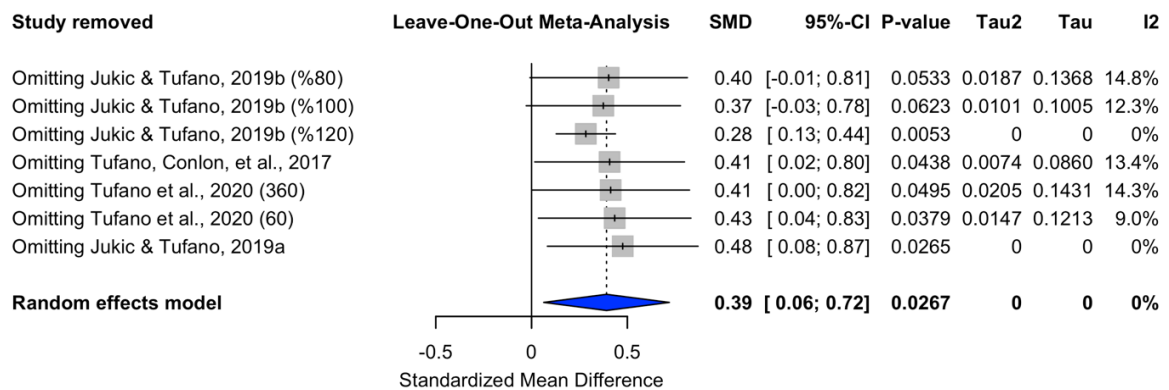
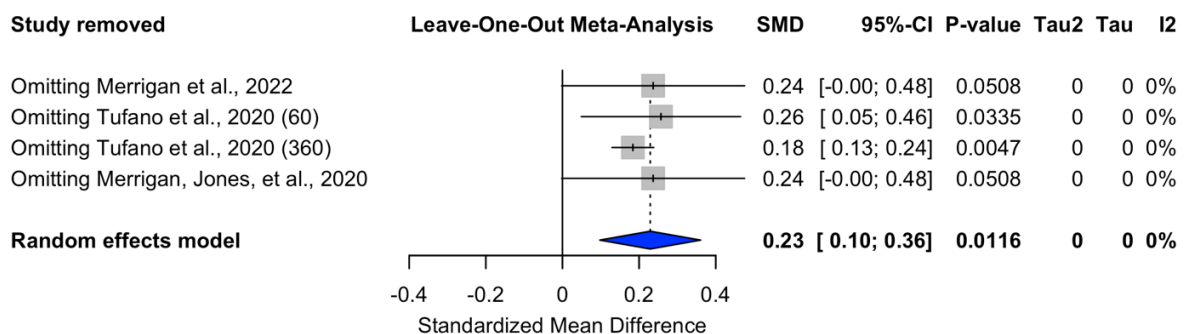
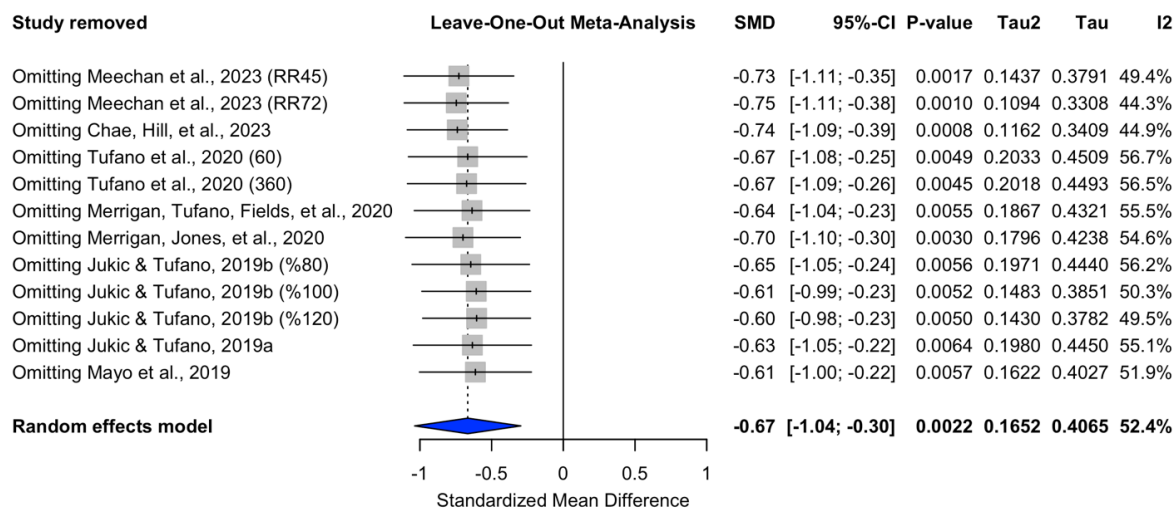




Supplementary Figure S1. Influence analysis (leave-one-out method) for mean power under a random-effects model, demonstrating the stability of the pooled effect size.



Supplementary Figure S2. Influence analysis (leave-one-out method) for peak torque, indicating that the pooled estimates were not driven by any single study.



Supplementary Figure S3. Influence analysis (leave-one-out method) for rate of perceived exertion (RPE), confirming the robustness of the overall effect across studies.