Supplementary Figure S1. Forest plot of the effects of rapid weight loss (pre- to post-rapid weight loss) on exercise performance when only absolute data were used.

Note: Timpmann, et al. reported both absolute (Nm) and relative (Nm.kg) maximal strength data. The above output reflects the effects of RWL on exercise performance when only absolute data were considered in the analysis. The size of the squares is proportional to the weight of the study. Negative values reflect impaired exercise performance.