

Records identified through
database searching (n = 828)

Additional records identified
through other sources (n = 8)

Records screened after
duplicates removed (n = 634)

Records excluded (n = 539)

Articles assessed for eligibility
(n = 95)

Articles excluded (n = 93)
- not a study (n = 51)
- no KT component (n = 9)
- not fitness trainers (n = 33)

Studies included (n = 2)