**Supplementary Table S2.** Summary of excluded studies (*n* = 7).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Reference | Study design | Duration  (Frequency) | Exercise (s) | Exercise load  (%1RM) | Volume  (Inter-set rest [s]) | Pressure  (cuff width) | Muscle mass  assessment | Muscle group | Exclusion reason |
| Davids et al. (2021) | Between subjects | 9 weeks (3x) | Back squat, leg press, knee extension, and bulgarian split squat | LL+BFR: 15-30%  HL:30-75% | LL+BFR:  1x30 + 2-3x15 (30)/4x15 (45)  HL:  3-4 x 8 (120) | 60% AOP  (10 cm) | MRI | Quadriceps | Utilization of multiple repetition schemes and loads in HL training |
| Laurentino et al. (2012) | Between subjects | 8 weeks (2x) | knee extension | Bilateral knee extension | LL+BFR: 20%  HL:80% | LL+BFR: 3-4 x 15 (60)  HL: 3-4 x 8 (60) | MRI | Quadriceps | Data presented in another study |
| Martín-Hernández et al. (2013) | Between subjects | 5 weeks (2x) | Bilateral knee extension | LL+BFR: 20%  HL:85% | LL+BFR: 1x30 + 3x15 (60)  HL: 3 x 8 (60) | 110 mmHg  (14 cm) | Ultrasound | Quadriceps | Duration |
| Takarada et al. (2000) | Within-subject  (Non-randomized) | 16 weeks (2x) | Unilateral elbow flexion | LL+BFR: 50%  HL:80% | LL+BFR: 3 x failure (60)  HL: 3 x failure (60) | 110.0 ± 7.1 mmHg  (3.3 cm) | MRI | Biceps and triceps brachii | Randomization not reported |
| Thiebaud et al. (2013) | Between subjects  (Non-randomized) | 8 weeks (3x) | Seated chest press, seated row, seated shoulder press | Training with elastic bands | LL+BFR: 1x30 + 2x15 (30)  HL: 3 x 10 (60-120) | 80-120 mmHg  (3.3 cm) | Ultrasound | Biceps and triceps brachii | Training methodology  No %1RM used |
| Yasuda et al. (2011) | Between subjects | 6 weeks (3x) | Bench press | LL+BFR: 30%  HL:75% | LL+BFR: 1x30 + 3x15 (30)  HL: 3 x 10 (120-180) | 100-160 mmHg  (NR) | MRI | Triceps brachii  Pectoralis major | Data presented in another study |
| Yasuda et al. (2015) | Between subjects | 6 weeks (3x) | Bench press | LL+BFR: 30%  HL:75% | LL+BFR: 1x30 + 3x15 (30)  HL: 3 x 10 (120-180) | 100-160 mmHg  (NR) | MRI | Triceps brachii  Pectoralis major | Data presented in another study |

1RM, One-repetition maximum dynamic strength; AOP, Arterial occlusion pressure; HL, High-load; LL+BFR, Low-load with blood flow restriction; MRI, Magnetic resonance imaging; NR, Not reported; SBP, Systolic blood pressure; pQCT, Peripheral quantitative computed tomography.

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