (Theme A and B)

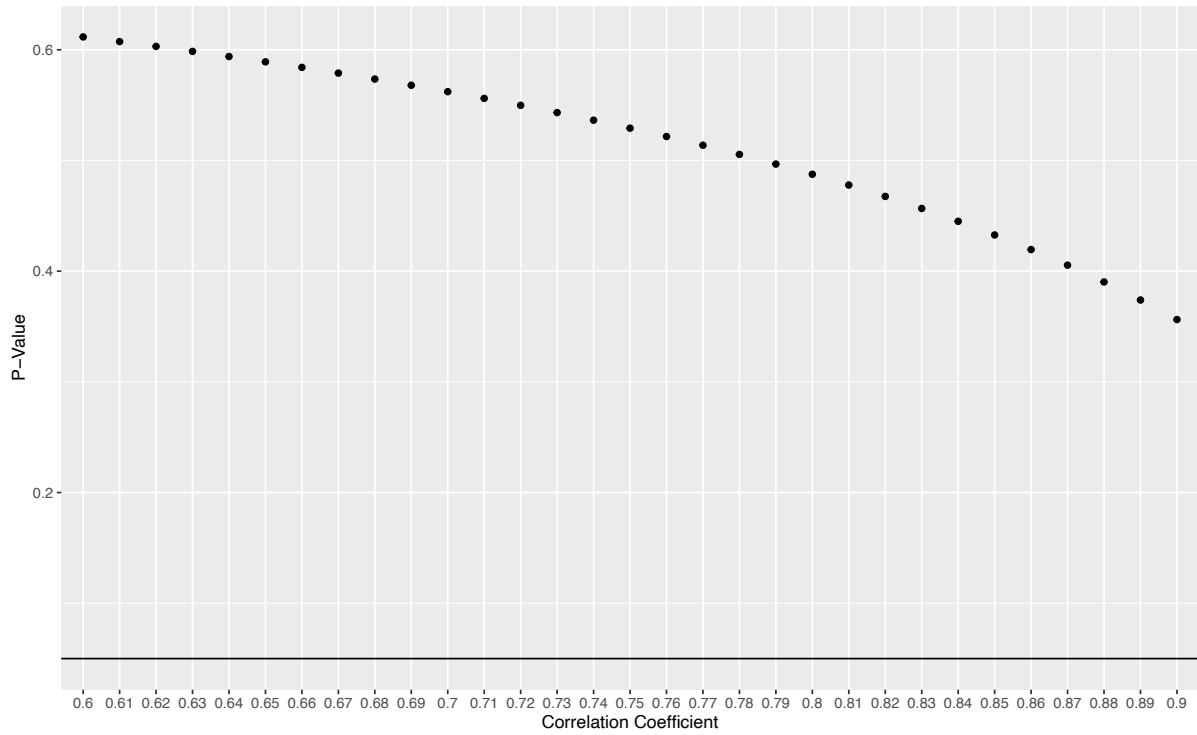### *Figure S1. Scatter Plot of P-Values Associated with r = 0.6 – 0.9*

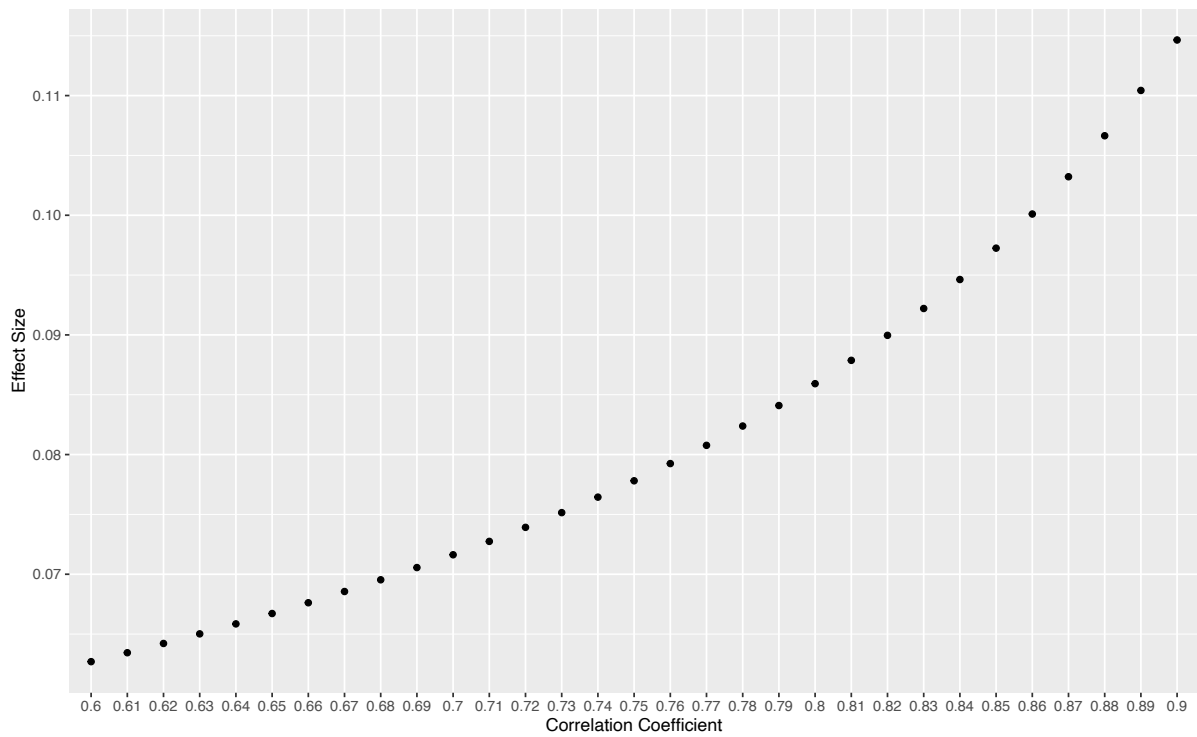### *Figure S2. Scatter Plot of Effect Sizes Associated with r = 0.6 – 0.9*

1.2 Studies Comparing High Velocity Loss VS. Moderate Velocity Loss (Theme C)

Figure S3. Scatter Plot of P-Values Associated with r = 0.6 – 0.9
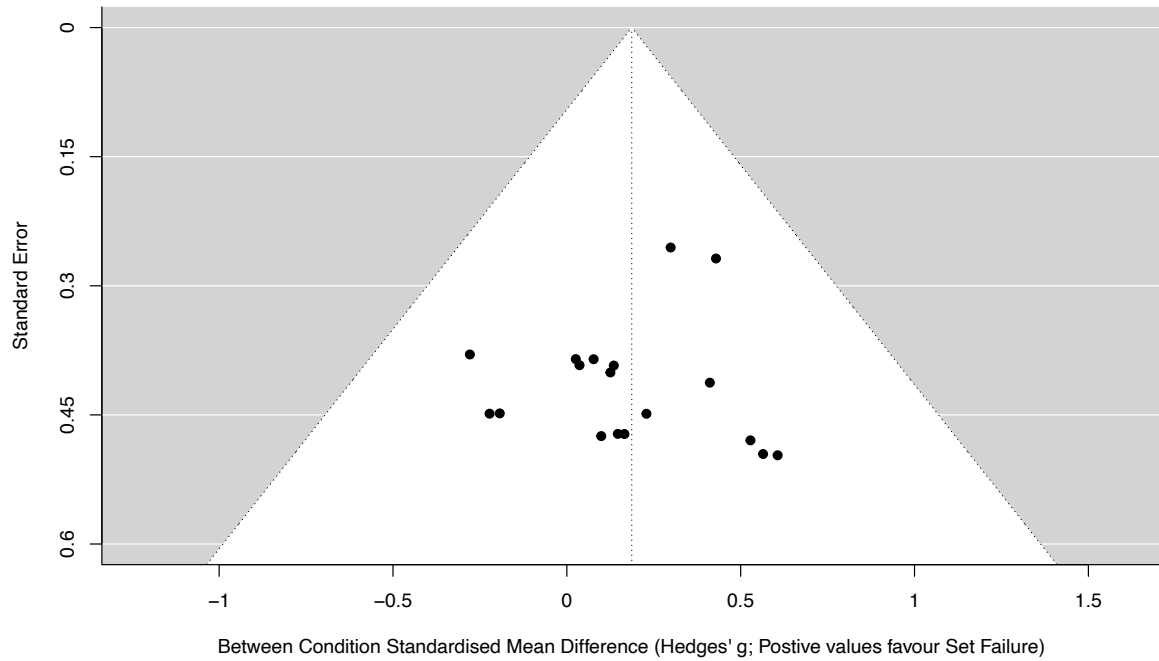

Figure S4. Scatter Plot of Effect Sizes Associated with r = 0.6 – 0.9
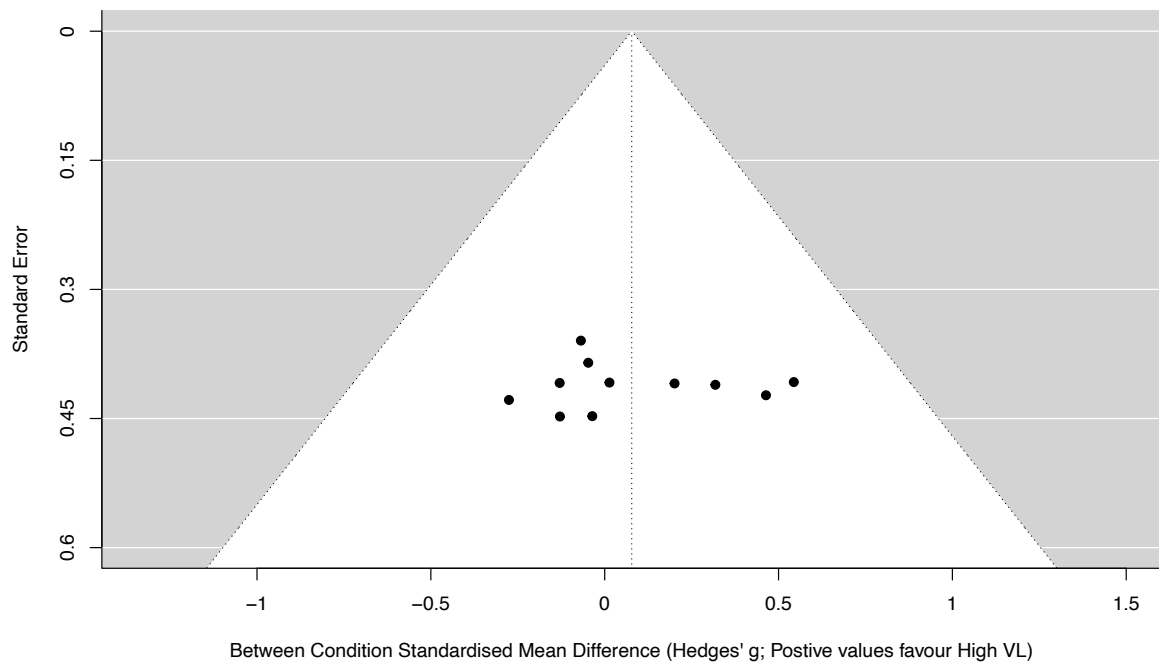
2. Publication Bias

2.1 Studies Comparing Set Failure VS. Non-Failure (Theme A and B)

Figure S5. Funnel Plot of All Effects for Studies in Theme A and B

2.2 Studies Comparing High Velocity Loss VS. Moderate Velocity Loss (Theme C)

Figure S6. Funnel Plot of All Effects for Studies in Theme C

3. Methodological Quality Assessment

Table S1. Methodological quality for each included study assessed using the (TESTEX) scale.

Study																			
	TESTEX Scale Item																	
	1	**2**	**3**	**4**	**5a**	**5b**	**5c**	**6a**	**6b**	**6c**	**7**	**8**	**8**	**9**	**10**	**11**	**12**	**Total**
Andersen et al. 2021	1	1	0	1	No	No	0	0	1	1	0	1	1	1	0	1	1	10
Bergamasco et al. 2020	1	0	0	1	No	No	0	1	1	1	0	1	1	1	0	1	1	10
Karsten et al. 2021	1	0	0	1	No	No	0	1	1	1	0	1	1	1	0	1	1	10
Lacerda et al. 2020	1	1	0	1	No	No	1	1	1	1	0	1	1	1	0	1	1	12
Lasevicius et al. 2019	1	0	0	1	No	No	0	0	1	0	0	1	1	1	0	0	1	7
Martorelli et al. 2017	1	1	0	1	No	No	0	1	0	0	0	1	1	1	0	1	1	9
Nobrega et al. 2018	1	1	0	1	No	No	0	1	1	1	0	1	1	1	0	0	1	10
Pareja-Blanco et al. 2017	1	0	0	1	No	No	1	1	1	1	0	1	1	1	0	1	1	11
Pareja-Blanco et al. 2020a	1	0	0	1	No	No	1	0	1	0	1	1	1	1	0	1	1	10
Pareja-Blanco et al. 2020b	1	0	0	1	No	No	1	1	1	1	0	1	1	1	0	1	1	11
Rissanen et al. 2022	1	1	0	1	No	No	0	1	1	0	0	1	1	1	0	1	1	10
Rodiles-Guerrero et al. 2022	1	1	0	1	No	No	1	1	1	1	0	1	1	1	0	1	1	12
Sampson et al. 2020	1	1	0	1	No	No	0	1	1	1	0	1	1	1	0	1	1	11
Santanielo et al. 2020	1	0	0	1	No	No	1	0	1	1	0	1	1	1	0	0	1	9
Terada et al. 2021	1	0	0	1	No	No	0	1	1	0	0	1	1	1	0	0	1	8