

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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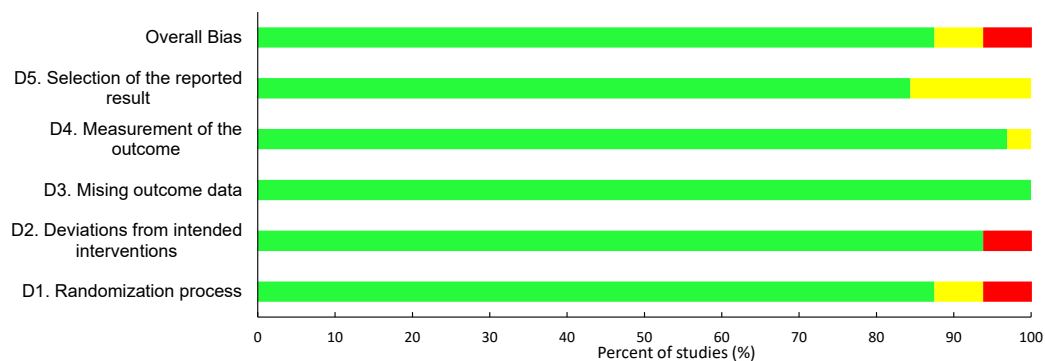
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	BMD outcome						Strength outcome					
Reference	D1	D2	D3	D4	D5	Overall	D1	D2	D3	D4	D5	Overall
Pruitt et al. [1]	+	+	+	+	+	+	+	+	+	+	+	+
Taaffe et al. [2]	+	+	+	+	+	+	+	+	+	+	+	+
McCartney et al. [3]	+	+	+	+	+	+	+	+	+	+	+	+
Taaffe et al. [4]	+	+	+	+	+	+	+	+	+	+	+	+
Rhodes et al. [5]	+	+	+	+	+	+	+	+	+	+	+	+
Vincent and Braith [6]	!	+	+	+	!	!	!	+	+	+	!	!
Jessup et al. [7]	+	+	+	+	+	+	+	+	+	+	+	+
Bunout et al. [8]	+	+	+	+	+	+	+	+	+	!	+	+
Karinkanta et al. [9]	+	+	+	+	!	+	+	+	+	+	+	+
Bocalini et al. [10]	-	-	+	+	!	-	-	-	+	+	!	-
Bocalini et al. [11]	+	+	+	+	+	+	+	+	+	+	+	+
Marques et al. [12]	+	+	+	+	+	+	+	+	+	+	+	+
Marques et al. [13]	+	+	+	+	+	+	+	+	+	+	+	+
Villareal et al. [14]	+	+	+	+	+	+	+	+	+	+	+	+
Uusi-Rasi et al. [15]	+	+	+	+	+	+	+	+	+	+	+	+

 Low risk
 Some concerns
 High risk



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