



Correction to: The Effectiveness of Two Methods of Prescribing Load on Maximal Strength Development: A Systematic Review

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While typesetting the entries of the Table 1 were incorrectly aligned. The correct Table 1 has been copied below.

The original article has been corrected.

The original article can be found online at <https://doi.org/10.1007/s40279-019-01241-3>.

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Table 1 Study characteristics

Study	Participants (<i>n</i>)	Groups (+ participant numbers (<i>n</i>))	Sex (<i>n</i>)	Age (years ± SD)	Body mass (kg ± SD)	Stature (cm ± SD)	Resistance train- ing experience	Participant char- acterisation
Weiss et al. (1988) [33]	56	RT (28) C (28)	M (28) F (28)	20.8 ± 1.8	NR	NR	NRT < 3 months	Healthy
Braith et al. (1993) [34]	58	RT (47) C (11)	M (33) F (25)	24.0 ± 4.0 25.0 ± 5.0	70.1 ± 9.0 74.3 ± 14.5	174.0 ± 6.3 172.6 ± 6.6	NRT < 1 year	Untrained
Moss et al. (1997) [35]	31	RT—G90 (9) RT—G35 (11) RT—G15 (10)	M	22.7 ± 3.4 24.0 ± 3.4 22.9 ± 2.8	75.8 ± 5.6 83.2 ± 8.8 78.1 ± 10.4	179.0 ± 6.8 185.7 ± 8.5 182.6 ± 6.7	Well-trained	University students (non- dominant arm = control group)
Bell et al. (2000) [36]	21	RT (11) C (10)	M (12) F (9)	22.3 ± 3.3	73.4 ± 11.6	176.0 ± 9.3	NRT	University students
Campos et al. (2002) [37]	31	RT—LR (9) RT—IR (7) RT—HR (7) C (5)	M	21.1 ± 1.5 20.7 ± 2.9 20.4 ± 3.5 31.6 ± 9.8	80.1 ± 8.4 79.5 ± 7.8 70.2 ± 9.5 80.8 ± 23.3	179.8 ± 6.5 179.6 ± 7.4 174.3 ± 8.6 178.1 ± 5.5	NRT < 6 months	Healthy
McBride et al. (2003) [38]	28	RT—S1 (9) RT—M6 (9) C (10)	F (13) M (15)	22.1 ± 3.4 20.0 ± 1.22 22.4 ± 1.89	83.7 ± 29.4 70.7 ± 23.0 70.6 ± 7.8	172.8 ± 10.5 169.4 ± 11.8 171.3 ± 7.2	NRT (< 6 months)	Untrained
Willoughby (2004) [39]	22	RT (12) C (10)	M	20.9 ± 2.76	78.7 ± 6.2	176.5 ± 7.1	NRT < 6 months	Untrained
Tricoli et al. (2005) [40]	14	RT (7) C (7)	M	22.0 ± 1.5	73.4 ± 10.4	179.4 ± 8.8	NRT < 3 months (trained prior)	College students
Rana et al. (2008) [41]	16	RT (9) C (7)	F	20.6 ± 1.9 22.9 ± 2.4	64.1 ± 7.9 72.5 ± 15.0	165.6 ± 4.9 163.6 ± 4.5	NRT	Untrained
Tanimoto et al. (2008) [42]	24	RT (12) C (12)	M	19.5 ± 0.5 19.8 ± 0.7	63.8 ± 4.0 64.2 ± 4.0	174.8 ± 4.3 174.3 ± 7.2	NRT	Healthy
Terzis et al. (2008) [43]	17	RT (11) C (6)	M	22.0 ± 1.0	85.0 ± 4.0	184.0 ± 3.0	NRT < 1 year	P.E students
Hartmann et al. (2009) [44]	40	RT—SPP (13) RT—UP (14) C (13)	M	24.31 ± 3.2 25.14 ± 4.0 24.77 ± 3.1	84.7 ± 11.2 79.4 ± 10.4 74.4 ± 12.1	183.9 ± 7.2 177.6 ± 7.5 180.5 ± 8.1	RT in BP (mini- mum 1RM of 100 kg)	Sport science students
Cormie et al. (2010) [45]	16	RT (8) C (8)	M	23.9 ± 4.8	79.8 ± 12.0	180.0 ± 6.4	NRT (Technically proficient in BS)	Healthy
Chtourou et al. (2012) [46]	30	RT—MTG (10) RT—ETG (10) C (10)	M	22.9 ± 1.3	72.0 ± 8.8	180.0 ± 5.0	NRT < 6 months	P.E students
Weier et al. (2012) [47]	12	RT (6) C (6)	M (6) F (6)	20 ± 0.8 22 ± 0.6	NR	NR	NR	University students
Naclerio et al. (2013) [48]	32	RT—LV (6) RT—MV (6) RT—HV (8) C (7)	M (20) F (12)	23.3 ± 1.2 23.3 ± 1.4 23.9 ± 2.0 22.1 ± 1.1	66.4 ± 11.0 71.4 ± 8.5 69.4 ± 12.5 71.1 ± 14.2	169.9 ± 8.4 173.3 ± 7.6 173.0 ± 9.8 169.7 ± 6.9	NRT < 5 years	Team sports athletes Soccer (20) (M) Volleyball (12) (F)
Aguiar et al. (2015) [49]	18	RT (9) C (9)	M	20.9 ± 2.0 20.0 ± 1.8	73.7 ± 9.4 75.0 ± 8.8	173.8 ± 6.9 176.4 ± 8.1	NRT < 6 months	Healthy
Akagi et al. (2016) [50]	23	RT (13) C (10)	M	22.1 ± 1.1	61.4 ± 5.8	170.6 ± 5.8	NRT upper body (< 6 months)	Healthy

Table 1 (continued)

Study	Participants (<i>n</i>)	Groups (+ participant numbers (<i>n</i>))	Sex (<i>n</i>)	Age (years \pm SD)	Body mass (kg \pm SD)	Stature (cm \pm SD)	Resistance train- ing experience	Participant char- acterisation
Botton et al. (2016) [51]	43	RT—UG (14)	F	24.8 \pm 1.4	60.8 \pm 6.4	163.0 \pm 6.5	NRT < 3 months	Healthy
		RT—BG (15)		24.3 \pm 3.7	57.0 \pm 4.8	160.2 \pm 5.8		
		C (14)		22.7 \pm 2.8	58.0 \pm 5.7	163.6 \pm 6.2		
Wirth et al. (2016) [52]	120	RT—SQ (43)	M	23.7 \pm 2.7	81.6 \pm 9.8	181.7 \pm 7.5	NR	Students
		RT—LP (40)		23.8 \pm 2.3	80.5 \pm 8.1	180.1 \pm 7.0		
		C (37)		25.1 \pm 2.1	78.2 \pm 8.5	181.0 \pm 5.7		
Jarvis et al. (2017) [53]	21	RT (11)	M (15)	27.5 \pm 3.2	72.7 \pm 18.0	169.6 \pm 10.3	RT > 1 year	Collegiate athletes
		C (10)	F (6)	27.2 \pm 3.4	76.4 \pm 11.5	176.2 \pm 7.9		
Souza et al. (2018) [54]	33	RT—NP (8)	M	25.6 \pm 6.3	79.5 \pm 13.0	172.8 \pm 6.1	NRT (< 6 months)	College students
		RT—TP (9)		25.0 \pm 7.0	76.0 \pm 9.9	175.3 \pm 5.7		
		RT—UP (8)		24.4 \pm 5.2	74.9 \pm 4.2	176.8 \pm 5.3		
		C (8)		25.1 \pm 3.3	76.8 \pm 11.7	173.6 \pm 6.8		

Mean \pm SD standard deviation

IRM 1 repetition maximum, *BG* bilateral training group, *C* control, *cm* centimetres, *BP* bench press, *BS* back squat, *ETG* evening training group, *F* female, *G15* 15% load group, *G35* 35% load group, *G90* 90% load group, *HR* high-repetition group, *HV* high volume, *IR* intermediate-repetition group, *kg* kilograms, *LP* leg press group, *LR* low-repetition group, *LV* low volume, *M* male, *M6* six set training group, *MTG* morning training group, *MV* moderate volume, *n* number, *NP* non-periodised group, *NRT* no resistance training, *NR* not reported, *PE* Physical Education, *RT* resistance training, *S1* 1 set training group, *SPP* strength-power periodisation, *SQ* squat group, *TP* traditional periodisation group, *UG* unilateral training group, *UP* daily undulating periodised group

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