*Meta-analyses of the mean differences in the studies including both PO and* $\dot{V̇}$O2

The pooled MD in PO between CP and MLSS was 10.59 W (95% CI: −4.34 to 25.51, SE = 5.375, t = 1.969, PI = −24.15 to 45.32), these differences indicate that, on average, CP is not different from MLSS (p = 0.120). Please, refer to the forest plot (Fig. 1S) for a visual representation of both the pooled MD and CI, and non-pooled MD and CI for each study included in the meta-analysis. The MD expressed in W showed a significant heterogeneity (Q(4) = 51.364, τ = 11.296, p < 0.001).

INSERT **Fig. 1S** APPROXIMATELY HERE

In terms of $\dot{V̇}$O2, the pooled MD between CP and MLSS was 0.11 L**·**min-1 (95% CI: −0.04 to 0.25, SE = 0.052, t = 2.017, PI = −0.21 to 0.42). These differences indicate that, on average, CP and MLSS are not different (p = 0.114) when expressed as $\dot{V̇}$O2. The forest plot in Fig.2S provides a visual representation of both the pooled MD and CI, and non-pooled MD and CI for each study included in the meta-analysis. The MD, expressed in L**·**min-1, showed a significant heterogeneity (Q(4) = 14.615, τ = 0.099, p = 0.006).

INSERT **Fig. 2S** APPROXIMATELY HERE