Appendix A

Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Agrawal et al., 2009	J	Ag	I	Cranking		BA	MS	MP	U	52	136.1	53.8	48	128.7	42.2	0.1523	R		100		1
Agrawal et al., 2009	J	Ag	I	Cranking		BA	MS	MP	U	52	100.9	39.6	48	96.53	30.4	0.1231	R		100		1
Agrawal et al., 2009	J	Ag	I	Steering		BA	MS	MP	U	52	311.1	38	48	234.4	51	1.7155	R		100		1
Agrawal et al., 2009	J	Ag	I	Leg str.		BA	MS	MT	L	52	525.6	40.2	48	334.1	44.1	4.5470	R		100		1
Agrawal et al., 2009	J	Ag	I	Leg str.		BA	MS	MT	L	52	464.5	48.6	48	274	43.2	4.1333	R		100		1
Agrawal et al., 2009	J	Ag	I	Foot str.		BA	MS	MT	L	52	342.9	49.1	48	199.4	29.4	3.5124	R		100		1
Agrawal et al., 2009	J	Ag	I	Foot str.		BA	MS	MT	L	52	282.4	45.4	48	153.8	28.4	3.3662	R		100		1
Agrawal et al., 2009	J	Ag	I	Push		BA	MS	MT	U	52	277	54.9	48	180.8	40.3	1.9855	R		100		1
Agrawal et al., 2009	J	Ag	I	Pull		BA	MS	MT	U	52	202.7	62.2	48	121.7	30.4	1.6342	R		100		1
Agrawal et al., 2009	J	Ag	I	Push		BA	MS	MT	U	52	228.6	55.1	48	138.1	44.1	1.8054	R		100		1
Agrawal et al., 2009	J	Ag	I	Push		BA	MS	MT	U	52	168.2	59.7	48	120.7	40.2	0.9263	R		100		1
Agrawal et al., 2009	J	Ag	I	Pull		BA	MS	MT	U	52	176.1	62.8	48	95.15	29.4	1.6298	R		100		1
Agrawal et al., 2009	J	Ag	I	Pull		BA	MS	MT	U	52	105.8	32.2	48	104.7	44.1	0.0287	R		100		1

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(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Agrawal et al., 2009	J	Ag	I	Cranking		BA	MS	MT	U	52	36.1	14	48	30.2	8.4	0.5062	R		100		1
Agrawal et al., 2009	J	Ag	I	Cranking		BA	MS	MT	U	52	26.7	7.4	48	27.7	6.5	-0.1432	R		100		1
Agrawal et al., 2009	J	Ag	I	Steering		BA	MS	MT	U	52	65.3	8	48	49.2	10.7	1.7142	R		100		1
Agrawal et al., 2009	**J**	**Ag**	**I**				**MS**			**52**			**48**			**1.7273**	**S**	**16**	**100**		**1**
Agrawal et al., 2009	**J**	**Ag**	**I**			**BA**	**MS**			**52**			**48**			**1.7273**	**S**	**16**	**100**		**1**
Agrawal et al., 2009	**J**	**Ag**	**I**				**MS**		**L**	**52**			**48**			**3.8897**	**S**	**4**	**100**		**1**
Agrawal et al., 2009	**J**	**Ag**	**I**				**MS**		**U**	**52**			**48**			**1.0065**	**S**	**12**	**100**		**1**
Agrawal et al., 2009	**J**	**Ag**	**I**				**MS**	**MP**		**52**			**48**			**0.6637**	**S**	**3**	**100**		**1**
Agrawal et al., 2009	**J**	**Ag**	**I**			**BA**	**MS**	**MP**		**52**			**48**			**0.6637**	**S**	**3**	**100**		**1**
Agrawal et al., 2009	**J**	**Ag**	**I**				**MS**	**MT**		**52**			**48**			**1.9943**	**S**	**12**	**100**		**1**
Agrawal et al., 2009	**J**	**Ag**	**I**			**BA**	**MS**	**MT**		**52**			**48**			**1.9943**	**S**	**12**	**100**		**1**
Agrawal et al., 2010	J	Ag	I	Push		BA	MS	MT	U	944	242.4	56.4	757	175.5	33.9	1.4020	R		1701		1
Agrawal et al., 2010	J	Ag	I	Pull		BA	MS	MT	U	944	231	42.5	757	159.4	42.9	1.6777	R		1701		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Agrawal et al., 2010	**J**	**Ag**	**I**				**MS**			**944**			**757**			**1.5398**	**S**	**2**	**1701**		**1**
Agrawal et al., 2010	**J**	**Ag**	**I**			**BA**	**MS**			**944**			**757**			**1.5398**	**S**	**2**	**1701**		**1**
Agrawal et al., 2010	**J**	**Ag**	**I**				**MS**		**U**	**944**			**757**			**1.5398**	**S**	**2**	**1701**		**1**
Agrawal et al., 2010	**J**	**Ag**	**I**				**MS**	**MT**		**944**			**757**			**1.5398**	**S**	**2**	**1701**		**1**
Agrawal et al., 2010	**J**	**Ag**	**I**			**BA**	**MS**	**MT**		**944**			**757**			**1.5398**	**S**	**2**	**1701**		**1**
Anderson & Plecas, 2000	J	Police	I	Bal		BA	MQ	B		22	11.2	4.2	7	15.9	6.9	0.9534	R		29		1
Anderson & Plecas, 2000	J	Police	I	POPAT		BA	MS	ME	L	51	193	15.1	10	225.2	14.4	2.1473	R		61		1
Anderson & Plecas, 2000	J	Police	I	Grip		BA	MS	ME	U	53	17	10.4	11	13.2	12.7	0.3517	R		64		1
Anderson & Plecas, 2000	J	Police	I	Pushups		BA	MS	ME	U	52	84.3	40	11	46	22.5	1.0161	R		63		1
Anderson & Plecas, 2000	J	Police	I	Grip		BA	MS	MT	U	53	112.5	13.3	11	67.4	8.6	3.5623	R		64		1
Anderson & Plecas, 2000	**J**	**Police**	**I**				**MQ**			**22**			**7**			**0.9534**	**S**	**1**	**29**		**1**
Anderson & Plecas, 2000	**J**	**Police**	**I**				**MQ**	**B**		**22**			**7**			**0.9534**	**S**	**1**	**29**		**1**
Anderson & Plecas, 2000	**J**	**Police**	**I**				**MS**			**52**			**11**			**1.7678**	**S**	**4**	**63**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Anderson & Plecas, 2000	**J**	**Police**	**I**			**BA**	**MS**			**52**			**11**			**1.7678**	**S**	**4**	**63**		**1**
Anderson & Plecas, 2000	**J**	**Police**	**I**				**MS**		**L**	**51**			**10**			**2.1473**	**S**	**1**	**61**		**1**
Anderson & Plecas, 2000	**J**	**Police**	**I**				**MS**		**U**	**53**			**11**			**1.6467**	**S**	**3**	**64**		**1**
Anderson & Plecas, 2000	**J**	**Police**	**I**				**MS**	**ME**		**52**			**11**			**1.1570**	**S**	**3**	**63**		**1**
Anderson & Plecas, 2000	**J**	**Police**	**I**			**BA**	**MS**	**ME**		**52**			**11**			**1.1570**	**S**	**3**	**63**		**1**
Anderson & Plecas, 2000	**J**	**Police**	**I**				**MS**	**MT**		**53**			**11**			**3.5623**	**S**	**1**	**64**		**1**
Anderson & Plecas, 2000	**J**	**Police**	**I**			**BA**	**MS**	**MT**		**53**			**11**			**3.5623**	**S**	**1**	**64**		**1**
Arnold et al., 1982	J	Steel	I	Step test		BA	CE			168	40.2	22.73	81	25.5	11.67	0.7411	R		249		1
Arnold et al., 1982	J	Steel	I	Bal	0.45[a]	BA	MQ	B		168	0.05	0.06	81	0.04	0.01	0.2014	R		249		1
Arnold et al., 1982	J	Steel	I	Flex		BA	MQ	F		168	11.07	2.22	81	10.3	1.79	0.3683	R		249		1
Arnold et al., 1982	J	Steel	I	Leg lifts		BA	MS	ME	C	168	16.35	3.2	81	11.4	4.68	1.3221	R		249		1
Arnold et al., 1982	J	Steel	I	Squats		BA	MS	ME	L	168	16.65	3.79	81	12.12	4.09	1.1646	R		249		1
Arnold et al., 1982	J	Steel	I	Pullups		BA	MS	ME	U	168	6.5	3.83	81	0.46	0.81	1.8977	R		249		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Arnold et al., 1982	J	Steel	I	Pushups		BA	MS	ME	U	168	26.49	4.68	81	5.5	5.38	4.2683	R		249		1
Arnold et al., 1982	J	Steel	I	Back dynam.	0.91[a]	BA	MS	MT	C	168	58.75	11.39	81	34.84	6.8	2.3595	R		249		1
Arnold et al., 1982	J	Steel	I	Leg dynam.	0.86[a]	BA	MS	MT	L	168	132.26	36.89	81	76.91	26.16	1.6381	R		249		1
Arnold et al., 1982	J	Steel	I	Arm dynam.	0.94[a]	BA	MS	MT	U	168	21.85	3.81	81	12.05	2.93	2.7614	R		249		1
Arnold et al., 1982	**J**	**Steel**	**I**				**CE**			**168**			**81**			**0.7411**	**S**	**1**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**			**BA**	**CE**			**168**			**81**			**0.7411**	**S**	**1**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**				**MQ**			**168**			**81**			**0.2849**	**S**	**2**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**				**MQ**	**B**		**168**			**81**			**0.2014**	**S**	**1**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**				**MQ**	**F**		**168**			**81**			**0.3683**	**S**	**1**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**				**MS**			**168**			**81**			**2.2017**	**S**	**7**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**			**BA**	**MS**			**168**			**81**			**2.2017**	**S**	**7**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**				**MS**		**C**	**168**			**81**			**1.8408**	**S**	**2**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**				**MS**		**L**	**168**			**81**			**1.4013**	**S**	**2**	**249**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Arnold et al., 1982	**J**	**Steel**	**I**				**MS**		**U**	**168**			**81**			**2.9758**	**S**	**3**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**				**MS**	**ME**		**168**			**81**			**2.1632**	**S**	**4**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**			**BA**	**MS**	**ME**		**168**			**81**			**2.1632**	**S**	**4**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**				**MS**	**MT**		**168**			**81**			**2.2530**	**S**	**3**	**249**		**1**
Arnold et al., 1982	**J**	**Steel**	**I**			**BA**	**MS**	**MT**		**168**			**81**			**2.2530**	**S**	**3**	**249**		**1**
Arvey et al., 1992	J	Police	I	1-mile run	.64[b]	BA	CE			96	662.5		19	668.7		0.0300	R		115		1
Arvey et al., 1992	J	Police	I	Obstacle	.67[b]	JS	CE			96	33.3		19	40		0.4400	R		115		1
Arvey et al., 1992	J	Police	I	Situps	.69[b]	BA	MS	ME	C	96	33.4		19	36.9		-0.2400	R		115		1
Arvey et al., 1992	J	Police	I	Dummy drag	.73[b]	JS	MS	ME	T	96	10.8		19	13.7		0.7500	R		115		1
Arvey et al., 1992	J	Police	I	Dips	.60[b]	BA	MS	ME	U	96	31.6		19	27.1		0.2500	R		115		1
Arvey et al., 1992	J	Police	I	100-dash	.71[b]	BA	MS	MP	L	96	13.9		19	15.3		0.4700	R		115		1
Arvey et al., 1992	J	Police	I	Wrestle	.61[b]	JS	MS	MT	T	96	22.5		19	31.5		1.0300	R		115		1
Arvey et al., 1992	J	Police	I	Grip	.65[b]	BA	MS	MT	U	96	62.9		19	40.9		1.9400	R		115		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Arvey et al., 1992	**J**	**Police**	**I**				**CE**			**96**			**19**			**0.2350**	**S**	**2**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**			**BA**	**CE**			**96**			**19**			**0.0300**	**S**	**1**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**			**JS**	**CE**			**96**			**19**			**0.4400**	**S**	**1**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**				**MS**			**96**			**19**			**0.7000**	**S**	**6**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**			**BA**	**MS**			**96**			**19**			**0.6050**	**S**	**4**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**			**JS**	**MS**			**96**			**19**			**0.8900**	**S**	**2**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**				**MS**		**C**	**96**			**19**			**-0.2400**	**S**	**1**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**				**MS**		**L**	**96**			**19**			**0.4700**	**S**	**1**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**				**MS**		**T**	**96**			**19**			**0.8900**	**S**	**2**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**				**MS**		**U**	**96**			**19**			**1.0950**	**S**	**2**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**				**MS**	**ME**		**96**			**19**			**0.2533**	**S**	**3**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**			**BA**	**MS**	**ME**		**96**			**19**			**0.0050**	**S**	**2**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**			**JS**	**MS**	**ME**		**96**			**19**			**0.7500**	**S**	**1**	**115**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Arvey et al., 1992	**J**	**Police**	**I**				**MS**	**MP**		**96**			**19**			**0.4700**	**S**	**1**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**			**BA**	**MS**	**MP**		**96**			**19**			**0.4700**	**S**	**1**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**				**MS**	**MT**		**96**			**19**			**1.4850**	**S**	**2**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**			**BA**	**MS**	**MT**		**96**			**19**			**1.9400**	**S**	**1**	**115**		**1**
Arvey et al., 1992	**J**	**Police**	**I**			**JS**	**MS**	**MT**		**96**			**19**			**1.0300**	**S**	**1**	**115**		**1**
Ayoub et al., 1978	T	Industrial	I	Endur.		BA	MS	ME	U	220	2.36	1.33	24	2.42	1.41	-0.0448	R		244		1
Ayoub et al., 1978	T	Industrial	I	Back str.		BA	MS	MT	T	220	142.53	41.56	24	81.67	25.81	1.5091	R		244		1
Ayoub et al., 1978	T	Industrial	I	Comp. str.		BA	MS	MT	T	220	244.63	69.59	24	115	44.73	1.9170	R		244		1
Ayoub et al., 1978	T	Industrial	I	Arm str.		BA	MS	MT	U	220	86.6	24.28	24	44.58	13.88	1.7888	R		244		1
Ayoub et al., 1978	T	Industrial	I	Should. str.		BA	MS	MT	U	220	108.05	26.66	24	50.33	17.93	2.2237	R		244		1
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**			**220**			**24**			**1.4788**	**S**	**5**	**244**		**1**
Ayoub et al., 1978	**T**	**Industrial**	**I**			**BA**	**MS**			**220**			**24**			**1.4788**	**S**	**5**	**244**		**1**
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**		**T**	**220**			**24**			**1.7131**	**S**	**2**	**244**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**		**U**	**220**			**24**			**1.3226**	**S**	**3**	**244**		**1**
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**	**ME**		**220**			**24**			**-0.0448**	**S**	**1**	**244**		**1**
Ayoub et al., 1978	**T**	**Industrial**	**I**			**BA**	**MS**	**ME**		**220**			**24**			**-0.0448**	**S**	**1**	**244**		**1**
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**	**MT**		**220**			**24**			**1.8597**	**S**	**4**	**244**		**1**
Ayoub et al., 1978	**T**	**Industrial**	**I**			**BA**	**MS**	**MT**		**220**			**24**			**1.8597**	**S**	**4**	**244**		**1**
Ayoub et al., 1978	T	Industrial	I	Endur.		BA	MS	ME	U	73	2.55	1.42	73	2.63	1.62	-0.0525	R		146		2
Ayoub et al., 1978	T	Industrial	I	Back str.		BA	MS	MT	T	73	185.74	52.65	73	118.42	30.94	1.5590	R		146		2
Ayoub et al., 1978	T	Industrial	I	Comp. str.		BA	MS	MT	T	73	249.1	59.79	73	142.2	39.92	2.1029	R		146		2
Ayoub et al., 1978	T	Industrial	I	Arm str.		BA	MS	MT	U	73	81.45	21.29	73	51.58	13.15	1.6881	R		146		2
Ayoub et al., 1978	T	Industrial	I	Should. str.		BA	MS	MT	U	73	110.16	28.08	73	60.72	14.79	2.2031	R		146		2
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**			**73**			**73**			**1.5001**	**S**	**5**	**146**		**2**
Ayoub et al., 1978	**T**	**Industrial**	**I**			**BA**	**MS**			**73**			**73**			**1.5001**	**S**	**5**	**146**		**2**
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**		**T**	**73**			**73**			**1.8309**	**S**	**2**	**146**		**2**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**		**U**	**73**			**73**			**1.2796**	**S**	**3**	**146**		**2**
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**	**ME**		**73**			**73**			**-0.0525**	**S**	**1**	**146**		**2**
Ayoub et al., 1978	**T**	**Industrial**	**I**			**BA**	**MS**	**ME**		**73**			**73**			**-0.0525**	**S**	**1**	**146**		**2**
Ayoub et al., 1978	**T**	**Industrial**	**I**				**MS**	**MT**		**73**			**73**			**1.8883**	**S**	**4**	**146**		**2**
Ayoub et al., 1978	**T**	**Industrial**	**I**			**BA**	**MS**	**MT**		**73**			**73**			**1.8883**	**S**	**4**	**146**		**2**
Bell et al., 1994	T	Mil	I	1-mile run		BA	CE			509	7.6	0.9	352	10.1	1.6	2.0244	R		861		1
Bell et al., 1994	T	Mil	I	2-mile run		BA	CE			509	14	1.1	352	17.4	1.4	2.7610	R		861		1
Bell et al., 1994	T	Mil	I	Flex.		BA	MQ	F		509	34.8	6.3	352	32.6	5.9	0.3583	R		861		1
Bell et al., 1994	T	Mil	I	Situps		BA	MS	ME	C	509	43.7	11.6	352	30.9	13.9	1.0166	R		861	T1	1
Bell et al., 1994	T	Mil	I	Situps		BA	MS	ME	C	509	63	10.4	352	61.3	11.9	0.1540	R		861	T2	1
Bell et al., 1994	T	Mil	I	Pushups		BA	MS	ME	U	509	32.4	12.4	352	10.9	7.4	2.0198	R		861	T1	1
Bell et al., 1994	T	Mil	I	Pushups		BA	MS	ME	U	509	49.8	12.2	352	27.9	10.4	1.9046	R		861	T2	1
Bell et al., 1994	T	Mil	I	Strength		BA	MS	MT	N	509	117.2	21.1	352	67.3	13.2	2.7284	R		861		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Bell et al., 1994	**T**	**Mil**	**I**				**CE**			**509**			**352**			**2.3927**	**S**	**1**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**			**BA**	**CE**			**509**			**352**			**2.3927**	**S**	**1**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**				**MQ**			**509**			**352**			**0.3583**	**S**	**1**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**				**MQ**	**F**		**509**			**352**			**0.3583**	**S**	**1**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**				**MS**			**509**			**352**			**1.7586**	**S**	**3**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**			**BA**	**MS**			**509**			**352**			**1.7586**	**S**	**3**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**				**MS**		**C**	**509**			**352**			**0.5853**	**S**	**1**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**				**MS**		**U**	**509**			**352**			**1.9622**	**S**	**1**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**				**MS**	**ME**		**509**			**352**			**1.2738**	**S**	**2**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**			**BA**	**MS**	**ME**		**509**			**352**			**1.2738**	**S**	**2**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**				**MS**	**MT**		**509**			**352**			**2.7284**	**S**	**1**	**861**	**T**	**1**
Bell et al., 1994	**T**	**Mil**	**I**			**BA**	**MS**	**MT**		**509**			**352**			**2.7284**	**S**	**1**	**861**	**T**	**1**
Bilzon et al., 2001	J	Mil. firefight.	I	VO2 max		BA	CE			34	52.6	5.2	15	43	8.1	1.5466	R		49		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Bilzon et al., 2001	J	Mil. firefight.	I	Aero. power		BA	CE			34	44	4.7	15	34.8	6.2	1.7718	R		49		1
Bilzon et al., 2001	J	Mil. firefight.	I	Grip		BA	MS	MT	U	34	425	70	15	254	50	2.6433	R		49		1
Bilzon et al., 2001	**J**	**Mil. firefight.**	**I**				**CE**			**34**			**15**			**1.6592**	**S**	**2**	**49**		**1**
Bilzon et al., 2001	**J**	**Mil. firefight.**	**I**			**BA**	**CE**			**34**			**15**			**1.6592**	**S**	**2**	**49**		**1**
Bilzon et al., 2001	**J**	**Mil. firefight.**	**I**				**MS**			**34**			**15**			**2.6433**	**S**	**1**	**49**		**1**
Bilzon et al., 2001	**J**	**Mil. firefight.**	**I**			**BA**	**MS**			**34**			**15**			**2.6433**	**S**	**1**	**49**		**1**
Bilzon et al., 2001	**J**	**Mil. firefight.**	**I**				**MS**		**U**	**34**			**15**			**2.6433**	**S**	**1**	**49**		**1**
Bilzon et al., 2001	**J**	**Mil. firefight.**	**I**				**MS**	**MT**		**34**			**15**			**2.6433**	**S**	**1**	**49**		**1**
Bilzon et al., 2001	**J**	**Mil. firefight.**	**I**			**BA**	**MS**	**MT**		**34**			**15**			**2.6433**	**S**	**1**	**49**		**1**
Blacker et al., 2009	J	Mil (Army)	I	2.4 km run		BA	CE			9	595	45	9	746	72	2.5151	R		18		1
Blacker et al., 2009	**J**	**Mil (Army)**	**I**				**CE**			**9**			**9**			**2.5151**	**S**	**1**	**18**		**1**
Blacker et al., 2009	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**9**			**9**			**2.5151**	**S**	**1**	**18**		**1**
Blacker et al., 2009	J	Mil (Army)	I	2.4 km run		BA	CE			17	609	40	19	777	61	3.2195	R		36		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Blacker et al., 2009	**J**	**Mil (Army)**	**I**				**CE**			**17**			**19**			**3.2195**	**S**	**1**	**36**		**2**
Blacker et al., 2009	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**17**			**19**			**3.2195**	**S**	**1**	**36**		**2**
Blakley et al., 1994	J	Mixed	A	Torso lift	0.88[a]	BA	MS	MT	T	12196	245.82	48.45	196	190.02	40.72	1.1544	R		12392		1
Blakley et al., 1994	J	Mixed	A	Arm lift	0.91[a]	BA	MS	MT	U	12198	92.17	21.23	194	65.28	19.97	1.2677	R		12392		1
Blakley et al., 1994	J	Mixed	A	Grip	0.88[a]	BA	MS	MT	U	12183	117.25	20.51	194	85.65	15.76	1.5457	R		12377		1
Blakley et al., 1994	J	Mixed	A	Sh. lift	0.93[a]	BA	MS	MT	U	12198	246.11	55.77	196	151.98	37.45	1.6952	R		12394		1
Blakley et al., 1994	**J**	**Mixed**	**A**				**MS**			**12194**			**195**			**1.4157**	**S**	**4**	**12389**		**1**
Blakley et al., 1994	**J**	**Mixed**	**A**			**BA**	**MS**			**12194**			**195**			**1.4157**	**S**	**4**	**12389**		**1**
Blakley et al., 1994	**J**	**Mixed**	**A**				**MS**		**T**	**12196**			**196**			**1.1544**	**S**	**1**	**12392**		**1**
Blakley et al., 1994	**J**	**Mixed**	**A**				**MS**		**U**	**12193**			**195**			**1.5028**	**S**	**3**	**12388**		**1**
Blakley et al., 1994	**J**	**Mixed**	**A**				**MS**	**MT**		**12194**			**195**			**1.4157**	**S**	**4**	**12389**		**1**
Blakley et al., 1994	**J**	**Mixed**	**A**			**BA**	**MS**	**MT**		**12194**			**195**			**1.4157**	**S**	**4**	**12389**		**1**
Boyce et al., 2008	J	Firefighter	I	Bench Press		BA	MS	MT	U	818	93.4	18.9	36	52.3	10.4	2.2064	R		854		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Boyce et al., 2008	**J**	**Firefighter**	**I**				**MS**			**818**			**36**			**2.2064**	**S**	**1**	**854**		**1**
Boyce et al., 2008	**J**	**Firefighter**	**I**			**BA**	**MS**			**818**			**36**			**2.2064**	**S**	**1**	**854**		**1**
Boyce et al., 2008	**J**	**Firefighter**	**I**				**MS**		**U**	**818**			**36**			**2.2064**	**S**	**1**	**854**		**1**
Boyce et al., 2008	**J**	**Firefighter**	**I**				**MS**	**MT**		**818**			**36**			**2.2064**	**S**	**1**	**854**		**1**
Boyce et al., 2008	**J**	**Firefighter**	**I**			**BA**	**MS**	**MT**		**818**			**36**			**2.2064**	**S**	**1**	**854**		**1**
Boyce et al., 2008	J	Police	I	Bench Press		BA	MS	MT	U	1181	96.3	20.9	195	43.9	9.4	2.6615	R		1376		2
Boyce et al., 2008	**J**	**Police**	**I**				**MS**			**1181**			**195**			**2.6615**	**S**	**1**	**1376**		**2**
Boyce et al., 2008	**J**	**Police**	**I**			**BA**	**MS**			**1181**			**195**			**2.6615**	**S**	**1**	**1376**		**2**
Boyce et al., 2008	**J**	**Police**	**I**				**MS**		**U**	**1181**			**195**			**2.6615**	**S**	**1**	**1376**		**2**
Boyce et al., 2008	**J**	**Police**	**I**				**MS**	**MT**		**1181**			**195**			**2.6615**	**S**	**1**	**1376**		**2**
Boyce et al., 2008	**J**	**Police**	**I**			**BA**	**MS**	**MT**		**1181**			**195**			**2.6615**	**S**	**1**	**1376**		**2**
Bronner & Ojofeitimi, 2006	J	Prof. Dance	I	Knee ext.	0.88[a]	BA	MQ	F		6	0.8	2	6	9.3	1	-5.3759	R		12		1
Bronner & Ojofeitimi, 2006	J	Prof. Dance	I	Hip flex.	0.88[a]	BA	MQ	F		6	69.04	3.037	6	74.81	2.596	-2.0424	R		12		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Bronner & Ojofeitimi, 2006	**J**	**Prof. Dance**	**I**				**MQ**			**6**			**6**			**-3.7091**	**S**	**2**	**12**		**1**
Bronner & Ojofeitimi, 2006	**J**	**Prof. Dance**	**I**				**MQ**	**F**		**6**			**6**			**-3.7091**	**S**	**2**	**12**		**1**
Bystrom et al., 1995	J	Manufact.	I	Grip		BA	MS	MT	U	139	498	108.27	60	284	79.04	2.1312	R		199		1
Bystrom et al., 1995	**J**	**Manufact.**	**I**				**MS**			**139**			**60**			**2.1312**	**S**	**1**	**199**		**1**
Bystrom et al., 1995	**J**	**Manufact.**	**I**			**BA**	**MS**			**139**			**60**			**2.1312**	**S**	**1**	**199**		**1**
Bystrom et al., 1995	**J**	**Manufact.**	**I**				**MS**		**U**	**139**			**60**			**2.1312**	**S**	**1**	**199**		**1**
Bystrom et al., 1995	**J**	**Manufact.**	**I**				**MS**	**MT**		**139**			**60**			**2.1312**	**S**	**1**	**199**		**1**
Bystrom et al., 1995	**J**	**Manufact.**	**I**			**BA**	**MS**	**MT**		**139**			**60**			**2.1312**	**S**	**1**	**199**		**1**
Chaffin et al., 1978	J	Manufact.	I	Torso lift	0.87[a]	BA	MS	MT	T	446	122.4	54.8	105	59.9	31	1.2219	R		551		1
Chaffin et al., 1978	J	Manufact.	I	Leg lift	0.87[a]	BA	MS	MT	T	446	211.8	76.5	105	93.8	44.4	1.6496	R		551		1
Chaffin et al., 1978	J	Manufact.	I	Arm lift	0.87[a]	BA	MS	MT	U	446	85.8	26.6	105	44.9	17.6	1.6267	R		551		1
Chaffin et al., 1978	**J**	**Manufact.**	**I**				**MS**			**446**			**105**			**1.4994**	**S**	**3**	**551**		**1**
Chaffin et al., 1978	**J**	**Manufact.**	**I**			**BA**	**MS**			**446**			**105**			**1.4994**	**S**	**3**	**551**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Chaffin et al., 1978	**J**	**Manufact.**	**I**				**MS**		**T**	**446**			**105**			**1.4357**	**S**	**2**	**551**		**1**
Chaffin et al., 1978	**J**	**Manufact.**	**I**				**MS**		**U**	**446**			**105**			**1.6267**	**S**	**1**	**551**		**1**
Chaffin et al., 1978	**J**	**Manufact.**	**I**				**MS**	**MT**		**446**			**105**			**1.4994**	**S**	**3**	**551**		**1**
Chaffin et al., 1978	**J**	**Manufact.**	**I**			**BA**	**MS**	**MT**		**446**			**105**			**1.4994**	**S**	**3**	**551**		**1**
Cohen et al., 1982	J	Prof. Dance	I	VO2 max		BA	CE			4	48.2	3.4	4	43.73	4.32	1.1499	R		8		1
Cohen et al., 1982	J	Prof. Dance	I	VO2		JS	CE			4	1.21	0.22	6	0.82	0.2	1.8775	R		10		1
Cohen et al., 1982	J	Prof. Dance	I	VO2		JS	CE			4	1.74	0.32	6	1.01	0.22	2.7861	R		10		1
Cohen et al., 1982	**J**	**Prof. Dance**	**I**				**CE**			**4**			**5**			**1.8065**	**S**	**2**	**9**		**1**
Cohen et al., 1982	**J**	**Prof. Dance**	**I**			**BA**	**CE**			**4**			**4**			**1.1499**	**S**	**1**	**8**		**1**
Cohen et al., 1982	**J**	**Prof. Dance**	**I**			**JS**	**CE**			**4**			**6**			**2.3318**	**S**	**1**	**10**		**1**
Copay & Charles, 1998	J	Police	I	Flex.		BA	MQ	F		387	19.74	10.1	34	11.59	10.14	-0.8067	R		421	T1	1
Copay & Charles, 1998	J	Police	I	Flex.		BA	MQ	F		387	19.54	9.79	34	12	10.21	-0.7675	R		421	T1	1
Copay & Charles, 1998	J	Police	I	Flex.		BA	MQ	F		343	15.67	9.59	29	8.79	8.94	-0.7210	R		372	T2	1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Copay & Charles, 1998	J	Police	I	Flex.		BA	MQ	F		343	15.5	9.613	29	8.21	8.65	-0.7639	R		372	T2	1
Copay & Charles, 1998	J	Police	I	Abd. str.		BA	MS	MT	C	502	4.92	0.25	49	4.84	0.32	0.3114	R		551	T1	1
Copay & Charles, 1998	J	Police	I	Back str.		BA	MS	MT	C	506	4.96	0.18	49	4.86	0.32	0.5098	R		555	T1	1
Copay & Charles, 1998	J	Police	I	Abd. str.		BA	MS	MT	C	468	4.98	0.1	43	4.98	0.08	0.0000	R		511	T2	1
Copay & Charles, 1998	J	Police	I	Back str.		BA	MS	MT	C	468	4.98	0.1	43	4.97	0.17	0.0930	R		511	T2	1
Copay & Charles, 1998	J	Police	I	Grip		BA	MS	MT	U	502	56.3	8.37	49	36.74	6.53	2.3780	R		551	T1	1
Copay & Charles, 1998	J	Police	I	Grip		BA	MS	MT	U	493	55.87	7.69	46	36.53	6.15	2.5538	R		539	T2	1
Copay & Charles, 1998	**J**	**Police**	**I**				**MQ**			**365**			**32**			**-0.7661**	**S**	**4**	**397**	**T**	**1**
Copay & Charles, 1998	**J**	**Police**	**I**				**MQ**	**F**		**365**			**32**			**-0.7661**	**S**	**4**	**397**	**T**	**1**
Copay & Charles, 1998	**J**	**Police**	**I**				**MS**			**490**			**47**			**0.9909**	**S**	**6**	**536**	**T**	**1**
Copay & Charles, 1998	**J**	**Police**	**I**			**BA**	**MS**			**490**			**47**			**0.9909**	**S**	**6**	**536**	**T**	**1**
Copay & Charles, 1998	**J**	**Police**	**I**				**MS**		**C**	**486**			**46**			**0.2359**	**S**	**4**	**532**	**T**	**1**
Copay & Charles, 1998	**J**	**Police**	**I**				**MS**		**U**	**498**			**48**			**2.4649**	**S**	**2**	**545**	**T**	**1**

Appendix A

Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Copay & Charles, 1998	**J**	**Police**	**I**				**MS**	**MT**		**490**			**47**			**0.9909**	**S**	**6**	**536**	**T**	**1**
Copay & Charles, 1998	**J**	**Police**	**I**			**BA**	**MS**	**MT**		**490**			**47**			**0.9909**	**S**	**6**	**536**	**T**	**1**
Cosgrove, 2006	D	Police	A	Situps		BA	MS	ME	C	2245	32.88	4.996	168	30.17	9.466	0.4995	R		2413		1
Cosgrove, 2006	D	Police	A	Pushups		BA	MS	ME	U	2245	30.54	4.472	168	19.28	12.432	2.0795	R		2413		1
Cosgrove, 2006	**D**	**Police**	**A**				**MS**			**2245**			**168**			**1.2895**	**S**	**2**	**2413**		**1**
Cosgrove, 2006	**D**	**Police**	**A**			**BA**	**MS**			**2245**			**168**			**1.2895**	**S**	**2**	**2413**		**1**
Cosgrove, 2006	**D**	**Police**	**A**				**MS**		**C**	**2245**			**168**			**0.4995**	**S**	**1**	**2413**		**1**
Cosgrove, 2006	**D**	**Police**	**A**				**MS**		**U**	**2245**			**168**			**2.0795**	**S**	**1**	**2413**		**1**
Cosgrove, 2006	**D**	**Police**	**A**				**MS**	**ME**		**2245**			**168**			**1.2895**	**S**	**2**	**2413**		**1**
Cosgrove, 2006	**D**	**Police**	**A**			**BA**	**MS**	**ME**		**2245**			**168**			**1.2895**	**S**	**2**	**2413**		**1**
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			73	38.8	6.835	69	32.7	4.984	1.0154	R		142		1
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			73	40.7	4.272	69	34.3	2.492	1.8173	R		142		1
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		73	27.3	7.69	69	36.1	7.476	-1.1599	R		142		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		73	28.9	4.272	69	37.1	4.153	-1.9455	R		142		1
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	73	510	76.896	69	322	58.146	2.7472	R		142		1
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	73	484.5	58.954	69	286.5	57.316	3.4042	R		142		1
Cox et al., 1981	**J**	**Assurance**	**I**				**CE**			**73**			**69**			**1.4163**	**S**	**2**	**142**		**1**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**CE**			**73**			**69**			**1.4163**	**S**	**2**	**142**		**1**
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**			**73**			**69**			**-1.5527**	**S**	**2**	**142**		**1**
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**	**F**		**73**			**69**			**-1.5527**	**S**	**2**	**142**		**1**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**			**73**			**69**			**3.0757**	**S**	**2**	**142**		**1**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**			**73**			**69**			**3.0757**	**S**	**2**	**142**		**1**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**		**U**	**73**			**69**			**3.0757**	**S**	**2**	**142**		**1**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**	**MT**		**73**			**69**			**3.0757**	**S**	**2**	**142**		**1**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**	**MT**		**73**			**69**			**3.0757**	**S**	**2**	**142**		**1**
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			38	38.1	6.164	33	31.3	12.638	0.6997	R		71		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			38	38.9	3.082	33	31.9	2.872	2.3437	R		71		2
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		38	31.1	10.48	33	33.3	9.191	-0.2222	R		71		2
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		38	32.2	4.315	33	34.2	2.872	-0.5382	R		71		2
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	38	541	73.973	33	317	34.467	3.7943	R		71		2
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	38	515.5	78.905	33	309.2	39.638	3.2348	R		71		2
Cox et al., 1981	**J**	**Assurance**	**I**				**CE**			**38**			**33**			**1.5217**	**S**	**2**	**71**		**2**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**CE**			**38**			**33**			**1.5217**	**S**	**2**	**71**		**2**
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**			**38**			**33**			**-0.3802**	**S**	**2**	**71**		**2**
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**	**F**		**38**			**33**			**-0.3802**	**S**	**2**	**71**		**2**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**			**38**			**33**			**3.5146**	**S**	**2**	**71**		**2**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**			**38**			**33**			**3.5146**	**S**	**2**	**71**		**2**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**		**U**	**38**			**33**			**3.5146**	**S**	**2**	**71**		**2**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**	**MT**		**38**			**33**			**3.5146**	**S**	**2**	**71**		**2**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**	**MT**		**38**			**33**			**3.5146**	**S**	**2**	**71**		**2**
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			19	38.6	6.974	44	31.2	5.307	1.2653	R		63		3
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			19	39.7	5.231	44	32	1.99	2.3360	R		63		3
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		19	29.4	10.461	44	33.8	7.96	-0.5016	R		63		3
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		19	31.8	6.538	44	35.1	3.98	-0.6767	R		63		3
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	19	509	74.101	44	303	59.7	3.2045	R		63		3
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	19	507	59.717	44	294.2	45.77	4.2315	R		63		3
Cox et al., 1981	**J**	**Assurance**	**I**				**CE**			**19**			**44**			**1.8007**	**S**	**2**	**63**		**3**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**CE**			**19**			**44**			**1.8007**	**S**	**2**	**63**		**3**
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**			**19**			**44**			**-0.5891**	**S**	**2**	**63**		**3**
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**	**F**		**19**			**44**			**-0.5891**	**S**	**2**	**63**		**3**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**			**19**			**44**			**3.7180**	**S**	**2**	**63**		**3**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**			**19**			**44**			**3.7180**	**S**	**2**	**63**		**3**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**		**U**	**19**			**44**			**3.7180**	**S**	**2**	**63**		**3**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**	**MT**		**19**			**44**			**3.7180**	**S**	**2**	**63**		**3**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**	**MT**		**19**			**44**			**3.7180**	**S**	**2**	**63**		**3**
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			44	39.7	5.307	61	33	5.467	1.2406	R		105		4
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			44	42.5	3.317	61	34.2	2.343	2.9737	R		105		4
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		44	30.1	8.623	61	35	8.591	-0.5695	R		105		4
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		44	33.2	5.307	61	37.4	4.686	-0.8477	R		105		4
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	44	540	92.866	61	313	54.672	3.1060	R		105		4
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	44	513.5	58.373	61	314	38.27	4.1820	R		105		4
Cox et al., 1981	**J**	**Assurance**	**I**				**CE**			**44**			**61**			**2.1072**	**S**	**2**	**105**		**4**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**CE**			**44**			**61**			**2.1072**	**S**	**2**	**105**		**4**
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**			**44**			**61**			**-0.7086**	**S**	**2**	**105**		**4**
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**	**F**		**44**			**61**			**-0.7086**	**S**	**2**	**105**		**4**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**			**44**			**61**			**3.6440**	**S**	**2**	**105**		**4**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**			**44**			**61**			**3.6440**	**S**	**2**	**105**		**4**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**		**U**	**44**			**61**			**3.6440**	**S**	**2**	**105**		**4**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**	**MT**		**44**			**61**			**3.6440**	**S**	**2**	**105**		**4**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**	**MT**		**44**			**61**			**3.6440**	**S**	**2**	**105**		**4**
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			60	36.6	6.197	93	32	4.821	0.8517	R		153		5
Cox et al., 1981	J	Assurance	I	VO2		BA	CE			60	40.5	4.648	93	34.9	1.929	1.7115	R		153		5
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		60	29.6	9.295	93	35.1	7.715	-0.6573	R		153		5
Cox et al., 1981	J	Assurance	I	Sit-reach		BA	MQ	F		60	32.6	5.422	93	38.6	4.822	-1.1846	R		153		5
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	60	498	92.952	93	308	48.218	2.7446	R		153		5
Cox et al., 1981	J	Assurance	I	Grip		BA	MS	MT	U	60	478.4	53.447	93	307	75.221	2.5372	R		153		5
Cox et al., 1981	**J**	**Assurance**	**I**				**CE**			**60**			**93**			**1.2816**	**S**	**2**	**153**		**5**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**CE**			**60**			**93**			**1.2816**	**S**	**2**	**153**		**5**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**			**60**			**93**			**-0.9209**	**S**	**2**	**153**		**5**
Cox et al., 1981	**J**	**Assurance**	**I**				**MQ**	**F**		**60**			**93**			**-0.9209**	**S**	**2**	**153**		**5**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**			**60**			**93**			**2.6409**	**S**	**2**	**153**		**5**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**			**60**			**93**			**2.6409**	**S**	**2**	**153**		**5**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**		**U**	**60**			**93**			**2.6409**	**S**	**2**	**153**		**5**
Cox et al., 1981	**J**	**Assurance**	**I**				**MS**	**MT**		**60**			**93**			**2.6409**	**S**	**2**	**153**		**5**
Cox et al., 1981	**J**	**Assurance**	**I**			**BA**	**MS**	**MT**		**60**			**93**			**2.6409**	**S**	**2**	**153**		**5**
Daniels et al., 1979	J	Mil (Army)	I	VO2		BA	CE			29	59.4	5.9	26	46	5.1	2.4201	R		55	T1	1
Daniels et al., 1979	J	Mil (Army)	I	VO2		BA	CE			29	60.6	4.7	26	49.7	4.2	2.4379	R		55	T2	1
Daniels et al., 1979	J	Mil (Army)	I	1.5-mile run		BA	CE			29	565.6	65.7	26	711.9	76.5	2.0606	R		55	T1	1
Daniels et al., 1979	J	Mil (Army)	I	1.5-mile run		BA	CE			29	533.4	34.4	26	651.9	53.8	2.6561	R		55	T2	1
Daniels et al., 1979	**J**	**Mil (Army)**	**I**				**CE**			**29**			**26**			**2.3936**	**S**	**4**	**55**	**T**	**1**
Daniels et al., 1979	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**29**			**26**			**2.3936**	**S**	**4**	**55**	**T**	**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Denning, 1984*	P	Production	I	Rail balance		BA	MQ	B		630	11	13	187	7.9	6.4	0.2622	R		817		1
Denning, 1984*	P	Production	I	MRM		BA	MQ	C		630	66.5	9.4	187	65.5	8.7	0.1082	R		817		1
Denning, 1984*	P	Production	I	Sit-reach		BA	MQ	F		630	53.1	16.5	187	59.4	14.5	-0.3921	R		817		1
Denning, 1984*	P	Production	I	Arm ergom.		BA	MS	ME	U	630	194.8	52.6	187	126.1	34	1.4026	R		817		1
Denning, 1984*	P	Production	I	Med. ball put		BA	MS	MP	U	630	39.1	8.3	187	18.5	5.3	2.6688	R		817		1
Denning, 1984*	P	Production	I	Pull		BA	MS	MT	U	630	224.2	50.2	187	160	37.2	1.3502	R		817		1
Denning, 1984*	P	Production	I	Push		BA	MS	MT	U	630	283.2	69.6	187	186.1	42.5	1.5071	R		817		1
Denning, 1984*	P	Production	I	Cable pull		BA	MS	MT	U	630	163.7	38.3	187	100	24.8	1.7857	R		817		1
Denning, 1984*	**P**	**Production**	**I**				**MQ**			**630**			**187**			**-0.0073**	**S**	**3**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**				**MQ**	**B**		**630**			**187**			**0.2622**	**S**	**1**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**				**MQ**	**C**		**630**			**187**			**0.1082**	**S**	**1**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**				**MQ**	**F**		**630**			**187**			**-0.3921**	**S**	**1**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**				**MS**			**630**			**187**			**1.7429**	**S**	**5**	**817**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Denning, 1984*	**P**	**Production**	**I**			**BA**	**MS**			**630**			**187**			**1.7429**	**S**	**5**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**				**MS**		**U**	**630**			**187**			**1.7429**	**S**	**5**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**				**MS**	**ME**		**630**			**187**			**1.4026**	**S**	**1**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**			**BA**	**MS**	**ME**		**630**			**187**			**1.4026**	**S**	**1**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**				**MS**	**MP**		**630**			**187**			**2.6688**	**S**	**1**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**			**BA**	**MS**	**MP**		**630**			**187**			**2.6688**	**S**	**1**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**				**MS**	**MT**		**630**			**187**			**1.5477**	**S**	**3**	**817**		**1**
Denning, 1984*	**P**	**Production**	**I**			**BA**	**MS**	**MT**		**630**			**187**			**1.5477**	**S**	**3**	**817**		**1**
Denning, 1984*	P	Production	I	MRM		BA	MQ	B		221	10.7	10	16	10.6	9.7	0.0100	R		237		2
Denning, 1984*	P	Production	I	Rail balance		BA	MQ	C		221	68	10.5	16	59.1	5.2	0.8688	R		237		2
Denning, 1984*	P	Production	I	Sit-reach		BA	MQ	F		221	49.7	17.8	16	64.2	13.5	-0.8259	R		237		2
Denning, 1984*	P	Production	I	Push		BA	MS	ME	U	221	197.9	53.8	16	120.8	46.7	1.4445	R		237		2
Denning, 1984*	P	Production	I	Med. ball put		BA	MS	MP	U	221	39.3	8.5	16	19.7	4.6	2.3598	R		237		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Denning, 1984*	P	Production	I	Pull		BA	MS	MT	U	221	233.3	49.9	16	178.6	38.2	1.1110	R		237		2
Denning, 1984*	P	Production	I	Arm ergom.		BA	MS	MT	U	221	287.2	61.8	16	216.8	46.1	1.1556	R		237		2
Denning, 1984*	P	Production	I	Cable pull		BA	MS	MT	U	221	172.9	42.8	16	106.2	29.3	1.5855	R		237		2
Denning, 1984*	**P**	**Production**	**I**				**MQ**			**221**			**16**			**0.0176**	**S**	**3**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**				**MQ**	**B**		**221**			**16**			**0.0100**	**S**	**1**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**				**MQ**	**C**		**221**			**16**			**0.8688**	**S**	**1**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**				**MQ**	**F**		**221**			**16**			**-0.8259**	**S**	**1**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**				**MS**			**221**			**16**			**1.5313**	**S**	**5**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**			**BA**	**MS**			**221**			**16**			**1.5313**	**S**	**5**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**				**MS**		**U**	**221**			**16**			**1.5313**	**S**	**5**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**				**MS**	**ME**		**221**			**16**			**1.4445**	**S**	**1**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**			**BA**	**MS**	**ME**		**221**			**16**			**1.4445**	**S**	**1**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**				**MS**	**MP**		**221**			**16**			**2.3598**	**S**	**1**	**237**		**2**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Denning, 1984*	**P**	**Production**	**I**			**BA**	**MS**	**MP**		**221**			**16**			**2.3598**	**S**	**1**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**				**MS**	**MT**		**221**			**16**			**1.2840**	**S**	**3**	**237**		**2**
Denning, 1984*	**P**	**Production**	**I**			**BA**	**MS**	**MT**		**221**			**16**			**1.2840**	**S**	**3**	**237**		**2**
Fitzgerald et al., 1986	T	Mil (Army)	I	VO2 max		BA	CE			964	47.961	6.324	238	39.668	4.597	1.3771	R		1202		1
Fitzgerald et al., 1986	T	Mil (Army)	I	VO2 max		BA	CE			753	138.529	22.394	237	91.521	14.303	2.2654	R		990		1
Fitzgerald et al., 1986	T	Mil (Army)	I	Situps		BA	MS	ME	C	1014	52.428	14.079	255	50.576	12.532	0.1344	R		1269		1
Fitzgerald et al., 1986	T	Mil (Army)	I	Pushups		BA	MS	ME	U	1014	49.89	15.156	255	32.208	11.637	1.2178	R		1269		1
Fitzgerald et al., 1986	T	Mil (Army)	I	Max. lift		BA	MS	MT	T	802	130.574	25.977	243	65.144	12.542	2.7780	R		1045		1
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**				**CE**			**908**			**243**			**1.6179**	**S**	**3**	**1151**		**1**
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**908**			**243**			**1.6179**	**S**	**3**	**1151**		**1**
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**				**MS**			**943**			**251**			**1.2891**	**S**	**3**	**1194**		**1**
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**943**			**251**			**1.2891**	**S**	**3**	**1194**		**1**
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**				**MS**		**C**	**1014**			**255**			**0.1344**	**S**	**1**	**1269**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**				**MS**		**T**	**802**			**243**			**2.7780**	**S**	**1**	**1045**		**1**
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**				**MS**		**U**	**1014**			**255**			**1.2178**	**S**	**1**	**1269**		**1**
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**1014**			**255**			**0.6761**	**S**	**2**	**1269**		**1**
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**1014**			**255**			**0.6761**	**S**	**2**	**1269**		**1**
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**				**MS**	**MT**		**802**			**243**			**2.7780**	**S**	**1**	**1045**		**1**
Fitzgerald et al., 1986	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**802**			**243**			**2.7780**	**S**	**1**	**1045**		**1**
Gamble et al., 1991	J	Ambul.	I	VO2 max		BA	CE			91	37	9.53	11	32	6.63	0.5387	R		102		1
Gamble et al., 1991	J	Ambul.	I	Flex.		BA	MQ	F		91	17.4	7.63	11	20.7	6.96	-0.4362	R		102		1
Gamble et al., 1991	J	Ambul.	I	Grip		BA	MS	MT	U	91	48	9.53	11	33	6.63	1.6162	R		102		1
Gamble et al., 1991	**J**	**Ambul.**	**I**				**CE**			**91**			**11**			**0.5387**	**S**	**1**	**102**		**1**
Gamble et al., 1991	**J**	**Ambul.**	**I**			**BA**	**CE**			**91**			**11**			**0.5387**	**S**	**1**	**102**		**1**
Gamble et al., 1991	**J**	**Ambul.**	**I**				**MQ**			**91**			**11**			**-0.4362**	**S**	**1**	**102**		**1**
Gamble et al., 1991	**J**	**Ambul.**	**I**				**MQ**	**F**		**91**			**11**			**-0.4362**	**S**	**1**	**102**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Gamble et al., 1991	**J**	**Ambul.**	**I**				**MS**			**91**			**11**			**1.6162**	**S**	**1**	**102**		**1**
Gamble et al., 1991	**J**	**Ambul.**	**I**			**BA**	**MS**			**91**			**11**			**1.6162**	**S**	**1**	**102**		**1**
Gamble et al., 1991	**J**	**Ambul.**	**I**				**MS**		**U**	**91**			**11**			**1.6162**	**S**	**1**	**102**		**1**
Gamble et al., 1991	**J**	**Ambul.**	**I**				**MS**	**MT**		**91**			**11**			**1.6162**	**S**	**1**	**102**		**1**
Gamble et al., 1991	**J**	**Ambul.**	**I**			**BA**	**MS**	**MT**		**91**			**11**			**1.6162**	**S**	**1**	**102**		**1**
Gollub, 1992	D	Mixed	I	Coord.		BA	MQ	C		686	15.72	3.62	76	19.39	4.54	-0.9863	R		762		1
Gollub, 1992	D	Mixed	I	Flex.		BA	MQ	F		686	18.79	3.49	76	22.67	4.57	-1.0745	R		762		1
Gollub, 1992	D	Mixed	I	Endur.		BA	MS	ME	U	686	49.25	10.26	76	33.42	9.66	1.5516	R		762		1
Gollub, 1992	D	Mixed	I	Power		BA	MS	MP	U	686	491.88	149.22	76	323.08	105.36	1.1603	R		762		1
Gollub, 1992	D	Mixed	I	Lift		BA	MS	MT	T	686	318.56	97.23	76	188.4	64.94	1.3768	R		762		1
Gollub, 1992	D	Mixed	I	Pull		BA	MS	MT	U	686	216.46	82.58	76	144.77	43.69	0.9007	R		762		1
Gollub, 1992	**D**	**Mixed**	**I**				**MQ**			**686**			**76**			**-1.0304**	**S**	**2**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**				**MQ**	**C**		**686**			**76**			**-0.9863**	**S**	**1**	**762**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Gollub, 1992	**D**	**Mixed**	**I**				**MQ**	**F**		**686**			**76**			**-1.0745**	**S**	**1**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**				**MS**			**686**			**76**			**1.2474**	**S**	**4**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**			**BA**	**MS**			**686**			**76**			**1.2474**	**S**	**4**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**				**MS**		**T**	**686**			**76**			**1.3768**	**S**	**1**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**				**MS**		**U**	**686**			**76**			**1.2042**	**S**	**3**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**				**MS**	**ME**		**686**			**76**			**1.5516**	**S**	**1**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**			**BA**	**MS**	**ME**		**686**			**76**			**1.5516**	**S**	**1**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**				**MS**	**MP**		**686**			**76**			**1.1603**	**S**	**1**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**			**BA**	**MS**	**MP**		**686**			**76**			**1.1603**	**S**	**1**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**				**MS**	**MT**		**686**			**76**			**1.1388**	**S**	**2**	**762**		**1**
Gollub, 1992	**D**	**Mixed**	**I**			**BA**	**MS**	**MT**		**686**			**76**			**1.1388**	**S**	**2**	**762**		**1**
Hamilton et al., 1992	J	Prof. Dance	I	Flex.		BA	MQ	F	L	14	0.36	0.48	14	0.64	0.48	-0.5833	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Flex.		BA	MQ	F	U	14	1.14	0.35	14	1.21	0.41	-0.1836	R		28		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hamilton et al., 1992	J	Prof. Dance	I	Flex.		BA	MQ	F	U	14	1.57	0.73	14	1.57	0.62	0.0000	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Hip str.		BA	MS	MP	L	14	112.1	19	14	89.4	15.8	1.2991	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Hip str.		BA	MS	MP	L	14	96.4	23.6	14	80.7	17.2	0.7603	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Knee str.		BA	MS	MP	L	14	127.4	17.3	14	95.1	17.1	1.8779	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Knee str.		BA	MS	MP	L	14	75.8	9	14	52.9	17.5	1.6457	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Ankle str.		BA	MS	MP	L	14	71	9.3	14	50.1	8.9	2.2961	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Ankle str.		BA	MS	MP	L	14	16.4	3.6	14	11.4	3.3	1.4479	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Hip str.		BA	MS	MP	L	14	107.9	15.5	14	82.9	13.4	1.7256	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Hip str.		BA	MS	MP	L	14	101.4	24.1	14	72	18.5	1.3685	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Knee str.		BA	MS	MP	L	14	124.4	18.7	14	84.1	12.9	2.5087	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Knee str.		BA	MS	MP	L	14	71.9	10.4	14	49.9	8.1	2.3602	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Ankle str.		BA	MS	MP	L	14	72.6	10.5	14	51.3	9.6	2.1173	R		28		1
Hamilton et al., 1992	J	Prof. Dance	I	Ankle str.		BA	MS	MP	L	14	17	3.4	14	11.6	2.8	1.7338	R		28		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hamilton et al., 1992	**J**	**Prof. Dance**	**I**				**MQ**			**14**			**14**			**-0.2557**	**S**	**3**	**28**		**1**
Hamilton et al., 1992	**J**	**Prof. Dance**	**I**				**MQ**	**F**		**14**			**14**			**-0.2557**	**S**	**3**	**28**		**1**
Hamilton et al., 1992	**J**	**Prof. Dance**	**I**				**MS**			**14**			**14**			**1.7618**	**S**	**12**	**28**		**1**
Hamilton et al., 1992	**J**	**Prof. Dance**	**I**			**BA**	**MS**			**14**			**14**			**1.7618**	**S**	**12**	**28**		**1**
Hamilton et al., 1992	**J**	**Prof. Dance**	**I**				**MS**		**L**	**14**			**14**			**1.7618**	**S**	**12**	**28**		**1**
Hamilton et al., 1992	**J**	**Prof. Dance**	**I**				**MS**	**MP**		**14**			**14**			**1.7618**	**S**	**12**	**28**		**1**
Hamilton et al., 1992	**J**	**Prof. Dance**	**I**			**BA**	**MS**	**MP**		**14**			**14**			**1.7618**	**S**	**12**	**28**		**1**
Hodgdon et al., 1996**	JT	Mil	I	1.5 mi. run		BA	CE			64	11.51	2.28	38	13.42	2.4	0.8215	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Sit-reach		BA	MQ	F		64	8.9	7.65	38	14.3	7.93	-0.6963	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Situps		BA	MS	ME	C	64	58.5	19.19	38	60.9	20.4	-0.1222	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Box carry		JS	MS	ME	T	62	304.8	38.99	38	271.4	37.2	0.8715	R		100		1
Hodgdon et al., 1996**	JT	Mil	I	Pullups		BA	MS	ME	U	64	8.2	5.64	38	1	2.1	1.5466	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Pushups		BA	MS	ME	U	64	35	15.98	38	13.1	9.74	1.5644	R		102		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hodgdon et al., 1996**	JT	Mil	I	Jump		BA	MS	MP	L	64	0.501	0.08	38	0.401	0.051	1.4150	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	100-sprint		BA	MS	MP	L	64	15	1.41	38	17.9	2.22	1.6535	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Jump		BA	MS	MP	L	64	2.138	0.233	38	1.735	0.186	1.8588	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	VO2 max		BA	CE			60	50.4	6.8	38	44.4	7.5	0.8477	R		98		1
Hodgdon et al., 1996**	JT	Mil	I	Box carry		JS	MS	ME	T	62	1134.6	148	38	997.3	134.4	0.9600	R		100		1
Hodgdon et al., 1996**	JT	Mil	I	Leg press		BA	MS	MT	L	64	197.3	40.7	38	128.3	29.6	1.8657	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	ILM		BA	MS	MT	T	64	61.6	13.4	38	32.3	5.4	2.6322	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Box lift		JS	MS	MT	T	61	93.2	17.6	38	60.3	13.4	2.0400	R		99		1
Hodgdon et al., 1996**	JT	Mil	I	Box lift		JS	MS	MT	T	60	65.8	11.9	38	40.2	6.9	2.4938	R		98		1
Hodgdon et al., 1996**	JT	Mil	I	Lift		BA	MS	MT	U	64	49.5	7.4	38	35.7	8.3	1.7817	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Arm-pull		BA	MS	MT	U	64	31.5	5.4	38	21	2.6	2.2983	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Grip		BA	MS	MT	U	64	41.9	6.8	38	28	3.6	2.3864	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Bench press		BA	MS	MT	U	64	72.6	18.8	38	33	6.14	2.5744	R		102		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hodgdon et al., 1996**	JT	Mil	I	Sh. press		BA	MS	MT	U	64	57.4	12.1	38	29.7	5.5	2.7237	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Lat. pull		BA	MS	MT	U	64	70.8	15.2	38	34.9	6.5	2.8277	R		102		1
Hodgdon et al., 1996**	JT	Mil	I	Curl		BA	MS	MT	U	64	37.4	8.6	38	15.3	3.7	3.0748	R		102		1
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**CE**			**62**			**38**			**0.8343**	**S**	**2**	**100**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**			**BA**	**CE**			**62**			**38**			**0.8343**	**S**	**2**	**100**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MQ**			**64**			**38**			**-0.6963**	**S**	**1**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MQ**	**F**		**64**			**38**			**-0.6963**	**S**	**1**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MS**			**63**			**38**			**1.9189**	**S**	**19**	**101**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**			**BA**	**MS**			**64**			**38**			**2.0054**	**S**	**15**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**			**JS**	**MS**			**61**			**38**			**1.5857**	**S**	**4**	**99**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MS**		**C**	**64**			**38**			**-0.1222**	**S**	**1**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MS**		**L**	**64**			**38**			**1.6983**	**S**	**4**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MS**		**T**	**62**			**38**			**1.7996**	**S**	**5**	**100**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MS**		**U**	**64**			**38**			**2.3087**	**S**	**9**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MS**	**ME**		**63**			**38**			**0.9645**	**S**	**5**	**101**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**			**BA**	**MS**	**ME**		**64**			**38**			**0.9963**	**S**	**3**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**			**JS**	**MS**	**ME**		**62**			**38**			**0.9158**	**S**	**2**	**100**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MS**	**MP**		**64**			**38**			**1.6425**	**S**	**3**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**			**BA**	**MS**	**MP**		**64**			**38**			**1.6425**	**S**	**3**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**				**MS**	**MT**		**63**			**38**			**2.4279**	**S**	**11**	**101**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**			**BA**	**MS**	**MT**		**64**			**38**			**2.4628**	**S**	**9**	**102**		**1**
Hodgdon et al., 1996**	**JT**	**Mil**	**I**			**JS**	**MS**	**MT**		**61**			**38**			**2.2657**	**S**	**2**	**99**		**1**
Hoffman et al., 1979	J	Mil (Army)	I	Leg press		BA	MS	MT	L	30	799.51	133.62	30	591.47	97.51	1.7786	R		60		1
Hoffman et al., 1979	J	Mil (Army)	I	Bench press		BA	MS	MT	U	30	177.94	35.63	30	89.12	16.83	3.1877	R		60		1
Hoffman et al., 1979	**J**	**Mil (Army)**	**I**				**MS**			**30**			**30**			**2.4832**	**S**	**2**	**60**		**1**
Hoffman et al., 1979	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**30**			**30**			**2.4832**	**S**	**2**	**60**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hoffman et al., 1979	**J**	**Mil (Army)**	**I**				**MS**		**L**	**30**			**30**			**1.7786**	**S**	**1**	**60**		**1**
Hoffman et al., 1979	**J**	**Mil (Army)**	**I**				**MS**		**U**	**30**			**30**			**3.1877**	**S**	**1**	**60**		**1**
Hoffman et al., 1979	**J**	**Mil (Army)**	**I**				**MS**	**MT**		**30**			**30**			**2.4832**	**S**	**2**	**60**		**1**
Hoffman et al., 1979	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**30**			**30**			**2.4832**	**S**	**2**	**60**		**1**
Hogan et al., 1979*	T	Grocers	N	Picker sim.		JS	MQ	C		108	108.7	30.3	21	161.5	33.9	1.7090	R		129		1
Hogan et al., 1979*	T	Grocers	N	Bend/twist		BA	MQ	F	C	108	13.1	2.5	21	11.1	2.8	0.7844	R		129		1
Hogan et al., 1979*	T	Grocers	N	Sit-reach		BA	MQ	F	T	108	15.4	3.1	21	14	3.1	0.4516	R		129		1
Hogan et al., 1979*	T	Grocers	N	Leg lift		BA	MS	ME	C	108	13	2.1	21	10.5	1.9	1.2079	R		129		1
Hogan et al., 1979*	T	Grocers	N	Pushups		BA	MS	ME	U	108	14.2	3.9	21	4	3.5	2.6564	R		129		1
Hogan et al., 1979*	T	Grocers	N	Grip		BA	MS	MT	U	108	108.3	17.7	21	65.6	14.8	2.4717	R		129		1
Hogan et al., 1979*	T	Grocers	N	Grip		BA	MS	MT	U	108	115.4	18.4	21	69.4	13.5	2.5962	R		129		1
Hogan et al., 1979*	**T**	**Grocers**	**N**				**MQ**			**108**			**21**			**0.9817**	**S**	**3**	**129**		**1**
Hogan et al., 1979*	**T**	**Grocers**	**N**				**MQ**	**C**		**108**			**21**			**1.7090**	**S**	**1**	**129**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hogan et al., 1979*	**T**	**Grocers**	**N**				**MQ**	**F**		**108**			**21**			**0.6180**	**S**	**2**	**129**		**1**
Hogan et al., 1979*	**T**	**Grocers**	**N**				**MS**			**108**			**21**			**2.2330**	**S**	**4**	**129**		**1**
Hogan et al., 1979*	**T**	**Grocers**	**N**			**BA**	**MS**			**108**			**21**			**2.2330**	**S**	**4**	**129**		**1**
Hogan et al., 1979*	**T**	**Grocers**	**N**				**MS**		**C**	**108**			**21**			**1.2079**	**S**	**1**	**129**		**1**
Hogan et al., 1979*	**T**	**Grocers**	**N**				**MS**		**U**	**108**			**21**			**2.5748**	**S**	**3**	**129**		**1**
Hogan et al., 1979*	**T**	**Grocers**	**N**				**MS**	**ME**		**108**			**21**			**1.9321**	**S**	**2**	**129**		**1**
Hogan et al., 1979*	**T**	**Grocers**	**N**			**BA**	**MS**	**ME**		**108**			**21**			**1.9321**	**S**	**2**	**129**		**1**
Hogan et al., 1979*	**T**	**Grocers**	**N**				**MS**	**MT**		**108**			**21**			**2.5339**	**S**	**2**	**129**		**1**
Hogan et al., 1979*	**T**	**Grocers**	**N**			**BA**	**MS**	**MT**		**108**			**21**			**2.5339**	**S**	**2**	**129**		**1**
Hogan et al., 1986	T	Therapists	N	Lift		BA	MS	MT	N	38	8.7	0.9	113	3.3	1	5.5321	R		151		1
Hogan et al., 1986*	**T**	**Therapists**	**N**				**MS**			**38**			**113**			**5.5321**	**S**	**1**	**151**		**1**
Hogan et al., 1986*	**T**	**Therapists**	**N**			**BA**	**MS**			**38**			**113**			**5.5321**	**S**	**1**	**151**		**1**
Hogan et al., 1986*	**T**	**Therapists**	**N**				**MS**	**MT**		**38**			**113**			**5.5321**	**S**	**1**	**151**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hogan et al., 1986*	**T**	**Therapists**	**N**			**BA**	**MS**	**MT**		**38**			**113**			**5.5321**	**S**	**1**	**151**		**1**
Hogan & Arneson, 1988*	T	Cleaners	N	Bal		BA	MQ	B		25	350.2	79.5	25	198.6	74.1	1.9727	R		50		1
Hogan & Arneson, 1988*	T	Cleaners	N	MRM		BA	MQ	C		25	89.3	14.5	25	90.8	11.7	0.1139	R		50		1
Hogan & Arneson, 1988*	T	Cleaners	N	Flex course		UN	MQ	F		25	86.5	23.2	25	105.2	22.3	0.8218	R		50		1
Hogan & Arneson, 1988*	T	Cleaners	N	Flex course		UN	MQ	F		25	1.2	1.5	25	1.8	1.9	0.3505	R		50		1
Hogan & Arneson, 1988*	T	Cleaners	N	Arm ergom.		BA	MS	ME	U	25	166.3	36.1	25	123.8	24.2	1.3829	R		50		1
Hogan & Arneson, 1988*	T	Cleaners	N	Iso stren.		BA	MS	MT	T	25	417.5	77.3	25	242.6	46.8	2.7372	R		50		1
Hogan & Arneson, 1988*	T	Cleaners	N	Push		BA	MS	MT	U	25	709.4	142.7	25	451.6	121.4	1.9460	R		50		1
Hogan & Arneson, 1988*	T	Cleaners	N	Pull		BA	MS	MT	U	25	563.3	100	25	382.1	83.3	1.9689	R		50		1
Hogan & Arneson, 1988*	T	Cleaners	N	Bench press		BA	MS	MT	U	25	471	117.8	25	205.3	80.4	2.6346	R		50		1
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**				**MQ**			**25**			**25**			**0.8147**	**S**	**4**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**				**MQ**	**B**		**25**			**25**			**1.9727**	**S**	**1**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**				**MQ**	**C**		**25**			**25**			**0.1139**	**S**	**1**	**50**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**				**MQ**	**F**		**25**			**25**			**0.5862**	**S**	**2**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**				**MS**			**25**			**25**			**2.1339**	**S**	**5**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**			**BA**	**MS**			**25**			**25**			**2.1339**	**S**	**5**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**				**MS**		**T**	**25**			**25**			**2.7372**	**S**	**1**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**				**MS**		**U**	**25**			**25**			**1.9831**	**S**	**4**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**				**MS**	**ME**		**25**			**25**			**1.3829**	**S**	**1**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**			**BA**	**MS**	**ME**		**25**			**25**			**1.3829**	**S**	**1**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**				**MS**	**MT**		**25**			**25**			**2.3217**	**S**	**4**	**50**		**1**
Hogan & Arneson, 1988*	**T**	**Cleaners**	**N**			**BA**	**MS**	**MT**		**25**			**25**			**2.3217**	**S**	**4**	**50**		**1**
Hogan & Pederson, 1984*	T	Chemical	N	Ergom. endur.		BA	MS	ME	N	127	45.2	8.8	25	34.7	10.7	1.1500	R		152		1
Hogan & Pederson, 1984*	T	Chemical	N	Ratchet		JS	MS	ME	U	127	45.2	8.8	25	34.7	10.7	1.1500	R		152		1
Hogan & Pederson, 1984*	T	Chemical	N	Torque Task		JS	MS	MP	U	127	314.2	118.2	25	203.5	84.1	0.9759	R		152		1
Hogan & Pederson, 1984*	T	Chemical	N	Lift		BA	MS	MT	N	127	47.3	12.7	25	32.9	12.7	1.1339	R		152		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Hogan & Pederson, 1984*	T	Chemical	N	Pull		BA	MS	MT	U	127	18.2	8	25	10.2	5.6	1.0435	R		152		1
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**				**MS**			**127**			**25**			**1.0906**	**S**	**5**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**			**BA**	**MS**			**127**			**25**			**1.1091**	**S**	**3**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**			**JS**	**MS**			**127**			**25**			**1.0629**	**S**	**2**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**				**MS**		**U**	**127**			**25**			**1.0564**	**S**	**3**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**				**MS**	**ME**		**127**			**25**			**1.1500**	**S**	**2**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**			**BA**	**MS**	**ME**		**127**			**25**			**1.1500**	**S**	**1**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**			**JS**	**MS**	**ME**		**127**			**25**			**1.1500**	**S**	**1**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**				**MS**	**MP**		**127**			**25**			**0.9759**	**S**	**1**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**			**JS**	**MS**	**MP**		**127**			**25**			**0.9759**	**S**	**1**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**				**MS**	**MT**		**127**			**25**			**1.0887**	**S**	**2**	**152**		**1**
Hogan & Pederson, 1984*	**T**	**Chemical**	**N**			**BA**	**MS**	**MT**		**127**			**25**			**1.0887**	**S**	**2**	**152**		**1**
Holzl et al., 2008	T	Mil	I	2400 run		BA	CE			167	14.5	1.4	78	11.9	1.1	1.9811	R		245		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Holzl et al., 2008	T	Mil	I	Loaded Mar.		JS	CE			45	7.64	0.91	71	6.56	0.7	1.3711	R		116		1
Holzl et al., 2008	T	Mil	I	Obstacle		JS	CE			72	2.91	0.35	85	2.29	0.27	2.0050	R		157		1
Holzl et al., 2008	T	Mil	I	Situps		BA	MS	ME	C	148	28.9	11.3	97	21.5	11.3	0.6549	R		245		1
Holzl et al., 2008	T	Mil	I	Transport	0.94[a]	JS	MS	ME	T	49	586.1	91.8	85	398.3	76.5	2.2793	R		134		1
Holzl et al., 2008	T	Mil	I	Box lift	0.82[a]	JS	MS	ME	T	59	112.5	16.9	84	62.3	16.6	3.0017	R		143		1
Holzl et al., 2008	T	Mil	I	Pullups		BA	MS	ME	U	145	15.9	4.8	86	10.9	5.6	0.9782	R		231		1
Holzl et al., 2008	T	Mil	I	Rope climb		BA	MS	ME	U	78	30.1	14.5	89	13.2	13.1	1.2272	R		167		1
Holzl et al., 2008	T	Mil	I	Pushups		BA	MS	ME	U	149	32.6	7.2	86	15.6	7.9	2.2779	R		235		1
Holzl et al., 2008	T	Mil	I	Accel.		BA	MS	MP	L	77	19.3	0.9	92	17.9	0.9	1.5556	R		169		1
Holzl et al., 2008	T	Mil	I	Jump		BA	MS	MP	L	150	50.1	7.2	92	38.6	4.8	1.7978	R		242		1
Holzl et al., 2008	T	Mil	I	Spring		BA	MS	MP	L	77	26.2	1.8	92	23.1	1.6	1.8300	R		169		1
Holzl et al., 2008	T	Mil	I	Cycle		BA	MS	MP	L	77	22.2	1.1	92	20.1	1.1	1.9091	R		169		1
Holzl et al., 2008	T	Mil	I	Sprint		BA	MS	MP	L	77	17.1	1.4	92	13.7	1.4	2.4286	R		169		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Holzl et al., 2008	T	Mil	I	Leg press		BA	MS	MT	L	115	210.9	43	94	145.2	33.9	1.6771	R		209		1
Holzl et al., 2008	T	Mil	I	Bench press		BA	MS	MT	U	117	79.8	14.7	96	49.9	7.4	2.4964	R		213		1
Holzl et al., 2008	T	Mil	I	Grip		BA	MS	MT	U	151	156.5	23.3	97	97.1	18.8	2.7430	R		248		1
Holzl et al., 2008	T	Mil	I	Bench pull		BA	MS	MT	U	117	84.1	12.9	96	50.8	7.9	3.0451	R		213		1
Holzl et al., 2008	**T**	**Mil**	**I**				**CE**			**95**			**78**			**1.8518**	**S**	**3**	**173**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**			**BA**	**CE**			**167**			**78**			**1.9811**	**S**	**1**	**245**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**			**JS**	**CE**			**59**			**78**			**1.7356**	**S**	**2**	**137**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**				**MS**			**106**			**91**			**1.9664**	**S**	**15**	**197**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**			**BA**	**MS**			**114**			**92**			**1.8955**	**S**	**13**	**206**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**			**JS**	**MS**			**54**			**85**			**2.6522**	**S**	**2**	**139**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**				**MS**		**C**	**148**			**97**			**0.6549**	**S**	**1**	**245**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**				**MS**		**L**	**96**			**92**			**1.8552**	**S**	**6**	**188**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**				**MS**		**T**	**54**			**85**			**2.6522**	**S**	**2**	**139**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Holzl et al., 2008	**T**	**Mil**	**I**				**MS**		**U**	**126**			**92**			**2.1628**	**S**	**6**	**218**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**				**MS**	**ME**		**105**			**88**			**1.6115**	**S**	**6**	**193**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**			**BA**	**MS**	**ME**		**130**			**90**			**1.2832**	**S**	**4**	**220**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**			**JS**	**MS**	**ME**		**54**			**85**			**2.6522**	**S**	**2**	**139**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**				**MS**	**MP**		**92**			**92**			**1.8957**	**S**	**5**	**184**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**			**BA**	**MS**	**MP**		**92**			**92**			**1.8957**	**S**	**5**	**184**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**				**MS**	**MT**		**125**			**96**			**2.5041**	**S**	**4**	**221**		**1**
Holzl et al., 2008	**T**	**Mil**	**I**			**BA**	**MS**	**MT**		**125**			**96**			**2.5041**	**S**	**4**	**221**		**1**
Hostler et al., 2010	J	Firefighter	I	VO2 max		BA	CE			16	37.9	3.7	2	36.6	6	0.3347	R		18		1
Hostler et al., 2010	**J**	**Firefighter**	**I**				**CE**			**16**			**2**			**0.3347**	**S**	**1**	**18**		**1**
Hostler et al., 2010	**J**	**Firefighter**	**I**			**BA**	**CE**			**16**			**2**			**0.3347**	**S**	**1**	**18**		**1**
Imrhan & Jenkins, 1990	C	Mixed	I	Pinch str.		BA	MS	MT	U	10	123.2	18.22	10	80.1	17.96	2.3825	R		20		1
Imrhan & Jenkins, 1990	C	Mixed	I	Lat. pin. str.		BA	MS	MT	U	10	112	13.6	10	68.8	9.85	3.6382	R		20		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Imrhan & Jenkins, 1990	C	Mixed	I	Grip		BA	MS	MT	U	10	574.3	72.14	10	313.9	44.42	4.3469	R		20		1
Imrhan & Jenkins, 1990	**C**	**Mixed**	**I**				**MS**			**10**			**10**			**3.4558**	**S**	**3**	**20**		**1**
Imrhan & Jenkins, 1990	**C**	**Mixed**	**I**			**BA**	**MS**			**10**			**10**			**3.4558**	**S**	**3**	**20**		**1**
Imrhan & Jenkins, 1990	**C**	**Mixed**	**I**				**MS**		**U**	**10**			**10**			**3.4558**	**S**	**3**	**20**		**1**
Imrhan & Jenkins, 1990	**C**	**Mixed**	**I**				**MS**	**MT**		**10**			**10**			**3.4558**	**S**	**3**	**20**		**1**
Imrhan & Jenkins, 1990	**C**	**Mixed**	**I**			**BA**	**MS**	**MT**		**10**			**10**			**3.4558**	**S**	**3**	**20**		**1**
Imrhan et al., 1992	C	Manual	I	Pinch		BA	MS	MT	U	5	9.9	2	5	6.7	1.7	1.7241	R		10		1
Imrhan et al., 1992	C	Manual	I	Pinch		BA	MS	MT	U	5	11.3	1.2	5	8.2	0.7	3.1557	R		10		1
Imrhan et al., 1992	C	Manual	I	Pinch		BA	MS	MT	U	5	12.5	1	5	7.5	1	5.0000	R		10		1
Imrhan et al., 1992	C	Manual	I	Grip		BA	MS	MT	U	5	64	5.9	5	34	4.3	5.8113	R		10		1
Imrhan et al., 1992	**C**	**Manual**	**I**				**MS**			**5**			**5**			**3.9228**	**S**	**4**	**10**		**1**
Imrhan et al., 1992	**C**	**Manual**	**I**			**BA**	**MS**			**5**			**5**			**3.9228**	**S**	**4**	**10**		**1**
Imrhan et al., 1992	**C**	**Manual**	**I**				**MS**		**U**	**5**			**5**			**3.9228**	**S**	**4**	**10**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Imrhan et al., 1992	**C**	**Manual**	**I**				**MS**	**MT**		**5**			**5**			**3.9228**	**S**	**4**	**10**		**1**
Imrhan et al., 1992	**C**	**Manual**	**I**			**BA**	**MS**	**MT**		**5**			**5**			**3.9228**	**S**	**4**	**10**		**1**
Jamnik et al., 2010	J	Correctional	I	ERC	0.98[a] 0.99[c]	JS	CE			85	91.8	15.2	70	113	15.4	1.3865	R		155		1
Jamnik et al., 2010	J	Correctional	I	Grip		BA	MS	MT	U	38	60	6.8	36	38.6	5.9	3.3551	R		74		1
Jamnik et al., 2010	J	Correctional	I	Grip		BA	MS	MT	U	38	56.4	8.2	36	36.4	5.9	2.7876	R		74		1
Jamnik et al., 2010	J	Correctional	I	Arm pull		BA	MS	MT	U	38	63	7.1	36	46.3	7.9	2.2268	R		74		1
Jamnik et al., 2010	J	Correctional	I	Arm pull		BA	MS	MT	U	38	59.4	7.5	36	45.9	7.5	1.8000	R		74		1
Jamnik et al., 2010	J	Correctional	I	Up. force		BA	MS	MT	U	38	115	21.4	36	66.4	14.1	2.6673	R		74		1
Jamnik et al., 2010	J	Correctional	I	Up. force		BA	MS	MT	U	38	109	16.8	36	63.6	9.5	3.3031	R		74		1
Jamnik et al., 2010	J	Correctional	I	Grip		JS	MS	MT	U	38	50	7.3	36	33.2	6.8	2.3791	R		74		1
Jamnik et al., 2010	J	Correctional	I	Grip		JS	MS	MT	U	38	48.6	7.7	36	31.8	6.4	2.3669	R		74		1
Jamnik et al., 2010	J	Correctional	I	Arm pull		JS	MS	MT	U	38	48.2	2.3	36	38.2	9.1	1.5255	R		74		1
Jamnik et al., 2010	J	Correctional	I	Arm pull		JS	MS	MT	U	38	45.9	12.3	36	36.4	6.8	0.9489	R		74		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Jamnik et al., 2010	J	Correctional	I	Up. force		JS	MS	MT	U	38	55.9	13.6	36	44.1	5.9	1.1151	R		74		1
Jamnik et al., 2010	J	Correctional	I	Up. force		JS	MS	MT	U	38	64.1	15	36	47.7	7.7	1.3646	R		74		1
Jamnik et al., 2010	**J**	**Correctional**	**I**				**CE**			**85**			**70**			**1.3865**	**S**	**1**	**155**		**1**
Jamnik et al., 2010	**J**	**Correctional**	**I**			**JS**	**CE**			**85**			**70**			**1.3865**	**S**	**1**	**155**		**1**
Jamnik et al., 2010	**J**	**Correctional**	**I**				**MS**			**38**			**36**			**2.1533**	**S**	**12**	**74**		**1**
Jamnik et al., 2010	**J**	**Correctional**	**I**			**BA**	**MS**			**38**			**36**			**2.6900**	**S**	**6**	**74**		**1**
Jamnik et al., 2010	**J**	**Correctional**	**I**			**JS**	**MS**			**38**			**36**			**1.6167**	**S**	**6**	**74**		**1**
Jamnik et al., 2010	**J**	**Correctional**	**I**				**MS**		**U**	**38**			**36**			**2.1533**	**S**	**12**	**74**		**1**
Jamnik et al., 2010	**J**	**Correctional**	**I**				**MS**	**MT**		**38**			**36**			**2.1533**	**S**	**12**	**74**		**1**
Jamnik et al., 2010	**J**	**Correctional**	**I**			**BA**	**MS**	**MT**		**38**			**36**			**2.6900**	**S**	**6**	**74**		**1**
Jamnik et al., 2010	**J**	**Correctional**	**I**			**JS**	**MS**	**MT**		**38**			**36**			**1.6167**	**S**	**6**	**74**		**1**
Jette et al., 1990	J	Mil	I	VO2 max		BA	CE			17098	46	7	2087	36.4	3.4	1.4322	R		19185		1
Jette et al., 1990	J	Mil	I	Situps		BA	MS	ME	C	17098	32.6	9.6	2087	31.9	9.7	0.0728	R		19185		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Jette et al., 1990	J	Mil	I	Grip		BA	MS	MT	U	17098	103.4	17.1	2087	65	14.1	2.2857	R		19185		1
Jette et al., 1990	**J**	**Mil**	**I**				**CE**			**17098**			**2087**			**1.4322**	**S**	**1**	**19185**		**1**
Jette et al., 1990	**J**	**Mil**	**I**			**BA**	**CE**			**17098**			**2087**			**1.4322**	**S**	**1**	**19185**		**1**
Jette et al., 1990	**J**	**Mil**	**I**				**MS**			**17098**			**2087**			**1.1793**	**S**	**2**	**19185**		**1**
Jette et al., 1990	**J**	**Mil**	**I**			**BA**	**MS**			**17098**			**2087**			**1.1793**	**S**	**2**	**19185**		**1**
Jette et al., 1990	**J**	**Mil**	**I**				**MS**		**C**	**17098**			**2087**			**0.0728**	**S**	**1**	**19185**		**1**
Jette et al., 1990	**J**	**Mil**	**I**				**MS**		**U**	**17098**			**2087**			**2.2857**	**S**	**1**	**19185**		**1**
Jette et al., 1990	**J**	**Mil**	**I**				**MS**	**ME**		**17098**			**2087**			**0.0728**	**S**	**1**	**19185**		**1**
Jette et al., 1990	**J**	**Mil**	**I**			**BA**	**MS**	**ME**		**17098**			**2087**			**0.0728**	**S**	**1**	**19185**		**1**
Jette et al., 1990	**J**	**Mil**	**I**				**MS**	**MT**		**17098**			**2087**			**2.2857**	**S**	**1**	**19185**		**1**
Jette et al., 1990	**J**	**Mil**	**I**			**BA**	**MS**	**MT**		**17098**			**2087**			**2.2857**	**S**	**1**	**19185**		**1**
Jones et al., 1992	C	Mil (Army)	I	1-mile run		BA	CE			756	7.6	0.9	541	10.3	1.8	1.9996	R		1297		1
Jones et al., 1992	C	Mil (Army)	I	2-mile run		BA	CE			593	16.4	2.2	355	20.3	2.3	1.7427	R		948		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Jones et al., 1992	C	Mil (Army)	I	Situps		BA	MS	ME	C	1357	44.3	12.2	902	33.9	13.8	0.8085	R		2259		1
Jones et al., 1992	C	Mil (Army)	I	Pushups		BA	MS	ME	U	1357	30.5	12.9	792	10.3	7.3	1.8087	R		2149		1
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**CE**			**675**			**448**			**1.8911**	**S**	**2**	**1123**		**1**
Jones et al., 1992	**C**	**Mil (Army)**	**I**			**BA**	**CE**			**675**			**448**			**1.8911**	**S**	**2**	**1123**		**1**
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**MS**			**1357**			**847**			**1.2961**	**S**	**2**	**2204**		**1**
Jones et al., 1992	**C**	**Mil (Army)**	**I**			**BA**	**MS**			**1357**			**847**			**1.2961**	**S**	**2**	**2204**		**1**
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**MS**		**C**	**1357**			**902**			**0.8085**	**S**	**1**	**2259**		**1**
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**MS**		**U**	**1357**			**792**			**1.8087**	**S**	**1**	**2149**		**1**
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**MS**	**ME**		**1357**			**847**			**1.2961**	**S**	**2**	**2204**		**1**
Jones et al., 1992	**C**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**1357**			**847**			**1.2961**	**S**	**2**	**2204**		**1**
Jones et al., 1992	C	Mil (Army)	I	1-mile run		BA	CE			79	7.2	1	140	9.7	1.4	1.9673	R		219		2
Jones et al., 1992	C	Mil (Army)	I	Situps		BA	MS	ME	C	98	55	14	163	40	12	1.1732	R		261		2
Jones et al., 1992	C	Mil (Army)	I	Pushups		BA	MS	ME	U	97	31	9	138	12	10	1.9790	R		235		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**CE**			**79**			**140**			**1.9673**	**S**	**1**	**219**		**2**
Jones et al., 1992	**C**	**Mil (Army)**	**I**			**BA**	**CE**			**79**			**140**			**1.9673**	**S**	**1**	**219**		**2**
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**MS**			**98**			**151**			**1.5550**	**S**	**2**	**248**		**2**
Jones et al., 1992	**C**	**Mil (Army)**	**I**			**BA**	**MS**			**98**			**151**			**1.5550**	**S**	**2**	**248**		**2**
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**MS**		**C**	**98**			**163**			**1.1732**	**S**	**1**	**261**		**2**
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**MS**		**U**	**97**			**138**			**1.9790**	**S**	**1**	**235**		**2**
Jones et al., 1992	**C**	**Mil (Army)**	**I**				**MS**	**ME**		**98**			**151**			**1.5550**	**S**	**2**	**248**		**2**
Jones et al., 1992	**C**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**98**			**151**			**1.5550**	**S**	**2**	**248**		**2**
Keyserling et al., 1980	J	Factory	A	Back lift		JS	MS	MT	C	54	131.2	45	27	81.9	32.6	1.1928	R		81		1
Keyserling et al., 1980	J	Factory	A	Push out		JS	MS	MT	U	54	76.4	43.8	27	52.8	16.6	0.6358	R		81		1
Keyserling et al., 1980	J	Factory	A	Pull in		JS	MS	MT	U	54	117.5	35.2	27	75.6	21.5	1.3361	R		81		1
Keyserling et al., 1980	J	Factory	A	Arm lift		JS	MS	MT	U	54	87.1	20.2	27	50.1	13.9	2.0145	R		81		1
Keyserling et al., 1980	**J**	**Factory**	**A**				**MS**			**54**			**27**			**1.2948**	**S**	**4**	**81**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Keyserling et al., 1980	**J**	**Factory**	**A**			**JS**	**MS**			**54**			**27**			**1.2948**	**S**	**4**	**81**		**1**
Keyserling et al., 1980	**J**	**Factory**	**A**				**MS**		**C**	**54**			**27**			**1.1928**	**S**	**1**	**81**		**1**
Keyserling et al., 1980	**J**	**Factory**	**A**				**MS**		**U**	**54**			**27**			**1.3288**	**S**	**3**	**81**		**1**
Keyserling et al., 1980	**J**	**Factory**	**A**				**MS**	**MT**		**54**			**27**			**1.2948**	**S**	**4**	**81**		**1**
Keyserling et al., 1980	**J**	**Factory**	**A**			**JS**	**MS**	**MT**		**54**			**27**			**1.2948**	**S**	**4**	**81**		**1**
Kirkendall & Calabrese, 1983	J	Prof. Dance	I	VO2 max		BA	CE			14	37.97	6.64	15	27.74	4.97	1.7535	R		29	T1	1
Kirkendall & Calabrese, 1983	J	Prof. Dance	I	VO2 max		BA	CE			14	51.97	5.29	15	39.26	4.57	2.5782	R		29	T2	1
Kirkendall & Calabrese, 1983	**J**	**Prof. Dance**	**I**				**CE**			**14**			**15**			**2.1658**	**S**	**2**	**29**	**T**	**1**
Kirkendall & Calabrese, 1983	**J**	**Prof. Dance**	**I**			**BA**	**CE**			**14**			**15**			**2.1658**	**S**	**2**	**29**	**T**	**1**
Knapik et al., 1980	J	Mil (Army)	I	Low str.		BA	MS	MT	L	737	143.2	38.4	348	93.4	30	1.3863	R		1085	T1	1
Knapik et al., 1980	J	Mil (Army)	I	Low str.		BA	MS	MT	L	737	158.2	41.1	348	106.6	31.1	1.3514	R		1085	T2	1
Knapik et al., 1980	J	Mil (Army)	I	Up str.		BA	MS	MT	U	733	97.8	18.2	359	55.3	11.8	2.5952	R		1092	T1	1
Knapik et al., 1980	J	Mil (Army)	I	Up str.		BA	MS	MT	U	733	113.7	17.3	359	67.3	11.3	2.9770	R		1092	T2	1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 1980	**J**	**Mil (Army)**	**I**				**MS**			**735**			**354**			**2.0798**	**S**	**4**	**1089**	**T**	**1**
Knapik et al., 1980	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**735**			**354**			**2.0798**	**S**	**4**	**1089**	**T**	**1**
Knapik et al., 1980	**J**	**Mil (Army)**	**I**				**MS**		**L**	**737**			**348**			**1.3689**	**S**	**2**	**1085**	**T**	**1**
Knapik et al., 1980	**J**	**Mil (Army)**	**I**				**MS**		**U**	**733**			**359**			**2.7861**	**S**	**2**	**1092**	**T**	**1**
Knapik et al., 1980	**J**	**Mil (Army)**	**I**				**MS**	**MT**		**735**			**354**			**2.0798**	**S**	**4**	**1089**	**T**	**1**
Knapik et al., 1980	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**735**			**354**			**2.0798**	**S**	**4**	**1089**	**T**	**1**
Knapik et al., 1981	T	Mil	I	Pull	0.97[a]	BA	MS	MT	T	214	138.1	24.4	49	83.7	18.7	2.3192	R		263		1
Knapik et al., 1981	**T**	**Mil**	**I**				**MS**			**214**			**49**			**2.3192**	**S**	**1**	**263**		**1**
Knapik et al., 1981	**T**	**Mil**	**I**			**BA**	**MS**			**214**			**49**			**2.3192**	**S**	**1**	**263**		**1**
Knapik et al., 1981	**T**	**Mil**	**I**				**MS**		**T**	**214**			**49**			**2.3192**	**S**	**1**	**263**		**1**
Knapik et al., 1981	**T**	**Mil**	**I**				**MS**	**MT**		**214**			**49**			**2.3192**	**S**	**1**	**263**		**1**
Knapik et al., 1981	**T**	**Mil**	**I**			**BA**	**MS**	**MT**		**214**			**49**			**2.3192**	**S**	**1**	**263**		**1**
Knapik et al., 1994	T	Mil (Army)	I			BA	CE			5346	15.1	1.7	676	18.3	2.1	1.8292	R		6022		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 1994	T	Mil (Army)	I			BA	MS	ME	C	5346	58.7	12.6	676	58.9	13.3	-0.0158	R		6022		1
Knapik et al., 1994	T	Mil (Army)	I			BA	MS	ME	U	5346	50.4	13	676	28.3	11.1	1.7264	R		6022		1
Knapik et al., 1994	**T**	**Mil (Army)**	**I**				**CE**			**5346**			**676**			**1.8292**	**S**	**1**	**6022**		**1**
Knapik et al., 1994	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**5346**			**676**			**1.8292**	**S**	**1**	**6022**		**1**
Knapik et al., 1994	**T**	**Mil (Army)**	**I**				**MS**			**5346**			**676**			**0.8553**	**S**	**2**	**6022**		**1**
Knapik et al., 1994	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**5346**			**676**			**0.8553**	**S**	**2**	**6022**		**1**
Knapik et al., 1994	**T**	**Mil (Army)**	**I**				**MS**		**C**	**5346**			**676**			**-0.0158**	**S**	**1**	**6022**		**1**
Knapik et al., 1994	**T**	**Mil (Army)**	**I**				**MS**		**U**	**5346**			**676**			**1.7264**	**S**	**1**	**6022**		**1**
Knapik et al., 1994	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**5346**			**676**			**0.8553**	**S**	**2**	**6022**		**1**
Knapik et al., 1994	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**5346**			**676**			**0.8553**	**S**	**2**	**6022**		**1**
Knapik et al., 1998	T	Mil (Army)	I	2-mile run		BA	CE			389	17.2	2.6	342	21.5	2.8	1.5953	R		731	T1	1
Knapik et al., 1998	T	Mil (Army)	I	2-mile run		BA	CE			389	14.8	1.3	342	18.1	1.4	2.4486	R		731	T2	1
Knapik et al., 1998	T	Mil (Army)	I	Situps		BA	MS	ME	C	389	40	14	342	33	15	0.4835	R		731	T1	1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 1998	T	Mil (Army)	I	Situps		BA	MS	ME	C	389	59	10	342	55	12	0.3643	R		731	T2	1
Knapik et al., 1998	T	Mil (Army)	I	Pushups		BA	MS	ME	U	389	33	15	342	10	9	1.8319	R		731	T1	1
Knapik et al., 1998	T	Mil (Army)	I	Pushups		BA	MS	ME	U	389	51	14	342	25	10	2.1152	R		731	T2	1
Knapik et al., 1998	**T**	**Mil (Army)**	**I**				**CE**			**389**			**342**			**2.0220**	**S**	**2**	**731**	**T**	**1**
Knapik et al., 1998	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**389**			**342**			**2.0220**	**S**	**2**	**731**	**T**	**1**
Knapik et al., 1998	**T**	**Mil (Army)**	**I**				**MS**			**389**			**342**			**1.1987**	**S**	**4**	**731**	**T**	**1**
Knapik et al., 1998	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**389**			**342**			**1.1987**	**S**	**4**	**731**	**T**	**1**
Knapik et al., 1998	**T**	**Mil (Army)**	**I**				**MS**		**C**	**389**			**342**			**0.4239**	**S**	**2**	**731**	**T**	**1**
Knapik et al., 1998	**T**	**Mil (Army)**	**I**				**MS**		**U**	**389**			**342**			**1.9735**	**S**	**2**	**731**	**T**	**1**
Knapik et al., 1998	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**389**			**342**			**1.1987**	**S**	**4**	**731**	**T**	**1**
Knapik et al., 1998	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**389**			**342**			**1.1987**	**S**	**4**	**731**	**T**	**1**
Knapik et al., 1999	T	Mil (Army)	I	2-mile run		BA	CE			604	17.5	2.9	305	21.5	3	1.3634	R		909	T1	1
Knapik et al., 1999	T	Mil (Army)	I	2-mile run		BA	CE			604	14.6	1.6	305	17.8	1.6	2.0000	R		909	T2	1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 1999	T	Mil (Army)	I	Situps		BA	MS	ME	C	604	41	13	305	35	15	0.4379	R		909	T1	1
Knapik et al., 1999	T	Mil (Army)	I	Situps		BA	MS	ME	C	604	57	10	305	54	12	0.2801	R		909	T2	1
Knapik et al., 1999	T	Mil (Army)	I	Pushups		BA	MS	ME	U	604	32	14	305	11	10	1.6407	R		909	T1	1
Knapik et al., 1999	T	Mil (Army)	I	Pushups		BA	MS	ME	U	604	47	13	305	25	10	1.8215	R		909	T2	1
Knapik et al., 1999	**T**	**Mil (Army)**	**I**				**CE**			**604**			**305**			**1.6817**	**S**	**2**	**909**	**T**	**1**
Knapik et al., 1999	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**604**			**305**			**1.6817**	**S**	**2**	**909**	**T**	**1**
Knapik et al., 1999	**T**	**Mil (Army)**	**I**				**MS**			**604**			**305**			**1.0450**	**S**	**4**	**909**	**T**	**1**
Knapik et al., 1999	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**604**			**305**			**1.0450**	**S**	**4**	**909**	**T**	**1**
Knapik et al., 1999	**T**	**Mil (Army)**	**I**				**MS**		**C**	**604**			**305**			**0.3590**	**S**	**2**	**909**	**T**	**1**
Knapik et al., 1999	**T**	**Mil (Army)**	**I**				**MS**		**U**	**604**			**305**			**1.7311**	**S**	**2**	**909**	**T**	**1**
Knapik et al., 1999	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**604**			**305**			**1.0450**	**S**	**4**	**909**	**T**	**1**
Knapik et al., 1999	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**604**			**305**			**1.0450**	**S**	**4**	**909**	**T**	**1**
Knapik et al., 2001	T	Mil (Army)	I	2-mile run		BA	CE			688	17	2.6	446	21.1	2.6	1.5769	R		1134	T1	1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 2001	T	Mil (Army)	I	2-mile run		BA	CE			688	14.8	1.3	446	18.2	1.7	2.3125	R		1134	T2	1
Knapik et al., 2001	T	Mil (Army)	I	Situps		BA	MS	ME	C	688	44	12	446	34	14	0.7798	R		1134	T1	1
Knapik et al., 2001	T	Mil (Army)	I	Situps		BA	MS	ME	C	688	60	14	446	53	18	0.4460	R		1134	T2	1
Knapik et al., 2001	T	Mil (Army)	I	Pushups		BA	MS	ME	U	688	33	13	446	10	9	1.9839	R		1134	T1	1
Knapik et al., 2001	T	Mil (Army)	I	Pushups		BA	MS	ME	U	688	52	13	446	32	27	1.0139	R		1134	T2	1
Knapik et al., 2001	**T**	**Mil (Army)**	**I**				**CE**			**688**			**446**			**1.9447**	**S**	**2**	**1134**	**T**	**1**
Knapik et al., 2001	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**688**			**446**			**1.9447**	**S**	**2**	**1134**	**T**	**1**
Knapik et al., 2001	**T**	**Mil (Army)**	**I**				**MS**			**688**			**446**			**1.0559**	**S**	**4**	**1134**	**T**	**1**
Knapik et al., 2001	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**688**			**446**			**1.0559**	**S**	**4**	**1134**	**T**	**1**
Knapik et al., 2001	**T**	**Mil (Army)**	**I**				**MS**		**C**	**688**			**446**			**0.6129**	**S**	**2**	**1134**	**T**	**1**
Knapik et al., 2001	**T**	**Mil (Army)**	**I**				**MS**		**U**	**688**			**446**			**1.4989**	**S**	**2**	**1134**	**T**	**1**
Knapik et al., 2001	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**688**			**446**			**1.0559**	**S**	**4**	**1134**	**T**	**1**
Knapik et al., 2001	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**688**			**446**			**1.0559**	**S**	**4**	**1134**	**T**	**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 2004	T	Mil (Army)	I	2-mile run		BA	CE			656	17.3	2.4	482	21.1	3	1.4229	R		1138	T1	1
Knapik et al., 2004	T	Mil (Army)	I	Pushups		BA	CE			656	15.5	1.8	482	18.7	1.7	1.8199	R		1138	T2	1
Knapik et al., 2004	T	Mil (Army)	I	Situps		BA	MS	ME	C	656	46	12	482	40	15	0.4493	R		1138	T1	1
Knapik et al., 2004	T	Mil (Army)	I	Situps		BA	MS	ME	C	656	61	11	482	59	11	0.1818	R		1138	T2	1
Knapik et al., 2004	T	Mil (Army)	I	Pushups		BA	MS	ME	U	656	34	13	482	12	10	1.8608	R		1138	T1	1
Knapik et al., 2004	T	Mil (Army)	I	2-mile run		BA	MS	ME	U	656	46	12	482	24	10	1.9648	R		1138	T2	1
Knapik et al., 2004	**T**	**Mil (Army)**	**I**				**CE**			**656**			**482**			**1.6214**	**S**	**2**	**1138**	**T**	**1**
Knapik et al., 2004	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**656**			**482**			**1.6214**	**S**	**2**	**1138**	**T**	**1**
Knapik et al., 2004	**T**	**Mil (Army)**	**I**				**MS**			**656**			**482**			**1.1142**	**S**	**4**	**1138**	**T**	**1**
Knapik et al., 2004	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**656**			**482**			**1.1142**	**S**	**4**	**1138**	**T**	**1**
Knapik et al., 2004	**T**	**Mil (Army)**	**I**				**MS**		**C**	**656**			**482**			**0.3156**	**S**	**2**	**1138**	**T**	**1**
Knapik et al., 2004	**T**	**Mil (Army)**	**I**				**MS**		**U**	**656**			**482**			**1.9128**	**S**	**2**	**1138**	**T**	**1**
Knapik et al., 2004	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**656**			**482**			**1.1142**	**S**	**4**	**1138**	**T**	**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 2004	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**656**			**482**			**1.1142**	**S**	**4**	**1138**	**T**	**1**
Knapik et al., 2006	J	Mil (Army)	I	1-mile run		BA	CE			61	9.4	1.8	90	10.8	1.5	0.8602	R		151	T1	1
Knapik et al., 2006	J	Mil (Army)	I	2-mile run		BA	CE			53	17.3	1.6	78	20.3	2.5	1.3747	R		131		1
Knapik et al., 2006	J	Mil (Army)	I	2-mile run		BA	CE			53	16.7	1.1	78	19.2	1.7	1.6806	R		131	T2	1
Knapik et al., 2006	J	Mil (Army)	I	Situps		BA	MS	ME	C	61	28	5	90	22	8	0.8634	R		151	T1	1
Knapik et al., 2006	J	Mil (Army)	I	Situps		BA	MS	ME	C	53	49	10	78	46	12	0.2670	R		131		1
Knapik et al., 2006	J	Mil (Army)	I	Situps		BA	MS	ME	C	53	54	9	78	55	10	-0.1041	R		131	T2	1
Knapik et al., 2006	J	Mil (Army)	I	Pushups		BA	MS	ME	U	61	21	10	90	4	5	2.2881	R		151	T1	1
Knapik et al., 2006	J	Mil (Army)	I	Pushups		BA	MS	ME	U	53	33	12	78	13	9	1.9390	R		131		1
Knapik et al., 2006	J	Mil (Army)	I	Pushups		BA	MS	ME	U	53	36	11	78	18	9	1.8265	R		131	T2	1
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**CE**			**56**			**82**			**1.2836**	**S**	**3**	**138**	**T**	**1**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**56**			**82**			**1.2836**	**S**	**3**	**138**	**T**	**1**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**			**56**			**82**			**1.1991**	**S**	**6**	**138**	**T**	**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 2006	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**56**			**82**			**1.1991**	**S**	**6**	**138**	**T**	**1**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**		**C**	**56**			**82**			**0.3673**	**S**	**3**	**138**	**T**	**1**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**		**U**	**56**			**82**			**2.0309**	**S**	**3**	**138**	**T**	**1**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**	**ME**		**56**			**82**			**1.1991**	**S**	**6**	**138**	**T**	**1**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**56**			**82**			**1.1991**	**S**	**6**	**138**	**T**	**1**
Knapik et al., 2006	J	Mil (Army)	I	1-mile run		BA	CE			29	10.1	1.5	67	11.8	1.6	1.0822	R		96	T1	2
Knapik et al., 2006	J	Mil (Army)	I	2-mile run		BA	CE			20	17.3	1.6	45	20.4	2.6	1.3226	R		65		2
Knapik et al., 2006	J	Mil (Army)	I	2-mile run		BA	CE			20	16.5	1.4	45	19.2	2	1.4676	R		65	T2	2
Knapik et al., 2006	J	Mil (Army)	I	Situps		BA	MS	ME	C	29	24	8	67	18	10	0.6350	R		96	T1	2
Knapik et al., 2006	J	Mil (Army)	I	Situps		BA	MS	ME	C	20	46	11	45	44	14	0.1519	R		65		2
Knapik et al., 2006	J	Mil (Army)	I	Situps		BA	MS	ME	C	20	54	9	45	52	12	0.1789	R		65	T2	2
Knapik et al., 2006	J	Mil (Army)	I	Pushups		BA	MS	ME	U	29	18	11	67	4	6	1.7878	R		96	T1	2
Knapik et al., 2006	J	Mil (Army)	I	Pushups		BA	MS	ME	U	20	36	12	45	15	10	1.9732	R		65		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 2006	J	Mil (Army)	I	Pushups		BA	MS	ME	U	20	37	12	45	18	9	1.9000	R		65	T2	2
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**CE**			**23**			**52**			**1.2622**	**S**	**3**	**75**	**T**	**2**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**23**			**52**			**1.2622**	**S**	**3**	**75**	**T**	**2**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**			**23**			**52**			**1.1191**	**S**	**6**	**75**	**T**	**2**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**23**			**52**			**1.1191**	**S**	**6**	**75**	**T**	**2**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**		**C**	**23**			**52**			**0.3649**	**S**	**3**	**75**	**T**	**2**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**		**U**	**23**			**52**			**1.8734**	**S**	**3**	**75**	**T**	**2**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**	**ME**		**23**			**52**			**1.1191**	**S**	**6**	**75**	**T**	**2**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**23**			**52**			**1.1191**	**S**	**6**	**75**	**T**	**2**
Knapik et al., 2006	J	Mil (Army)	I	1-mile run		BA	CE			1035	8.3	1.3	702	10.2	1.6	1.3298	R		1736.76	T1	3
Knapik et al., 2006	J	Mil (Army)	I	2-mile run		BA	CE			927	15.4	1.6	629	18.6	2.2	1.7151	R		1555.66		3
Knapik et al., 2006	J	Mil (Army)	I	Pushups		BA	CE			927	14.7	1.2	629	17.7	1.6	2.1808	R		1555.66	T2	3
Knapik et al., 2006	J	Mil (Army)	I	Situps		BA	MS	ME	C	1035	31	7	702	25	9	0.7625	R		1736.76	T1	3

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 2006	J	Mil (Army)	I	Situps		BA	MS	ME	C	927	56	11	629	54	12	0.1752	R		1555.66		3
Knapik et al., 2006	J	Mil (Army)	I	Situps		BA	MS	ME	C	927	61	11	629	60	11	0.0909	R		1555.66	T2	3
Knapik et al., 2006	J	Mil (Army)	I	Pushups		BA	MS	ME	U	1035	29	11	702	10	9	1.8556	R		1736.76	T1	3
Knapik et al., 2006	J	Mil (Army)	I	Pushups		BA	MS	ME	U	927	44	12	629	23	9	1.9287	R		1555.66		3
Knapik et al., 2006	J	Mil (Army)	I	2-mile run		BA	MS	ME	U	927	47	12	629	26	10	1.8692	R		1555.66	T2	3
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**CE**			**963**			**653**			**1.7265**	**S**	**3**	**1616**	**T**	**3**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**963**			**653**			**1.7265**	**S**	**3**	**1616**	**T**	**3**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**			**963**			**653**			**1.1210**	**S**	**6**	**1616**	**T**	**3**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**963**			**653**			**1.1210**	**S**	**6**	**1616**	**T**	**3**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**		**C**	**963**			**653**			**0.3585**	**S**	**3**	**1616**	**T**	**3**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**		**U**	**963**			**653**			**1.8834**	**S**	**3**	**1616**	**T**	**3**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**				**MS**	**ME**		**963**			**653**			**1.1210**	**S**	**6**	**1616**	**T**	**3**
Knapik et al., 2006	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**963**			**653**			**1.1210**	**S**	**6**	**1616**	**T**	**3**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 2011	J	FBI	I	300-run		BA	CE			2578	46.3	2.6	654	56.6	3.7	3.6055	R		3232	T1	1
Knapik et al., 2011	J	FBI	I	1.5-mi. run		BA	CE			2551	11.3	1	649	12.7	1.2	1.3415	R		3200	T1	1
Knapik et al., 2011	J	FBI	I	300-run		BA	CE			2578	45.3	2.4	654	54.9	3.5	3.6099	R		3232	T2	1
Knapik et al., 2011	J	FBI	I	1.5-mi. run		BA	CE			2551	10.8	0.9	649	12	0.9	1.3333	R		3200	T2	1
Knapik et al., 2011	J	FBI	I	Situps		BA	MS	ME	C	2580	45.9	5.4	655	44.5	6.9	0.2441	R		3235	T1	1
Knapik et al., 2011	J	FBI	I	Situps		BA	MS	ME	C	2580	50.2	4.2	655	49.8	4.2	0.0952	R		3235	T2	1
Knapik et al., 2011	J	FBI	I	Pushups		BA	MS	ME	U	2576	37.7	9.4	655	19.8	8.9	1.9245	R		3231	T1	1
Knapik et al., 2011	J	FBI	I	Pullups		BA	MS	ME	U	2546	7.7	4.4	641	0.9	1.9	1.6897	R		3187	T1	1
Knapik et al., 2011	J	FBI	I	Pushups		BA	MS	ME	U	2576	40.6	8.9	655	23.6	7.3	1.9767	R		3231	T2	1
Knapik et al., 2011	J	FBI	I	Pullups		BA	MS	ME	U	2546	8.4	4.5	641	1.1	2.2	1.7626	R		3187	T2	1
Knapik et al., 2011	**J**	**FBI**	**I**				**CE**			**2565**			**652**			**2.4782**	**S**	**4**	**3216**	**T**	**1**
Knapik et al., 2011	**J**	**FBI**	**I**			**BA**	**CE**			**2565**			**652**			**2.4782**	**S**	**4**	**3216**	**T**	**1**
Knapik et al., 2011	**J**	**FBI**	**I**				**MS**			**2567**			**650**			**1.2797**	**S**	**6**	**3218**	**T**	**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Knapik et al., 2011	**J**	**FBI**	**I**			**BA**	**MS**			**2567**			**650**			**1.2797**	**S**	**6**	**3218**	**T**	**1**
Knapik et al., 2011	**J**	**FBI**	**I**				**MS**		**C**	**2580**			**655**			**0.1697**	**S**	**2**	**3235**	**T**	**1**
Knapik et al., 2011	**J**	**FBI**	**I**				**MS**		**U**	**2561**			**648**			**1.8392**	**S**	**4**	**3209**	**T**	**1**
Knapik et al., 2011	**J**	**FBI**	**I**				**MS**	**ME**		**2567**			**650**			**1.2797**	**S**	**6**	**3218**	**T**	**1**
Knapik et al., 2011	**J**	**FBI**	**I**			**BA**	**MS**	**ME**		**2567**			**650**			**1.2797**	**S**	**6**	**3218**	**T**	**1**
Koutedakis et al., 1997	J	Prof. Dance	I	Knee torque		BA	MS	MP	L	20	121	15	22	63	11	4.4432	R		42		1
Koutedakis et al., 1997	J	Prof. Dance	I	Knee torque		BA	MS	MP	L	20	248	24	22	151	26	3.8692	R		42		1
Koutedakis et al., 1997	J	Prof. Dance	I	Knee torque		BA	MS	MP	L	20	81	10	22	60	8.4	2.2839	R		42		1
Koutedakis et al., 1997	J	Prof. Dance	I	Knee torque		BA	MS	MP	L	20	131	12	22	83	11	4.1791	R		42		1
Koutedakis et al., 1997	**J**	**Prof. Dance**	**I**				**MS**			**20**			**22**			**3.6938**	**S**	**4**	**42**		**1**
Koutedakis et al., 1997	**J**	**Prof. Dance**	**I**			**BA**	**MS**			**20**			**22**			**3.6938**	**S**	**4**	**42**		**1**
Koutedakis et al., 1997	**J**	**Prof. Dance**	**I**				**MS**		**L**	**20**			**22**			**3.6938**	**S**	**4**	**42**		**1**
Koutedakis et al., 1997	**J**	**Prof. Dance**	**I**				**MS**	**MP**		**20**			**22**			**3.6938**	**S**	**4**	**42**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Koutedakis et al., 1997	**J**	**Prof. Dance**	**I**			**BA**	**MS**	**MP**		**20**			**22**			**3.6938**	**S**	**4**	**42**		**1**
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	10.3	2	15	10.5	2.1	-0.0972	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	11.3	2.4	15	11.3	2.3	0.0000	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	943	225	15	758	164	0.9574	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	1037	270	15	812	156	1.0525	R		27		1
Maikala et al., 2010	J	Industrial	I	O3		BA	CE			12	4.86	1.4	15	3.56	0.8	1.1766	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	4.81	1.5	15	3.44	0.7	1.2184	R		27		1
Maikala et al., 2010	J	Industrial	I	Vent.		BA	CE			12	27.3	5.7	15	20.4	4.6	1.3494	R		27		1
Maikala et al., 2010	J	Industrial	I	Vent.		BA	CE			12	29.9	7.1	15	22.4	3.5	1.3917	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	421	155	15	257	62	1.4539	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	5.81	1.5	15	3.85	1.2	1.4624	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	417	114	15	253	72	1.7663	R		27		1
Maikala et al., 2010	J	Industrial	I	Vent.		BA	CE			12	16.2	4	15	10.1	2.1	1.9781	R		27		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Maikala et al., 2010	J	Industrial	I	Vent.		BA	CE			12	20.6	5.5	15	11.9	2.9	2.0495	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	6.55	1.2	15	4.31	1	2.0503	R		27		1
Maikala et al., 2010	J	Industrial	I	Vent.		BA	CE			12	16	3.7	15	9.9	2.1	2.0931	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	526	136	15	280	92	2.1678	R		27		1
Maikala et al., 2010	J	Industrial	I	O2		BA	CE			12	600	151	15	309	89	2.4193	R		27		1
Maikala et al., 2010	J	Industrial	I	Vent.		BA	CE			12	17.1	3.2	15	10.3	2.3	2.4883	R		27		1
Maikala et al., 2010	J	Industrial	I	Push		JS	MS	ME	T	12	13.5	2	15	12.3	3	0.4602	R		27		1
Maikala et al., 2010	J	Industrial	I	Push		JS	MS	ME	T	12	16.3	4	15	14.4	4	0.4750	R		27		1
Maikala et al., 2010	J	Industrial	I	Push		JS	MS	ME	T	12	153	30	15	121	26	1.1498	R		27		1
Maikala et al., 2010	J	Industrial	I	Push		JS	MS	ME	T	12	247	58	15	161	31	1.9143	R		27		1
Maikala et al., 2010	**J**	**Industrial**	**I**				**CE**			**12**			**15**			**1.4988**	**S**	**18**	**27**		**1**
Maikala et al., 2010	**J**	**Industrial**	**I**			**BA**	**CE**			**12**			**15**			**1.4988**	**S**	**18**	**27**		**1**
Maikala et al., 2010	**J**	**Industrial**	**I**				**MS**			**12**			**15**			**0.9998**	**S**	**4**	**27**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Maikala et al., 2010	**J**	**Industrial**	**I**			**JS**	**MS**			**12**			**15**			**0.9998**	**S**	**4**	**27**		**1**
Maikala et al., 2010	**J**	**Industrial**	**I**				**MS**		**T**	**12**			**15**			**0.9998**	**S**	**4**	**27**		**1**
Maikala et al., 2010	**J**	**Industrial**	**I**				**MS**	**ME**		**12**			**15**			**0.9998**	**S**	**4**	**27**		**1**
Maikala et al., 2010	**J**	**Industrial**	**I**			**JS**	**MS**	**ME**		**12**			**15**			**0.9998**	**S**	**4**	**27**		**1**
McDaniel et al., 1983	T	Mil (Air Force)	I	Wt Hold		BA	MS	ME	U	1066	53.33	22.11	573	10.3	10.54	2.2779	R		1639		1
McDaniel et al., 1983	T	Mil (Air Force)	I	Wt Lift (elbow)		BA	MS	MT	T	1066	129.07	24.6	605	67.66	13.91	2.8752	R		1671		1
McDaniel et al., 1983	T	Mil (Air Force)	I	Wt Lift (6 ft)		BA	MS	MT	T	1066	114.14	23.18	605	56.92	11.75	2.8870	R		1671		1
McDaniel et al., 1983	**T**	**Mil (Air Force)**	**I**				**MS**			**1066**			**594**			**2.6826**	**S**	**3**	**1660**		**1**
McDaniel et al., 1983	**T**	**Mil (Air Force)**	**I**			**BA**	**MS**			**1066**			**594**			**2.6826**	**S**	**3**	**1660**		**1**
McDaniel et al., 1983	**T**	**Mil (Air Force)**	**I**				**MS**		**T**	**1066**			**605**			**2.8811**	**S**	**2**	**1671**		**1**
McDaniel et al., 1983	**T**	**Mil (Air Force)**	**I**				**MS**		**U**	**1066**			**573**			**2.2779**	**S**	**1**	**1639**		**1**
McDaniel et al., 1983	**T**	**Mil (Air Force)**	**I**				**MS**	**ME**		**1066**			**573**			**2.2779**	**S**	**1**	**1639**		**1**
McDaniel et al., 1983	**T**	**Mil (Air Force)**	**I**			**BA**	**MS**	**ME**		**1066**			**573**			**2.2779**	**S**	**1**	**1639**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
McDaniel et al., 1983	**T**	**Mil (Air Force)**	**I**				**MS**	**MT**		**1066**			**605**			**2.8811**	**S**	**2**	**1671**		**1**
McDaniel et al., 1983	**T**	**Mil (Air Force)**	**I**			**BA**	**MS**	**MT**		**1066**			**605**			**2.8811**	**S**	**2**	**1671**		**1**
Meyer et al., 1996	T	Mil (Navy)	I	Knee flex.		BA	MS	ME	L	458	203.13	41.06	152	136.06	29.47	1.7417	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Knee ext.		BA	MS	ME	L	458	303.09	64.94	152	196.13	41.41	1.7837	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Sh. flex.		BA	MS	ME	U	458	53.93	14.86	152	30.81	10.01	1.6735	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Sh. ext.		BA	MS	ME	U	458	101.19	23.24	152	62.89	14.73	1.7860	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Elbow ext.		BA	MS	ME	U	458	109.41	23.76	152	61.1	15.44	2.1970	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Elbow flex.		BA	MS	ME	U	458	90.19	24.18	152	38.76	15.44	2.3031	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Knee ext.		BA	MS	MT	L	458	172.12	30.47	152	113.2	20.47	2.0807	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Knee flex.		BA	MS	MT	L	458	99.62	17.84	152	64.06	11.94	2.1458	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Elbow ext.		BA	MS	MT	U	458	44.34	9.34	152	28.74	6.42	1.7917	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Sh. flex.		BA	MS	MT	U	458	26.09	5.87	152	15.94	3.9	1.8632	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Sh. ext.		BA	MS	MT	U	458	42.75	9.01	152	25.81	5.45	2.0483	R		610		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Meyer et al., 1996	T	Mil (Navy)	I	Grip (rt)		BA	MS	MT	U	458	52.01	6.96	152	36.39	5.19	2.3792	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Grip (lt)		BA	MS	MT	U	458	49.57	6.87	152	34.01	5.13	2.4006	R		610		1
Meyer et al., 1996	T	Mil (Navy)	I	Elbow flex.		BA	MS	MT	U	458	41.01	7.82	152	22.78	4.89	2.5304	R		610		1
Meyer et al., 1996	**T**	**Mil (Navy)**	**I**				**MS**			**458**			**152**			**2.0518**	**S**	**14**	**610**		**1**
Meyer et al., 1996	**T**	**Mil (Navy)**	**I**			**BA**	**MS**			**458**			**152**			**2.0518**	**S**	**14**	**610**		**1**
Meyer et al., 1996	**T**	**Mil (Navy)**	**I**				**MS**		**L**	**458**			**152**			**1.9380**	**S**	**4**	**610**		**1**
Meyer et al., 1996	**T**	**Mil (Navy)**	**I**				**MS**		**U**	**458**			**152**			**2.0973**	**S**	**10**	**610**		**1**
Meyer et al., 1996	**T**	**Mil (Navy)**	**I**				**MS**	**ME**		**458**			**152**			**1.9142**	**S**	**6**	**610**		**1**
Meyer et al., 1996	**T**	**Mil (Navy)**	**I**			**BA**	**MS**	**ME**		**458**			**152**			**1.9142**	**S**	**6**	**610**		**1**
Meyer et al., 1996	**T**	**Mil (Navy)**	**I**				**MS**	**MT**		**458**			**152**			**2.1550**	**S**	**8**	**610**		**1**
Meyer et al., 1996	**T**	**Mil (Navy)**	**I**			**BA**	**MS**	**MT**		**458**			**152**			**2.1550**	**S**	**8**	**610**		**1**
Misner et al., 1989	J	Firefighter	A	Obstacle	0.77[a]	JS	CE			9763	93.5	14.1	35	128.6	25.8	2.4793	R		9798		1
Misner et al., 1989	J	Firefighter	A	Stair climb	0.66[a]	JS	CE			9763	13	2.2	35	18.7	3.5	2.5841	R		9798		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Misner et al., 1989	J	Firefighter	A	Lift/carry	0.55[a]	JS	MS	ME	T	9763	18.6	2.2	35	34.4	12.9	6.7987	R		9798		1
Misner et al., 1989	J	Firefighter	A	Flexed hang	0.79[a]	BA	MS	ME	U	9763	64.5	24	35	28.5	17.4	1.5012	R		9798		1
Misner et al., 1989	J	Firefighter	A	Hose couple	0.39[a]	JS	MS	MP	T	9763	26.7	7.3	35	34.7	11.7	1.0929	R		9798		1
Misner et al., 1989	**J**	**Firefighter**	**A**				**CE**			**9763**			**35**			**2.5317**	**S**	**2**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**			**JS**	**CE**			**9763**			**35**			**2.5317**	**S**	**2**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**			**9763**			**35**			**3.1310**	**S**	**3**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**			**BA**	**MS**			**9763**			**35**			**1.5012**	**S**	**1**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**			**JS**	**MS**			**9763**			**35**			**3.9458**	**S**	**2**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**		**T**	**9763**			**35**			**3.9458**	**S**	**2**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**		**U**	**9763**			**35**			**1.5012**	**S**	**1**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**	**ME**		**9763**			**35**			**4.1500**	**S**	**2**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**			**BA**	**MS**	**ME**		**9763**			**35**			**1.5012**	**S**	**1**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**			**JS**	**MS**	**ME**		**9763**			**35**			**6.7987**	**S**	**1**	**9798**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**	**MP**		**9763**			**35**			**1.0929**	**S**	**1**	**9798**		**1**
Misner et al., 1989	**J**	**Firefighter**	**A**			**JS**	**MS**	**MP**		**9763**			**35**			**1.0929**	**S**	**1**	**9798**		**1**
Misner et al., 1989	J	Firefighter	A	Flexed hang		JS	CE			13541	11.7	1.8	1087	14	1.8	1.2778	R		14628		2
Misner et al., 1989	J	Firefighter	A	Stair climb		JS	CE			13541	101.3	18.8	1087	148.1	44.5	2.1491	R		14628		2
Misner et al., 1989	J	Firefighter	A	Lift/carry		JS	MS	ME	T	13541	14.4	3.8	1087	50.6	43.7	2.9061	R		14628		2
Misner et al., 1989	J	Firefighter	A	Obstacle		BA	MS	ME	U	13541	62	23.4	1087	29	19.7	1.4258	R		14628		2
Misner et al., 1989	J	Firefighter	A	Hose couple		JS	MS	MP	T	13541	26	6.7	1087	31.6	8.1	0.8219	R		14628		2
Misner et al., 1989	**J**	**Firefighter**	**A**				**CE**			**13541**			**1087**			**1.7134**	**S**	**2**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**			**JS**	**CE**			**13541**			**1087**			**1.7134**	**S**	**2**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**			**13541**			**1087**			**1.7179**	**S**	**3**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**			**BA**	**MS**			**13541**			**1087**			**1.4258**	**S**	**1**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**			**JS**	**MS**			**13541**			**1087**			**1.8640**	**S**	**2**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**		**T**	**13541**			**1087**			**1.8640**	**S**	**2**	**14628**		**2**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**		**U**	**13541**			**1087**			**1.4258**	**S**	**1**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**	**ME**		**13541**			**1087**			**2.1659**	**S**	**2**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**			**BA**	**MS**	**ME**		**13541**			**1087**			**1.4258**	**S**	**1**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**			**JS**	**MS**	**ME**		**13541**			**1087**			**2.9061**	**S**	**1**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**				**MS**	**MP**		**13541**			**1087**			**0.8219**	**S**	**1**	**14628**		**2**
Misner et al., 1989	**J**	**Firefighter**	**A**			**JS**	**MS**	**MP**		**13541**			**1087**			**0.8219**	**S**	**1**	**14628**		**2**
Mital, 1984	J	Industrial	I	Back str.		BA	MS	MT	T	37	55.3	19.71	37	36	10.4	1.2248	R		74		1
Mital, 1984	J	Industrial	I	Comp. str.		BA	MS	MT	T	37	99.35	27.98	37	54.49	16.44	1.9549	R		74		1
Mital, 1984	J	Industrial	I	Arm str.		BA	MS	MT	U	37	34.73	10.47	37	19.03	5.74	1.8595	R		74		1
Mital, 1984	J	Industrial	I	Shoul. str.		BA	MS	MT	U	37	44.46	14.48	37	22.05	6.85	1.9785	R		74		1
Mital, 1984	**J**	**Industrial**	**I**				**MS**			**37**			**37**			**1.7544**	**S**	**4**	**74**		**1**
Mital, 1984	**J**	**Industrial**	**I**			**BA**	**MS**			**37**			**37**			**1.7544**	**S**	**4**	**74**		**1**
Mital, 1984	**J**	**Industrial**	**I**				**MS**		**T**	**37**			**37**			**1.5898**	**S**	**2**	**74**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Mital, 1984	**J**	**Industrial**	**I**				**MS**		**U**	**37**			**37**			**1.9190**	**S**	**2**	**74**		**1**
Mital, 1984	**J**	**Industrial**	**I**				**MS**	**MT**		**37**			**37**			**1.7544**	**S**	**4**	**74**		**1**
Mital, 1984	**J**	**Industrial**	**I**			**BA**	**MS**	**MT**		**37**			**37**			**1.7544**	**S**	**4**	**74**		**1**
Moran et al., 2008	T	Mil	I	GRFP		BA	MS	MP	L	28	49.9	12.9	109	46.1	9.2	0.3781	R		137	T1	1
Moran et al., 2008	T	Mil	I	GRFP		BA	MS	MP	L	28	44.6	8.3	109	42.7	7.2	0.2556	R		137	T2	1
Moran et al., 2008	T	Mil	I	Power		BA	MS	MP	L	28	6.79	0.9	109	4.85	0.9	2.1556	R		137	T1	1
Moran et al., 2008	T	Mil	I	Power		BA	MS	MP	L	28	6.59	2.3	109	4.89	0.8	1.3567	R		137	T2	1
Moran et al., 2008	**T**	**Mil**	**I**				**MS**			**28**			**109**			**1.0365**	**S**	**4**	**137**	**T**	**1**
Moran et al., 2008	**T**	**Mil**	**I**			**BA**	**MS**			**28**			**109**			**1.0365**	**S**	**4**	**137**	**T**	**1**
Moran et al., 2008	**T**	**Mil**	**I**				**MS**		**L**	**28**			**109**			**1.0365**	**S**	**4**	**137**	**T**	**1**
Moran et al., 2008	**T**	**Mil**	**I**				**MS**	**MP**		**28**			**109**			**1.0365**	**S**	**4**	**137**	**T**	**1**
Moran et al., 2008	**T**	**Mil**	**I**			**BA**	**MS**	**MP**		**28**			**109**			**1.0365**	**S**	**4**	**137**	**T**	**1**
Myers et al., 1984	T	Mil (Army)	I	1 mile run		BA	CE			751	445.1	117.7	450	578.4	109.2	1.1633	R		1201		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Myers et al., 1984	T	Mil (Army)	I	VO2 max	0.66[a]	BA	CE			452	53.1	7.7	468	42.8	7	1.4009	R		920		1
Myers et al., 1984	T	Mil (Army)	I	VO2 max	0.66[a]	BA	CE			715	46.8	7.3	659	36.5	6.8	1.4580	R		1374		1
Myers et al., 1984	T	Mil (Army)	I	2 mile run		BA	CE			812	845.8	72.4	757	1067.3	117.3	2.2906	R		1569		1
Myers et al., 1984	T	Mil (Army)	I	Situps		BA	MS	ME	C	791	42.2	12.6	529	37.7	13.2	0.3504	R		1320		1
Myers et al., 1984	T	Mil (Army)	I	Situps		BA	MS	ME	C	815	60.2	8.9	765	55.5	10.4	0.4868	R		1580		1
Myers et al., 1984	T	Mil (Army)	I	Carry Task	0.64[a]	JS	MS	ME	T	524	5477.2	2447.2	512	3195	1437.6	1.1340	R		1036		1
Myers et al., 1984	T	Mil (Army)	I	Push-ups		BA	MS	ME	U	814	44.2	10.9	765	21.8	8.8	2.2539	R		1579		1
Myers et al., 1984	T	Mil (Army)	I	Push-ups		BA	MS	ME	U	791	27.1	7.6	529	7.6	8	2.5120	R		1320		1
Myers et al., 1984	T	Mil (Army)	I	Torque Task	0.92[a]	JS	MS	MP	U	486	1940.5	412	492	1351.1	267.8	1.6984	R		978		1
Myers et al., 1984	T	Mil (Army)	I	Upright Pull	0.86[a]	BA	MS	MT	T	461	148.8	24.7	483	95.2	17.1	2.5337	R		944		1
Myers et al., 1984	T	Mil (Army)	I	Upright Pull	0.86[a]	BA	MS	MT	T	974	124.8	21.2	1000	77.1	13.5	2.6915	R		1974		1
Myers et al., 1984	T	Mil (Army)	I	Lift to 60 in	0.95[a]	BA	MS	MT	T	460	65.5	10.9	483	34.4	5.6	3.6149	R		943		1
Myers et al., 1984	T	Mil (Army)	I	Lift to 60 in	0.95[a]	BA	MS	MT	T	969	60.6	10.7	986	29.8	5.4	3.6437	R		1955		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Myers et al., 1984	T	Mil (Army)	I	Lift 72 in	0.95	BA	MS	MT	T	460	62.1	11	481	30.4	5	3.7378	R		941		1
Myers et al., 1984	T	Mil (Army)	I	Lift 72 in	0.95	BA	MS	MT	T	969	56.7	10.5	986	25.6	4.7	3.8344	R		1955		1
Myers et al., 1984	T	Mil (Army)	I	Pushups	0.71	JS	MS	MT	T	522	2581.8	1318.2	509	1638.5	777.9	0.8689	R		1031		1
Myers et al., 1984	T	Mil (Army)	I	Lift Task	0.90[a]	JS	MS	MT	T	529	50.8	11.7	513	30.2	7.8	2.0657	R		1042		1
Myers et al., 1984	T	Mil (Army)	I	Handgrip	0.92[a]	BA	MS	MT	U	976	47.4	7.3	999	30.2	5.5	2.6656	R		1975		1
Myers et al., 1984	T	Mil (Army)	I	Handgrip	0.92[a]	BA	MS	MT	U	462	52.6	7.7	484	33.7	5.6	2.8175	R		946		1
Myers et al., 1984	**T**	**Mil (Army)**	**I**				**CE**			**683**			**584**			**1.6357**	**S**	**4**	**1266**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**683**			**584**			**1.6357**	**S**	**4**	**1266**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**				**MS**			**688**			**657**			**2.3779**	**S**	**16**	**1345**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**745**			**708**			**2.5979**	**S**	**12**	**1453**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**			**JS**	**MS**			**515**			**507**			**1.4397**	**S**	**4**	**1022**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**				**MS**		**C**	**803**			**647**			**0.4247**	**S**	**2**	**1450**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**				**MS**		**T**	**652**			**661**			**2.8317**	**S**	**9**	**1313**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Myers et al., 1984	**T**	**Mil (Army)**	**I**				**MS**		**U**	**706**			**654**			**2.4221**	**S**	**5**	**1360**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**747**			**620**			**1.3579**	**S**	**5**	**1367**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**803**			**647**			**1.3979**	**S**	**4**	**1450**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**			**JS**	**MS**	**ME**		**524**			**512**			**1.1340**	**S**	**1**	**1036**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**				**MS**	**MP**		**486**			**492**			**1.6984**	**S**	**1**	**978**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**			**JS**	**MS**	**MP**		**486**			**492**			**1.6984**	**S**	**1**	**978**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**				**MS**	**MT**		**678**			**692**			**2.9351**	**S**	**10**	**1371**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**716**			**738**			**3.1961**	**S**	**8**	**1454**		**1**
Myers et al., 1984	**T**	**Mil (Army)**	**I**			**JS**	**MS**	**MT**		**526**			**511**			**1.4705**	**S**	**2**	**1037**		**1**
Nag et al., 1978	D	Ag	I	VO2 max		BA	CE			22	38.4	7.7	15	26.5	6.3	1.6590	R		37		1
Nag et al., 1978	**D**	**Ag**	**I**				**CE**			**22**			**15**			**1.6590**	**S**	**1**	**37**		**1**
Nag et al., 1978	**D**	**Ag**	**I**			**BA**	**CE**			**22**			**15**			**1.6590**	**S**	**1**	**37**		**1**
Nordander et al., 2008	J	Manufact.	I	Force		BA	MS	MT	N	18	266	40	19	133	32	3.6834	R		37		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Nordander et al., 2008	J	Manufact.	I	Grip		BA	MS	MT	U	18	484	74	19	286	54	3.0701	R		37		1
Nordander et al., 2008	**J**	**Manufact.**	**I**				**MS**			**18**			**19**			**3.3767**	**S**	**2**	**37**		**1**
Nordander et al., 2008	**J**	**Manufact.**	**I**			**BA**	**MS**			**18**			**19**			**3.3767**	**S**	**2**	**37**		**1**
Nordander et al., 2008	**J**	**Manufact.**	**I**				**MS**		**U**	**18**			**19**			**3.0701**	**S**	**1**	**37**		**1**
Nordander et al., 2008	**J**	**Manufact.**	**I**				**MS**	**MT**		**18**			**19**			**3.3767**	**S**	**2**	**37**		**1**
Nordander et al., 2008	**J**	**Manufact.**	**I**			**BA**	**MS**	**MT**		**18**			**19**			**3.3767**	**S**	**2**	**37**		**1**
Nygard et al., 1988	J	Mixed	I	Situps		BA	MS	ME	C	42	9	4.8	41	5.9	4	0.7009	R		83		1
Nygard et al., 1988	J	Mixed	I	Situps		BA	MS	ME	C	46	9.1	4.6	41	6.1	3.8	0.7072	R		87		1
Nygard et al., 1988	J	Mixed	I	Trunk ext.		BA	MS	MT	C	42	726	194	41	420	134	1.8314	R		83		1
Nygard et al., 1988	J	Mixed	I	Trunk ext.		BA	MS	MT	C	46	739	193	41	420	132	1.9091	R		87		1
Nygard et al., 1988	J	Mixed	I	Trunk flex.		BA	MS	MT	C	46	681	163	41	394	125	1.9610	R		87		1
Nygard et al., 1988	J	Mixed	I	Trunk flex.		BA	MS	MT	C	42	677	163	41	389	128	1.9623	R		83		1
Nygard et al., 1988	J	Mixed	I	Grip		BA	MS	MT	U	46	98.6	20.6	41	88.8	17.8	0.5069	R		87		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Nygard et al., 1988	J	Mixed	I	Grip		BA	MS	MT	U	42	98.5	21.2	41	86.3	16.8	0.6369	R		83		1
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**			**44**			**41**			**1.2768**	**S**	**8**	**85**		**1**
Nygard et al., 1988	**J**	**Mixed**	**I**			**BA**	**MS**			**44**			**41**			**1.2768**	**S**	**8**	**85**		**1**
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**		**C**	**44**			**41**			**1.5123**	**S**	**6**	**85**		**1**
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**		**U**	**44**			**41**			**0.5704**	**S**	**2**	**85**		**1**
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**	**ME**		**44**			**41**			**0.7041**	**S**	**2**	**85**		**1**
Nygard et al., 1988	**J**	**Mixed**	**I**			**BA**	**MS**	**ME**		**44**			**41**			**0.7041**	**S**	**2**	**85**		**1**
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**	**MT**		**44**			**41**			**1.4677**	**S**	**6**	**85**		**1**
Nygard et al., 1988	**J**	**Mixed**	**I**			**BA**	**MS**	**MT**		**44**			**41**			**1.4677**	**S**	**6**	**85**		**1**
Nygard et al., 1988	J	Mixed	I	Situps		BA	MS	ME	C	23	7.2	3.9	19	4.4	3.7	0.7347	R		42		2
Nygard et al., 1988	J	Mixed	I	Situps		BA	MS	ME	C	27	7.6	3.8	19	4.8	3.5	0.7608	R		46		2
Nygard et al., 1988	J	Mixed	I	Trunk ext.		BA	MS	MT	C	20	720	207	18	385	169	1.7631	R		38		2
Nygard et al., 1988	J	Mixed	I	Trunk ext.		BA	MS	MT	C	24	745	200	18	387	164	1.9293	R		42		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Nygard et al., 1988	J	Mixed	I	Trunk flex.		BA	MS	MT	C	24	713	168	18	367	138	2.2186	R		42		2
Nygard et al., 1988	J	Mixed	I	Trunk flex.		BA	MS	MT	C	20	715	169	18	353	143	2.3019	R		38		2
Nygard et al., 1988	J	Mixed	I	Grip		BA	MS	MT	U	27	92.4	23.2	19	82	23.6	0.4451	R		46		2
Nygard et al., 1988	J	Mixed	I	Grip		BA	MS	MT	U	23	91.1	24.5	19	76.7	19	0.6488	R		42		2
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**			**24**			**19**			**1.3163**	**S**	**8**	**42**		**2**
Nygard et al., 1988	**J**	**Mixed**	**I**			**BA**	**MS**			**24**			**19**			**1.3163**	**S**	**8**	**42**		**2**
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**		**C**	**23**			**18**			**1.5909**	**S**	**6**	**41**		**2**
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**		**U**	**25**			**19**			**0.5423**	**S**	**2**	**44**		**2**
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**	**ME**		**25**			**19**			**0.7483**	**S**	**2**	**44**		**2**
Nygard et al., 1988	**J**	**Mixed**	**I**			**BA**	**MS**	**ME**		**25**			**19**			**0.7483**	**S**	**2**	**44**		**2**
Nygard et al., 1988	**J**	**Mixed**	**I**				**MS**	**MT**		**23**			**18**			**1.5178**	**S**	**6**	**41**		**2**
Nygard et al., 1988	**J**	**Mixed**	**I**			**BA**	**MS**	**MT**		**23**			**18**			**1.5178**	**S**	**6**	**41**		**2**
Nygard et al., 1991	J	Municipal	I	VO2 max		BA	CE			65	35.3	5.5	72	27.2	6.2	1.3779	R		137		3

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Nygard et al., 1991	J	Municipal	I	Max. work		BA	CE			65	196	40	72	123	34	1.9748	R		137		3
Nygard et al., 1991	J	Municipal	I	Back bend		BA	MQ	F	C	65	77	14	72	75	16	0.1326	R		137		3
Nygard et al., 1991	J	Municipal	I	Side bend		BA	MQ	F	C	65	42	6	72	43	7	-0.1528	R		137		3
Nygard et al., 1991	J	Municipal	I	Leg mobil.		BA	MQ	F	L	65	79	8	72	88	10	-0.9883	R		137		3
Nygard et al., 1991	J	Municipal	I	Situps		BA	MS	ME	C	65	11.2	4.1	72	6.5	4.1	1.1463	R		137		3
Nygard et al., 1991	J	Municipal	I	Trunk flex.		BA	MS	MT	C	65	6.9	1.2	72	4.7	1.2	1.8333	R		137		3
Nygard et al., 1991	J	Municipal	I	Trunk ext.		BA	MS	MT	C	65	7.9	1.9	72	5.3	1.6	1.4869	R		137		3
Nygard et al., 1991	J	Municipal	I	Grip		BA	MS	MT	U	65	88	11	72	63	10	2.3841	R		137		3
Nygard et al., 1991	**J**	**Municipal**	**I**				**CE**			**65**			**72**			**1.6763**	**S**	**2**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**			**BA**	**CE**			**65**			**72**			**1.6763**	**S**	**2**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**				**MQ**			**65**			**72**			**-0.3362**	**S**	**3**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**				**MQ**	**F**		**65**			**72**			**-0.3362**	**S**	**3**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**				**MS**			**65**			**72**			**1.7127**	**S**	**4**	**137**		**3**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Nygard et al., 1991	**J**	**Municipal**	**I**			**BA**	**MS**			**65**			**72**			**1.7127**	**S**	**4**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**				**MS**		**C**	**65**			**72**			**1.4888**	**S**	**3**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**				**MS**		**U**	**65**			**72**			**2.3841**	**S**	**1**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**				**MS**	**ME**		**65**			**72**			**1.1463**	**S**	**1**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**			**BA**	**MS**	**ME**		**65**			**72**			**1.1463**	**S**	**1**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**				**MS**	**MT**		**65**			**72**			**1.9014**	**S**	**3**	**137**		**3**
Nygard et al., 1991	**J**	**Municipal**	**I**			**BA**	**MS**	**MT**		**65**			**72**			**1.9014**	**S**	**3**	**137**		**3**
Nygard et al., 1993	C	Mixed	I	Grip		BA	MS	MT	U	133	498	170.63	129	319	127.49	1.1859	R		262		1
Nygard et al., 1993	**C**	**Mixed**	**I**				**MS**			**133**			**129**			**1.1859**	**S**	**1**	**262**		**1**
Nygard et al., 1993	**C**	**Mixed**	**I**			**BA**	**MS**			**133**			**129**			**1.1859**	**S**	**1**	**262**		**1**
Nygard et al., 1993	**C**	**Mixed**	**I**				**MS**		**U**	**133**			**129**			**1.1859**	**S**	**1**	**262**		**1**
Nygard et al., 1993	**C**	**Mixed**	**I**				**MS**	**MT**		**133**			**129**			**1.1859**	**S**	**1**	**262**		**1**
Nygard et al., 1993	**C**	**Mixed**	**I**			**BA**	**MS**	**MT**		**133**			**129**			**1.1859**	**S**	**1**	**262**		**1**

Appendix A

Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Oh & Radwin, 1993	J	Factory	I	Grip		BA	MS	MT	U	8	351.5	50.6	3	256.3	34.1	2.0071	R		11		1
Oh & Radwin, 1993	**J**	**Factory**	**I**				**MS**			**8**			**3**			**2.0071**	**S**	**1**	**11**		**1**
Oh & Radwin, 1993	**J**	**Factory**	**I**			**BA**	**MS**			**8**			**3**			**2.0071**	**S**	**1**	**11**		**1**
Oh & Radwin, 1993	**J**	**Factory**	**I**				**MS**		**U**	**8**			**3**			**2.0071**	**S**	**1**	**11**		**1**
Oh & Radwin, 1993	**J**	**Factory**	**I**				**MS**	**MT**		**8**			**3**			**2.0071**	**S**	**1**	**11**		**1**
Oh & Radwin, 1993	**J**	**Factory**	**I**			**BA**	**MS**	**MT**		**8**			**3**			**2.0071**	**S**	**1**	**11**		**1**
Pappas et al., 2011	J	Prof. Dance	I	Bal		BA	MQ	B	L	13	2.49	0.17	23	2.6	0.22	0.5399	R		36		1
Pappas et al., 2011	J	Prof. Dance	I	Bal		BA	MQ	B	L	13	2.7	0.25	23	2.83	0.24	0.5337	R		36		1
Pappas et al., 2011	**J**	**Prof. Dance**	**I**				**MQ**			**13**			**23**			**0.5368**	**S**	**2**	**36**		**1**
Pappas et al., 2011	**J**	**Prof. Dance**	**I**				**MQ**	**B**		**13**			**23**			**0.5368**	**S**	**2**	**36**		**1**
Patrick, 2000	D	Mil (Navy)	I	Run		BA	CE			758	9.3	0.6	150	11	0.9	2.5805	R		908		1
Patrick, 2000	D	Mil (Navy)	I	Curlups		BA	MS	ME	C	758	87.3	13	149	85.6	13.2	0.1304	R		907		1
Patrick, 2000	D	Mil (Navy)	I	Pushups		BA	MS	ME	U	758	74.3	17.9	149	51.5	18.4	1.2679	R		907		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Patrick, 2000	D	Mil (Navy)	I	Shuttle run		BA	MS	MP	L	777	59.1	3.7	162	67.4	5.6	2.0295	R		939		1
Patrick, 2000	D	Mil (Navy)	I	Jump		BA	MS	MP	L	774	93.9	8.7	163	74.8	7.1	2.2618	R		937		1
Patrick, 2000	D	Mil (Navy)	I	Throw		BA	MS	MP	U	777	66.2	11.7	163	38.4	8.4	2.4822	R		940		1
Patrick, 2000	**D**	**Mil (Navy)**	**I**				**CE**			**758**			**150**			**2.5805**	**S**	**1**	**908**		**1**
Patrick, 2000	**D**	**Mil (Navy)**	**I**			**BA**	**CE**			**758**			**150**			**2.5805**	**S**	**1**	**908**		**1**
Patrick, 2000	**D**	**Mil (Navy)**	**I**				**MS**			**769**			**157**			**1.6472**	**S**	**5**	**926**		**1**
Patrick, 2000	**D**	**Mil (Navy)**	**I**			**BA**	**MS**			**769**			**157**			**1.6472**	**S**	**5**	**926**		**1**
Patrick, 2000	**D**	**Mil (Navy)**	**I**				**MS**		**C**	**758**			**149**			**0.1304**	**S**	**1**	**907**		**1**
Patrick, 2000	**D**	**Mil (Navy)**	**I**				**MS**		**L**	**776**			**163**			**2.1455**	**S**	**2**	**938**		**1**
Patrick, 2000	**D**	**Mil (Navy)**	**I**				**MS**		**U**	**768**			**156**			**1.8859**	**S**	**2**	**924**		**1**
Patrick, 2000	**D**	**Mil (Navy)**	**I**				**MS**	**ME**		**758**			**149**			**0.6992**	**S**	**2**	**907**		**1**
Patrick, 2000	**D**	**Mil (Navy)**	**I**			**BA**	**MS**	**ME**		**758**			**149**			**0.6992**	**S**	**2**	**907**		**1**
Patrick, 2000	**D**	**Mil (Navy)**	**I**				**MS**	**MP**		**776**			**163**			**2.2579**	**S**	**3**	**939**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Patrick, 2000	**D**	**Mil (Navy)**	**I**			**BA**	**MS**	**MP**		**776**			**163**			**2.2579**	**S**	**3**	**939**		**1**
Patton et al., 1980	J	Mil (Army)	I	1 mi. run		BA	CE			87	492	68	57	658	100	2.0214	R		144	T1	1
Patton et al., 1980	J	Mil (Army)	I	VE max		BA	CE			87	132	19.7	57	84.9	15.6	2.5888	R		144	T1	1
Patton et al., 1980	J	Mil (Army)	I	VO2 max		BA	CE			87	50.7	4.7	57	36.9	3.6	3.2094	R		144	T1	1
Patton et al., 1980	J	Mil (Army)	I	VO2 max		BA	CE			87	3.53	0.49	57	2.09	0.26	3.4714	R		144	T1	1
Patton et al., 1980	J	Mil (Army)	I	1 mi. run		BA	CE			87	437	39	57	564	55	2.7621	R		144	T2	1
Patton et al., 1980	J	Mil (Army)	I	VE max		BA	CE			87	134.6	20.1	57	82	16.9	2.7827	R		144	T2	1
Patton et al., 1980	J	Mil (Army)	I	VO2 max		BA	CE			87	52.3	3.8	57	39.3	3.5	3.5282	R		144	T2	1
Patton et al., 1980	J	Mil (Army)	I	VO2 max		BA	CE			87	3.66	0.42	57	2.31	0.27	3.6663	R		144	T2	1
Patton et al., 1980	**J**	**Mil (Army)**	**I**				**CE**			**87**			**57**			**3.0038**	**S**	**8**	**144**	**T**	**1**
Patton et al., 1980	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**87**			**57**			**3.0038**	**S**	**8**	**144**	**T**	**1**
Pedersen et al., 1975	J	Factory	I	Back str.		BA	MS	MT	T	67	70	16	38	40	11	2.0826	R		105		1
Pedersen et al., 1975	**J**	**Factory**	**I**				**MS**			**67**			**38**			**2.0826**	**S**	**1**	**105**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Pedersen et al., 1975	**J**	**Factory**	**I**			**BA**	**MS**			**67**			**38**			**2.0826**	**S**	**1**	**105**		**1**
Pedersen et al., 1975	**J**	**Factory**	**I**				**MS**		**T**	**67**			**38**			**2.0826**	**S**	**1**	**105**		**1**
Pedersen et al., 1975	**J**	**Factory**	**I**				**MS**	**MT**		**67**			**38**			**2.0826**	**S**	**1**	**105**		**1**
Pedersen et al., 1975	**J**	**Factory**	**I**			**BA**	**MS**	**MT**		**67**			**38**			**2.0826**	**S**	**1**	**105**		**1**
Phillips & Pepper, 1982	J	Mil (Navy)	I	Pull cord		JS	MS	MP	U	10	88.07	8.32	10	46.26	14.23	3.5871	R		20		1
Phillips & Pepper, 1982	J	Mil (Navy)	I	Fire ext.		JS	MS	MT	U	8	13	5.04	8	18.3	6.81	0.8847	R		16		1
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**				**MS**			**9**			**9**			**2.3860**	**S**	**2**	**18**		**1**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**			**JS**	**MS**			**9**			**9**			**2.3860**	**S**	**2**	**18**		**1**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**				**MS**		**U**	**9**			**9**			**2.3860**	**S**	**2**	**18**		**1**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**				**MS**	**MP**		**10**			**10**			**3.5871**	**S**	**1**	**20**		**1**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**			**JS**	**MS**	**MP**		**10**			**10**			**3.5871**	**S**	**1**	**20**		**1**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**				**MS**	**MT**		**8**			**8**			**0.8847**	**S**	**1**	**16**		**1**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**			**JS**	**MS**	**MT**		**8**			**8**			**0.8847**	**S**	**1**	**16**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Phillips & Pepper, 1982	J	Mil (Navy)	I	Pull cord		JS	MS	MP	U	10	86.29	12.45	10	62.72	13.97	1.7813	R		20		2
Phillips & Pepper, 1982	J	Mil (Navy)	I	Fire ext.		JS	MS	MT	U	8	12.25	5.7	8	14.5	2.93	0.4965	R		16		2
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**				**MS**			**9**			**9**			**1.2103**	**S**	**2**	**18**		**2**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**			**JS**	**MS**			**9**			**9**			**1.2103**	**S**	**2**	**18**		**2**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**				**MS**		**U**	**9**			**9**			**1.2103**	**S**	**2**	**18**		**2**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**				**MS**	**MP**		**10**			**10**			**1.7813**	**S**	**1**	**20**		**2**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**			**JS**	**MS**	**MP**		**10**			**10**			**1.7813**	**S**	**1**	**20**		**2**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**				**MS**	**MT**		**8**			**8**			**0.4965**	**S**	**1**	**16**		**2**
Phillips & Pepper, 1982	**J**	**Mil (Navy)**	**I**			**JS**	**MS**	**MT**		**8**			**8**			**0.4965**	**S**	**1**	**16**		**2**
Rayson, 2000	J	Mil	I	LM15		JS	CE			304	98	12.4	75	120	15.6	1.6807	R		379		1
Rayson, 2000	J	Mil	I	LM20		JS	CE			304	102	11.1	75	126	11	2.1660	R		379		1
Rayson, 2000	J	Mil	I	Carry Task		JS	MS	ME	T	304	288	107.3	75	117	41	1.7468	R		379		1
Rayson, 2000	J	Mil	I	RLC10		JS	MS	ME	T	304	3574	189	75	2311	1340	2.0457	R		379		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Rayson, 2000	J	Mil	I	RLC22		JS	MS	ME	T	304	3578	226.8	75	1048	1118	4.7252	R		379		1
Rayson, 2000	J	Mil	I	SL 170		JS	MS	MT	T	304	57.1	10.26	75	29	6.76	2.9049	R		379		1
Rayson, 2000	J	Mil	I	SL 145		JS	MS	MT	T	304	65.7	7	75	36.3	9.03	3.9504	R		379		1
Rayson, 2000	**J**	**Mil**	**I**				**CE**			**304**			**75**			**1.9233**	**S**	**2**	**379**		**1**
Rayson, 2000	**J**	**Mil**	**I**			**JS**	**CE**			**304**			**75**			**1.9233**	**S**	**2**	**379**		**1**
Rayson, 2000	**J**	**Mil**	**I**				**MS**			**304**			**75**			**3.0746**	**S**	**5**	**379**		**1**
Rayson, 2000	**J**	**Mil**	**I**			**JS**	**MS**			**304**			**75**			**3.0746**	**S**	**5**	**379**		**1**
Rayson, 2000	**J**	**Mil**	**I**				**MS**		**T**	**304**			**75**			**3.0746**	**S**	**5**	**379**		**1**
Rayson, 2000	**J**	**Mil**	**I**				**MS**	**ME**		**304**			**75**			**2.8392**	**S**	**3**	**379**		**1**
Rayson, 2000	**J**	**Mil**	**I**			**JS**	**MS**	**ME**		**304**			**75**			**2.8392**	**S**	**3**	**379**		**1**
Rayson, 2000	**J**	**Mil**	**I**				**MS**	**MT**		**304**			**75**			**3.4276**	**S**	**2**	**379**		**1**
Rayson, 2000	**J**	**Mil**	**I**			**JS**	**MS**	**MT**		**304**			**75**			**3.4276**	**S**	**2**	**379**		**1**
Reilly et al., 1979	J	Telephone	A	Step-up		BA	CE			132	137.7	57.9	78	85.5	47.4	0.9622	R		210		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Reilly et al., 1979	J	Telephone	A	Bal		BA	MQ	B		132	5.3	2	78	4.4	1.8	0.4667	R		210		1
Reilly et al., 1979	J	Telephone	A	Flex		BA	MQ	F		132	15.2	8.5	78	14.5	7.7	0.0852	R		210		1
Reilly et al., 1979	J	Telephone	A	Situps		BA	MS	ME	C	132	15.4	4.2	78	10.1	3.9	1.2954	R		210		1
Reilly et al., 1979	J	Telephone	A	Leg Stren.		BA	MS	ME	L	83	87	20.7	54	61.7	14.7	1.3619	R		137		1
Reilly et al., 1979	J	Telephone	A	Arm Stren.		BA	MS	ME	U	132	61.9	14.7	78	33.9	11.2	2.0725	R		210		1
Reilly et al., 1979	J	Telephone	A	Strength		BA	MS	MT	U	132	60.6	13.4	78	40.2	8.2	1.7367	R		210		1
Reilly et al., 1979	J	Telephone	A	Grip		BA	MS	MT	U	132	58.4	16.2	78	38.9	15.9	1.2120	R		210		1
Reilly et al., 1979	**J**	**Telephone**	**A**				**CE**			**132**			**78**			**0.9622**	**S**	**1**	**210**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**			**BA**	**CE**			**132**			**78**			**0.9622**	**S**	**1**	**210**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MQ**			**132**			**78**			**0.2760**	**S**	**2**	**210**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MQ**	**B**		**132**			**78**			**0.4667**	**S**	**1**	**210**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MQ**	**F**		**132**			**78**			**0.0852**	**S**	**1**	**210**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**			**122**			**73**			**1.5487**	**S**	**5**	**195**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Reilly et al., 1979	**J**	**Telephone**	**A**			**BA**	**MS**			**122**			**73**			**1.5487**	**S**	**5**	**195**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**		**C**	**132**			**78**			**1.2954**	**S**	**1**	**210**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**		**L**	**83**			**54**			**1.3619**	**S**	**1**	**137**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**		**U**	**132**			**78**			**1.6737**	**S**	**3**	**210**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**	**ME**		**116**			**70**			**1.6047**	**S**	**3**	**186**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**			**BA**	**MS**	**ME**		**116**			**70**			**1.6047**	**S**	**3**	**186**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**	**MT**		**132**			**78**			**1.4743**	**S**	**2**	**210**		**1**
Reilly et al., 1979	**J**	**Telephone**	**A**			**BA**	**MS**	**MT**		**132**			**78**			**1.4743**	**S**	**2**	**210**		**1**
Reilly et al., 1979	J	Telephone	A	Step-up		BA	CE			83	32	19.1	45	22.8	12.2	0.5408	R		128		2
Reilly et al., 1979	J	Telephone	A	Step-up		BA	CE			83	127.8	74.2	45	77.5	35.8	0.7923	R		128		2
Reilly et al., 1979	J	Telephone	A	Bal		BA	MQ	B		83	20.3	23.3	45	14.4	14.5	0.2856	R		128		2
Reilly et al., 1979	J	Telephone	A	Flex		BA	MQ	F		83	21	11.2	45	23.6	9.7	-0.2430	R		128		2
Reilly et al., 1979	J	Telephone	A	Trunk Stren.		BA	MS	ME	C	83	17.2	3.6	45	12.2	5.2	1.1826	R		128		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Reilly et al., 1979	J	Telephone	A	Arm Stren.		BA	MS	ME	U	83	67.7	13.4	45	40.1	9.2	2.2810	R		128		2
Reilly et al., 1979	J	Telephone	A	Strength		BA	MS	MT	U	83	52.9	10.2	45	35.8	7	1.8567	R		128		2
Reilly et al., 1979	J	Telephone	A	Grip		BA	MS	MT	U	83	60.3	8.1	45	40.6	5.4	2.7090	R		128		2
Reilly et al., 1979	**J**	**Telephone**	**A**				**CE**			**83**			**45**			**0.6665**	**S**	**2**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**			**BA**	**CE**			**83**			**45**			**0.6665**	**S**	**2**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MQ**			**83**			**45**			**0.0213**	**S**	**2**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MQ**	**B**		**83**			**45**			**0.2856**	**S**	**1**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MQ**	**F**		**83**			**45**			**-0.2430**	**S**	**1**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**			**83**			**45**			**2.0073**	**S**	**4**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**			**BA**	**MS**			**83**			**45**			**2.0073**	**S**	**4**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**		**C**	**83**			**45**			**1.1826**	**S**	**1**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**		**U**	**83**			**45**			**2.2822**	**S**	**3**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**	**ME**		**83**			**45**			**1.7318**	**S**	**2**	**128**		**2**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Reilly et al., 1979	**J**	**Telephone**	**A**			**BA**	**MS**	**ME**		**83**			**45**			**1.7318**	**S**	**2**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**				**MS**	**MT**		**83**			**45**			**2.2829**	**S**	**2**	**128**		**2**
Reilly et al., 1979	**J**	**Telephone**	**A**			**BA**	**MS**	**MT**		**83**			**45**			**2.2829**	**S**	**2**	**128**		**2**
Reilly et al., 2006	J	Lifeguard	I	Grip		BA	MS	MT	U	22	53.2	7.8	6	31.7	4.3	2.9618	R		28		1
Reilly et al., 2006	J	Lifeguard	I	Grip		BA	MS	MT	U	22	54.3	7.9	6	32	4.7	3.0164	R		28		1
Reilly et al., 2006	**J**	**Lifeguard**	**I**				**MS**			**22**			**6**			**2.9891**	**S**	**2**	**28**		**1**
Reilly et al., 2006	**J**	**Lifeguard**	**I**			**BA**	**MS**			**22**			**6**			**2.9891**	**S**	**2**	**28**		**1**
Reilly et al., 2006	**J**	**Lifeguard**	**I**				**MS**		**U**	**22**			**6**			**2.9891**	**S**	**2**	**28**		**1**
Reilly et al., 2006	**J**	**Lifeguard**	**I**				**MS**	**MT**		**22**			**6**			**2.9891**	**S**	**2**	**28**		**1**
Reilly et al., 2006	**J**	**Lifeguard**	**I**			**BA**	**MS**	**MT**		**22**			**6**			**2.9891**	**S**	**2**	**28**		**1**
Rice & Sharp, 1994	J	Mil (Army)	I	2-mile run		BA	CE			12	820.7	91.6	11	995.4	101.2	1.8143	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Situps		BA	MS	ME	C	12	64	8.5	11	65.9	11.7	-0.1872	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Stretcher		JS	MS	ME	T	12	1583	333	11	1023	557	1.2344	R		23		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Rice & Sharp, 1994	J	Mil (Army)	I	Stretcher		JS	MS	ME	T	12	248	105	11	107	57	1.6478	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Stretcher		JS	MS	ME	T	12	17.8	1.8	11	14.4	1.7	1.9394	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Stretcher		JS	MS	ME	T	12	18.1	1.8	11	13.7	2.1	2.2580	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Pushups		BA	MS	ME	U	12	57.5	13	11	45.8	11.3	0.9574	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Dead lift		BA	MS	MT	T	12	135.1	23.2	11	82.1	11.5	2.8538	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Lift st.		BA	MS	MT	T	12	76.1	13	11	43.2	8.8	2.9380	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Up. pull		BA	MS	MT	U	12	119.7	28.3	11	79.2	22.1	1.5860	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Grip		BA	MS	MT	U	12	48.3	9.3	11	29.2	7.7	2.2273	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Grip		BA	MS	MT	U	12	47.6	9	11	29.5	6.6	2.2773	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Grip		BA	MS	MT	U	12	50.8	7.7	11	32.5	7.1	2.4662	R		23		1
Rice & Sharp, 1994	J	Mil (Army)	I	Bench press		BA	MS	MT	U	12	85.8	19.5	11	38.8	6.4	3.1783	R		23		1
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**				**CE**			**12**			**11**			**1.8143**	**S**	**1**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**12**			**11**			**1.8143**	**S**	**1**	**23**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**				**MS**			**12**			**11**			**1.9520**	**S**	**13**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**12**			**11**			**2.0330**	**S**	**9**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**			**JS**	**MS**			**12**			**11**			**1.7699**	**S**	**4**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**				**MS**		**C**	**12**			**11**			**-0.1872**	**S**	**1**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**				**MS**		**T**	**12**			**11**			**2.1452**	**S**	**6**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**				**MS**		**U**	**12**			**11**			**2.1154**	**S**	**6**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**				**MS**	**ME**		**12**			**11**			**1.3083**	**S**	**6**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**12**			**11**			**0.3851**	**S**	**2**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**			**JS**	**MS**	**ME**		**12**			**11**			**1.7699**	**S**	**4**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**				**MS**	**MT**		**12**			**11**			**2.5038**	**S**	**7**	**23**		**1**
Rice & Sharp, 1994	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**12**			**11**			**2.5038**	**S**	**7**	**23**		**1**
Rice, 1992	C	Mil	I	VO2 max		BA	CE			4	56.9	5.7	4	46.2	7.8	1.5663	R		8		1
Rice, 1992	**C**	**Mil**	**I**				**CE**			**4**			**4**			**1.5663**	**S**	**1**	**8**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Rice, 1992	**C**	**Mil**	**I**			**BA**	**CE**			**4**			**4**			**1.5663**	**S**	**1**	**8**		**1**
Richmond et al., 2008a	T	Mil	I	2.4 km run		BA	CE			30	626	53	30	761	40	2.8753	R		60	T1	1
Richmond et al., 2008a	T	Mil	I	2.4 km run		BA	CE			30	563	29	30	687	35	3.8581	R		60	T2	1
Richmond et al., 2008a	T	Mil	I	VO2 max		BA	CE			30	45.2	3.5	30	38.4	2.6	2.2056	R		60		1
Richmond et al., 2008a	**T**	**Mil**	**I**				**CE**			**30**			**30**			**2.7862**	**S**	**2**	**60**	**T**	**1**
Richmond et al., 2008a	**T**	**Mil**	**I**			**BA**	**CE**			**30**			**30**			**2.7862**	**S**	**2**	**60**	**T**	**1**
Richmond et al., 2008b	J	Mil (AF)	I	Digging	0.86[a]	JS	MS	ME	T	67	5.33	1.75	33	6.67	0.96	0.8716	R		100		1
Richmond et al., 2008b	J	Mil (AF)	I	Fire man.	0.96[a]	JS	MS	ME	T	67	2.33	0.71	28	3.52	0.7	1.6829	R		95		1
Richmond et al., 2008b	J	Mil (AF)	I	Lift/carry	0.96[a]	JS	MS	ME	T	70	17.7	2.2	34	13.4	2.5	1.8685	R		104		1
Richmond et al., 2008b	J	Mil (AF)	I	Lift		JS	MS	MT	T	69	34.7	1.5	35	22.9	4.1	4.4274	R		104		1
Richmond et al., 2008b	**J**	**Mil (AF)**	**I**				**MS**			**68**			**33**			**2.2377**	**S**	**4**	**101**		**1**
Richmond et al., 2008b	**J**	**Mil (AF)**	**I**			**JS**	**MS**			**68**			**33**			**2.2377**	**S**	**4**	**101**		**1**
Richmond et al., 2008b	**J**	**Mil (AF)**	**I**				**MS**		**T**	**68**			**33**			**2.2377**	**S**	**4**	**101**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Richmond et al., 2008b	**J**	**Mil (AF)**	**I**				**MS**	**ME**		**68**			**32**			**1.4761**	**S**	**3**	**100**		**1**
Richmond et al., 2008b	**J**	**Mil (AF)**	**I**			**JS**	**MS**	**ME**		**68**			**32**			**1.4761**	**S**	**3**	**100**		**1**
Richmond et al., 2008b	**J**	**Mil (AF)**	**I**				**MS**	**MT**		**69**			**35**			**4.4274**	**S**	**1**	**104**		**1**
Richmond et al., 2008b	**J**	**Mil (AF)**	**I**			**JS**	**MS**	**MT**		**69**			**35**			**4.4274**	**S**	**1**	**104**		**1**
Robertson, 1992***	TC	Mil (Navy)	I	Cable rig		JS	MS		T	274	2.6	1.2	259	0.3	0.54	2.4490	R		533		1
Robertson, 1992***	TC	Mil (Navy)	I	Hose drag		JS	MS		T	274	4.3	1.7	259	0.7	0.52	2.8309	R		533		1
Robertson, 1992***	TC	Mil (Navy)	I	Bomb load		JS	MS		T	274	132.7	25.73	259	66.2	15.12	3.1298	R		533		1
Robertson, 1992***	TC	Mil (Navy)	I	Situps		BA	MS	ME	C	273	39.32	6.05	259	30.26	6.1	1.4915	R		532		1
Robertson, 1992***	TC	Mil (Navy)	I	Carry fuel tank		JS	MS	ME	T	274	6.3	1.24	259	2.7	2.02	2.1618	R		533		1
Robertson, 1992***	TC	Mil (Navy)	I	Ergometer		BA	MS	ME	U	274	66.36	9.5	256	30.34	12	3.3414	R		530		1
Robertson, 1992***	TC	Mil (Navy)	I	Arm Pull		BA	MS	MT	U	274	130.51	24.4	258	85.64	16.72	2.1337	R		532		1
Robertson, 1992***	TC	Mil (Navy)	I	ILM-elbow		BA	MS	MT	U	274	85.77	17.28	237	47.68	7.98	2.7657	R		511		1
Robertson, 1992***	TC	Mil (Navy)	I	ILM-jerk		BA	MS	MT	U	274	108.72	21.62	240	58.67	11.01	2.8620	R		514		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Robertson, 1992***	TC	Mil (Navy)	I	Arm lift		BA	MS	MT	U	274	107.57	17.46	258	63.31	12.09	2.9318	R		532		1
Robertson, 1992***	TC	Mil (Navy)	I	ILM-press		BA	MS	MT	U	273	103.85	18.52	239	53.35	9.42	3.3716	R		512		1
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**				**MS**			**274**			**253**			**2.6755**	**S**	**11**	**527**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**			**BA**	**MS**			**274**			**250**			**2.6945**	**S**	**7**	**523**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**			**JS**	**MS**			**274**			**259**			**2.6429**	**S**	**4**	**533**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**				**MS**		**C**	**273**			**259**			**1.4915**	**S**	**1**	**532**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**				**MS**		**T**	**274**			**259**			**2.6429**	**S**	**4**	**533**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**				**MS**		**U**	**274**			**248**			**2.8989**	**S**	**6**	**522**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**				**MS**	**ME**		**274**			**258**			**2.3302**	**S**	**3**	**532**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**			**BA**	**MS**	**ME**		**274**			**258**			**2.4147**	**S**	**2**	**531**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**			**JS**	**MS**	**ME**		**274**			**259**			**2.1618**	**S**	**1**	**533**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**				**MS**	**MT**		**274**			**246**			**2.8087**	**S**	**5**	**520**		**1**
Robertson, 1992* **	**TC**	**Mil (Navy)**	**I**			**BA**	**MS**	**MT**		**274**			**246**			**2.8087**	**S**	**5**	**520**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Robertson & Trent, 1983*	P	Mil (Navy)	N	1.5 mi. run		BA	CE			412	13.1	2.4	15	13.9	1.9	0.3354	R		427		1
Robertson & Trent, 1983*	P	Mil (Navy)	N	Jump		BA	MS	MP	L	412	20.1	2.6	15	16.9	2.8	1.2275	R		427		1
Robertson & Trent, 1983*	P	Mil (Navy)	N	Grip		BA	MS	MT	U	412	53.7	7.7	16	36.1	4.8	2.3107	R		428		1
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**				**CE**			**412**			**15**			**0.3354**	**S**	**1**	**427**		**1**
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**			**BA**	**CE**			**412**			**15**			**0.3354**	**S**	**1**	**427**		**1**
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**				**MS**			**412**			**16**			**1.7698**	**S**	**2**	**428**		**1**
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**			**BA**	**MS**			**412**			**16**			**1.7698**	**S**	**2**	**428**		**1**
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**				**MS**		**L**	**412**			**15**			**1.2275**	**S**	**1**	**427**		**1**
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**				**MS**		**U**	**412**			**16**			**2.3107**	**S**	**1**	**428**		**1**
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**				**MS**	**MP**		**412**			**15**			**1.2275**	**S**	**1**	**427**		**1**
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**			**BA**	**MS**	**MP**		**412**			**15**			**1.2275**	**S**	**1**	**427**		**1**
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**				**MS**	**MT**		**412**			**16**			**2.3107**	**S**	**1**	**428**		**1**
Robertson & Trent, 1983*	**P**	**Mil (Navy)**	**N**			**BA**	**MS**	**MT**		**412**			**16**			**2.3107**	**S**	**1**	**428**		**1**

Appendix A

Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Savinainen et al., 2004a	J	Municipal	I	VO2		BA	CE			20	33.2	5.6	25	31.6	4.7	0.3127	R		45		1
Savinainen et al., 2004a	J	Municipal	I	VO2		BA	CE			20	34.1	5.3	25	29	4.3	1.0697	R		45		1
Savinainen et al., 2004a	J	Municipal	I	VO2		BA	CE			20	31.7	8.7	25	29.5	4.2	0.3344	R		45		1
Savinainen et al., 2004a	J	Municipal	I	VO2		BA	CE			20	28.8	5.4	25	26.9	5.8	0.3377	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Flex.		BA	MQ	F		20	71.5	13.2	25	74.8	15	-0.2319	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Flex.		BA	MQ	F		20	77.6	144	25	79.4	14.9	-0.0187	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Flex.		BA	MQ	F		20	61.7	15.2	25	62.8	14.7	-0.0737	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Flex.		BA	MQ	F		20	57.3	3	25	53	2.8	1.4878	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Trunk ext.		BA	MS	MT	C	20	727.6	197.4	25	473.8	141.8	1.5050	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Trunk flex.		BA	MS	MT	C	20	678.7	169.2	25	432.1	132.1	1.6480	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Trunk ext.		BA	MS	MT	C	20	584.5	229.3	25	402.6	157.7	0.9442	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Trunk flex.		BA	MS	MT	C	20	500.5	117.1	25	350	116.2	1.2908	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Trunk ext.		BA	MS	MT	C	20	475.5	174.3	25	355	138.2	0.7765	R		45		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Savinainen et al., 2004a	J	Municipal	I	Trunk flex.		BA	MS	MT	C	20	390.4	116.1	25	263.6	111.8	1.1150	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Trunk flex.		BA	MS	MT	C	20	441.5	131.1	25	359.3	111.8	0.6810	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Trunk ext.		BA	MS	MT	C	20	492.6	205.1	25	368.5	133.4	0.7349	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Grip		BA	MS	MT	U	20	101.4	22.2	25	81.8	15.5	1.0449	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Grip		BA	MS	MT	U	20	94.3	18.7	25	81.4	20	0.6637	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Grip		BA	MS	MT	U	20	86.9	17.6	25	81.5	17.6	0.3068	R		45		1
Savinainen et al., 2004a	J	Municipal	I	Grip		BA	MS	MT	U	20	77.5	15.2	25	77.2	16.9	0.0186	R		45		1
Savinainen et al., 2004a	**J**	**Municipal**	**I**				**CE**			**20**			**25**			**0.5136**	**S**	**4**	**45**		**1**
Savinainen et al., 2004a	**J**	**Municipal**	**I**			**BA**	**CE**			**20**			**25**			**0.5136**	**S**	**4**	**45**		**1**
Savinainen et al., 2004a	**J**	**Municipal**	**I**				**MQ**			**20**			**25**			**0.2909**	**S**	**4**	**45**		**1**
Savinainen et al., 2004a	**J**	**Municipal**	**I**				**MQ**	**F**		**20**			**25**			**0.2909**	**S**	**4**	**45**		**1**
Savinainen et al., 2004a	**J**	**Municipal**	**I**				**MS**			**20**			**25**			**0.8941**	**S**	**12**	**45**		**1**
Savinainen et al., 2004a	**J**	**Municipal**	**I**			**BA**	**MS**			**20**			**25**			**0.8941**	**S**	**12**	**45**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Savinainen et al., 2004a	**J**	**Municipal**	**I**				**MS**		**C**	**20**			**25**			**1.0869**	**S**	**8**	**45**		**1**
Savinainen et al., 2004a	**J**	**Municipal**	**I**				**MS**		**U**	**20**			**25**			**0.5085**	**S**	**4**	**45**		**1**
Savinainen et al., 2004a	**J**	**Municipal**	**I**				**MS**	**MT**		**20**			**25**			**0.8941**	**S**	**12**	**45**		**1**
Savinainen et al., 2004a	**J**	**Municipal**	**I**			**BA**	**MS**	**MT**		**20**			**25**			**0.8941**	**S**	**12**	**45**		**1**
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			10	27.6	6.5	8	26.3	8.1	0.1795	R		18		1
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			13	31.2	8	14	28	4.4	0.5011	R		27		1
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			14	32.4	5.7	16	28.3	4.9	0.7756	R		30		1
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			15	31	5.3	15	26.8	4.9	0.8229	R		30		1
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			10	2.3	0.6	8	1.8	0.6	0.8333	R		18		1
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			13	2.6	0.7	14	1.9	0.4	1.2405	R		27		1
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			15	2.5	0.5	13	1.9	0.3	1.4296	R		28		1
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			14	2.6	0.6	16	1.9	0.3	1.5084	R		30		1
Savinainen et al., 2004b	J	Municipal	I	Flex.		BA	MQ	F		33	70.2	14.7	30	73.7	17.7	-0.2161	R		63		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Savinainen et al., 2004b	J	Municipal	I	Flex.		BA	MQ	F		16	62.6	12.2	17	64.9	19	-0.1431	R		33		1
Savinainen et al., 2004b	J	Municipal	I	Flex.		BA	MQ	F		21	75.1	17.2	25	76.4	17.6	-0.0746	R		46		1
Savinainen et al., 2004b	J	Municipal	I	Flex.		BA	MQ	F		13	57.2	2.8	10	54.1	3.2	1.0410	R		23		1
Savinainen et al., 2004b	J	Municipal	I	Trunk str.		BA	MS	MT	C	11	400.4	140.4	13	289	92.5	0.9543	R		24		1
Savinainen et al., 2004b	J	Municipal	I	Trunk ext.		BA	MS	MT	C	11	495.9	193.8	13	339.4	107.9	1.0226	R		24		1
Savinainen et al., 2004b	J	Municipal	I	Trunk ext.		BA	MS	MT	C	11	579.7	193.4	6	398.9	134.7	1.0271	R		17		1
Savinainen et al., 2004b	J	Municipal	I	Trunk flex.		BA	MS	MT	C	11	509.1	95.8	6	377.7	97.3	1.3644	R		17		1
Savinainen et al., 2004b	J	Municipal	I	Trunk ext.		BA	MS	MT	C	18	691.7	201.5	24	408.6	122.4	1.7601	R		42		1
Savinainen et al., 2004b	J	Municipal	I	Trunk ext.		BA	MS	MT	C	33	784.8	215	29	456.5	134.3	1.8053	R		62		1
Savinainen et al., 2004b	J	Municipal	I	Trunk flex.		BA	MS	MT	C	19	575.4	131.8	24	359.8	97.1	1.8971	R		43		1
Savinainen et al., 2004b	J	Municipal	I	Trunk flex.		BA	MS	MT	C	33	714.5	178.8	29	394	127.1	2.0439	R		62		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Savinainen et al., 2004b	J	Municipal	I	Grip		BA	MS	MT	U	13	81.5	14	11	83.7	20.3	-0.1283	R		24		1
Savinainen et al., 2004b	J	Municipal	I	Grip		BA	MS	MT	U	16	89.4	19.4	18	84.9	21.1	0.2214	R		34		1
Savinainen et al., 2004b	J	Municipal	I	Grip		BA	MS	MT	U	21	94.4	23.7	25	83.4	20.1	0.5044	R		46		1
Savinainen et al., 2004b	J	Municipal	I	Grip		BA	MS	MT	U	33	102.7	23.8	30	87.7	15.8	0.7356	R		63		1
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**CE**			**13**			**13**			**0.9543**	**S**	**8**	**26**		**1**
Savinainen et al., 2004b	**J**	**Municipal**	**I**			**BA**	**CE**			**13**			**13**			**0.9543**	**S**	**8**	**26**		**1**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MQ**			**21**			**21**			**0.0132**	**S**	**4**	**41**		**1**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MQ**	**F**		**21**			**21**			**0.0132**	**S**	**4**	**41**		**1**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MS**			**19**			**19**			**1.2145**	**S**	**12**	**38**		**1**
Savinainen et al., 2004b	**J**	**Municipal**	**I**			**BA**	**MS**			**19**			**19**			**1.2145**	**S**	**12**	**38**		**1**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MS**		**C**	**18**			**18**			**1.6572**	**S**	**8**	**36**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MS**		**U**	**21**			**21**			**0.4431**	**S**	**4**	**42**		**1**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MS**	**MT**		**19**			**19**			**1.2145**	**S**	**12**	**38**		**1**
Savinainen et al., 2004b	**J**	**Municipal**	**I**			**BA**	**MS**	**MT**		**19**			**19**			**1.2145**	**S**	**12**	**38**		**1**
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			12	29.2	7.4	11	25.4	4	0.6307	R		23		2
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			12	32.9	4.9	11	27.5	5.3	1.0600	R		23		2
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			12	2.2	0.6	11	1.7	0.2	1.0973	R		23		2
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			12	32.9	4.9	11	27.6	4.6	1.1136	R		23		2
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			5	29.1	2	7	25.2	3.5	1.3036	R		12		2
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			11	2.5	0.5	11	1.9	0.3	1.4552	R		22		2
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			5	2.2	0.5	7	1.6	0.3	1.5289	R		12		2
Savinainen et al., 2004b	J	Municipal	I	VO2		BA	CE			12	2.5	0.5	11	1.8	0.2	1.8074	R		23		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Savinainen et al., 2004b	J	Municipal	I	Flex.		BA	MQ	F		20	75.1	14.4	23	75.9	15	-0.0543	R		43		2
Savinainen et al., 2004b	J	Municipal	I	Flex.		BA	MQ	F		31	71	13.5	28	70.5	13.5	0.0370	R		59		2
Savinainen et al., 2004b	J	Municipal	I	Flex.		BA	MQ	F		14	64.1	14.4	17	61.2	11.3	0.2269	R		31		2
Savinainen et al., 2004b	J	Municipal	I	Flex.		BA	MQ	F		7	57.3	3.6	13	52.3	2.3	1.7850	R		20		2
Savinainen et al., 2004b	J	Municipal	I	Trunk flex.		BA	MS	MT	C	7	347.8	122	10	326.7	125.1	0.1703	R		17		2
Savinainen et al., 2004b	J	Municipal	I	Trunk ext.		BA	MS	MT	C	7	357.6	147.3	10	315.9	131.6	0.3020	R		17		2
Savinainen et al., 2004b	J	Municipal	I	Trunk flex.		BA	MS	MT	C	13	335	141.6	12	280.4	119.5	0.4152	R		25		2
Savinainen et al., 2004b	J	Municipal	I	Trunk flex.		BA	MS	MT	C	14	426.7	133.1	12	348.3	163.5	0.5304	R		26		2
Savinainen et al., 2004b	J	Municipal	I	Trunk ext.		BA	MS	MT	C	20	452.4	206.1	23	322.2	127.1	0.7732	R		43		2
Savinainen et al., 2004b	J	Municipal	I	Trunk flex.		BA	MS	MT	C	20	456.2	122.9	23	321.9	116.3	1.1248	R		43		2
Savinainen et al., 2004b	J	Municipal	I	Trunk flex.		BA	MS	MT	C	28	643	145.4	28	371.2	139.7	1.9063	R		56		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Savinainen et al., 2004b	J	Municipal	I	Trunk ext.		BA	MS	MT	C	28	665	158.1	28	355.1	139.2	2.0806	R		56		2
Savinainen et al., 2004b	J	Municipal	I	Grip		BA	MS	MT	U	15	75.5	13.7	17	78.3	18.2	-0.1722	R		32		2
Savinainen et al., 2004b	J	Municipal	I	Grip		BA	MS	MT	U	7	70	15.5	13	71.5	12.3	-0.1115	R		20		2
Savinainen et al., 2004b	J	Municipal	I	Grip		BA	MS	MT	U	20	82.5	14.1	23	77.2	18.3	0.3215	R		43		2
Savinainen et al., 2004b	J	Municipal	I	Grip		BA	MS	MT	U	31	90	17.8	28	83	22.1	0.3508	R		59		2
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**CE**			**10**			**10**			**1.2255**	**S**	**8**	**20**		**2**
Savinainen et al., 2004b	**J**	**Municipal**	**I**			**BA**	**CE**			**10**			**10**			**1.2255**	**S**	**8**	**20**		**2**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MQ**			**18**			**20**			**0.2783**	**S**	**4**	**38**		**2**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MQ**	**F**		**18**			**20**			**0.2783**	**S**	**4**	**38**		**2**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MS**			**18**			**19**			**0.8326**	**S**	**12**	**36**		**2**
Savinainen et al., 2004b	**J**	**Municipal**	**I**			**BA**	**MS**			**18**			**19**			**0.8326**	**S**	**12**	**36**		**2**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MS**		**C**	**17**			**18**			**1.1911**	**S**	**8**	**35**		**2**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MS**		**U**	**18**			**20**			**0.1739**	**S**	**4**	**39**		**2**
Savinainen et al., 2004b	**J**	**Municipal**	**I**				**MS**	**MT**		**18**			**19**			**0.8326**	**S**	**12**	**36**		**2**
Savinainen et al., 2004b	**J**	**Municipal**	**I**			**BA**	**MS**	**MT**		**18**			**19**			**0.8326**	**S**	**12**	**36**		**2**
Sell, 2006	D	Firefighter	I	1.5 mi. run		BA	CE			77	34.07	5.3	4	34.53	3.43	-0.0878	R		81		1
Sell, 2006	D	Firefighter	I	Sit-reach		BA	MQ	F		77	24.64	8.07	4	26.88	6.16	-0.2798	R		81		1
Sell, 2006	D	Firefighter	I	Situps		BA	MS	ME	C	77	51.7	20.5	4	49.5	9.29	0.1090	R		81		1
Sell, 2006	D	Firefighter	I	Pushups		BA	MS	ME	U	77	31.65	13.18	4	22.5	2.08	0.7075	R		81		1
Sell, 2006	D	Firefighter	I	Jump		BA	MS	MP	L	77	19.92	3.57	4	16.13	2.84	1.0691	R		81		1
Sell, 2006	D	Firefighter	I	Bench press		BA	MS	MT	U	77	0.84	0.19	4	0.59	0.06	1.3389	R		81		1
Sell, 2006	D	Firefighter	I	Grip		BA	MS	MT	U	77	62.29	9.44	4	41.75	5.2	2.2052	R		81		1
Sell, 2006	**D**	**Firefighter**	**I**				**CE**			**77**			**4**			**-0.0878**	**S**	**1**	**81**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sell, 2006	**D**	**Firefighter**	**I**			**BA**	**CE**			**77**			**4**			**-0.0878**	**S**	**1**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**				**MQ**			**77**			**4**			**-0.2798**	**S**	**1**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**				**MQ**	**F**		**77**			**4**			**-0.2798**	**S**	**1**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**				**MS**			**77**			**4**			**1.0859**	**S**	**5**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**			**BA**	**MS**			**77**			**4**			**1.0859**	**S**	**5**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**				**MS**		**C**	**77**			**4**			**0.1090**	**S**	**1**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**				**MS**		**L**	**77**			**4**			**1.0691**	**S**	**1**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**				**MS**		**U**	**77**			**4**			**1.4172**	**S**	**3**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**				**MS**	**ME**		**77**			**4**			**0.4082**	**S**	**2**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**			**BA**	**MS**	**ME**		**77**			**4**			**0.4082**	**S**	**2**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**				**MS**	**MP**		**77**			**4**			**1.0691**	**S**	**1**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**			**BA**	**MS**	**MP**		**77**			**4**			**1.0691**	**S**	**1**	**81**		**1**
Sell, 2006	**D**	**Firefighter**	**I**				**MS**	**MT**		**77**			**4**			**1.7720**	**S**	**2**	**81**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sell, 2006	**D**	**Firefighter**	**I**			**BA**	**MS**	**MT**		**77**			**4**			**1.7720**	**S**	**2**	**81**		**1**
Sharp & Vogel, 1992	C	Mil	I	Lift		BA	MS	MT	U	1078	61	13.6	302	30.7	6.8	2.4364	R		1380		1
Sharp & Vogel, 1992	**C**	**Mil**	**I**				**MS**			**1078**			**302**			**2.4364**	**S**	**1**	**1380**		**1**
Sharp & Vogel, 1992	**C**	**Mil**	**I**			**BA**	**MS**			**1078**			**302**			**2.4364**	**S**	**1**	**1380**		**1**
Sharp & Vogel, 1992	**C**	**Mil**	**I**				**MS**		**U**	**1078**			**302**			**2.4364**	**S**	**1**	**1380**		**1**
Sharp & Vogel, 1992	**C**	**Mil**	**I**				**MS**	**MT**		**1078**			**302**			**2.4364**	**S**	**1**	**1380**		**1**
Sharp & Vogel, 1992	**C**	**Mil**	**I**			**BA**	**MS**	**MT**		**1078**			**302**			**2.4364**	**S**	**1**	**1380**		**1**
Sharp & Vogel, 1992	C	Mil	I	Lift		BA	MS	MT	U	972	60.6	10.7	988	29.5	5.4	3.6786	R		1960		2
Sharp & Vogel, 1992	C	Mil	I	Lift		BA	MS	MT	U	476	65.8	10.8	495	34.6	5.8	3.6190	R		971		2
Sharp & Vogel, 1992	**C**	**Mil**	**I**				**MS**			**724**			**742**			**3.6588**	**S**	**2**	**1466**		**2**
Sharp & Vogel, 1992	**C**	**Mil**	**I**			**BA**	**MS**			**724**			**742**			**3.6588**	**S**	**2**	**1466**		**2**
Sharp & Vogel, 1992	**C**	**Mil**	**I**				**MS**		**U**	**724**			**742**			**3.6588**	**S**	**2**	**1466**		**2**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sharp & Vogel, 1992	**C**	**Mil**	**I**				**MS**	**MT**		**724**			**742**			**3.6588**	**S**	**2**	**1466**		**2**
Sharp & Vogel, 1992	**C**	**Mil**	**I**			**BA**	**MS**	**MT**		**724**			**742**			**3.6588**	**S**	**2**	**1466**		**2**
Sharp et al., 1980	T	Mil (Army)	I	Dist. run		BA	CE			22	3.57	0.329	20	2.13	0.284	4.6686	R		42	T1	1
Sharp et al., 1980	T	Mil (Army)	I	Dist. run		BA	CE			24	3.725	0.233	24	2.298	0.284	5.4900	R		48	T2	1
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**CE**			**23**			**22**			**5.1067**	**S**	**2**	**45**	**T**	**1**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**23**			**22**			**5.1067**	**S**	**2**	**45**	**T**	**1**
Sharp et al., 1980	T	Mil (Army)	I	Dist. run		BA	CE			20	3.56	0.474	24	2.1	0.279	3.8439	R		44	T1	2
Sharp et al., 1980	T	Mil (Army)	I	Dist. run		BA	CE			24	3.609	0.478	24	2.346	0.251	3.3100	R		48	T2	2
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**CE**			**22**			**24**			**3.5653**	**S**	**2**	**46**	**T**	**2**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**22**			**24**			**3.5653**	**S**	**2**	**46**	**T**	**2**
Sharp et al., 1980	T	Mil (Army)	I	Lift/carry		JS	MS	ME	T	91	57.1	10.9	19	32.7	5.46	2.3929	R		110		3
Sharp et al., 1980	T	Mil (Army)	I	Trunk ext.		BA	MS	MT	C	91	80.8	15.5	19	53	10.9	1.8742	R		110		3
Sharp et al., 1980	T	Mil (Army)	I	Leg ext.		BA	MS	MT	L	91	161	49.7	19	96.9	19.8	1.3909	R		110		3

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sharp et al., 1980	T	Mil (Army)	I	Up. pull		BA	MS	MT	T	91	60.6	14	19	39.5	9.45	1.5805	R		110		3
Sharp et al., 1980	T	Mil (Army)	I	Up. pull		BA	MS	MT	T	91	139	21.4	19	84	18.6	2.6241	R		110		3
Sharp et al., 1980	T	Mil (Army)	I	Grip		BA	MS	MT	U	91	54.6	7.73	19	35.3	7.55	2.5064	R		110		3
Sharp et al., 1980	T	Mil (Army)	I	Up. Torso		BA	MS	MT	U	91	108	16.4	19	60.9	16.8	2.8602	R		110		3
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**			**91**			**19**			**2.1756**	**S**	**7**	**110**		**3**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**91**			**19**			**2.1394**	**S**	**6**	**110**		**3**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**JS**	**MS**			**91**			**19**			**2.3929**	**S**	**1**	**110**		**3**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**		**C**	**91**			**19**			**1.8742**	**S**	**1**	**110**		**3**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**		**L**	**91**			**19**			**1.3909**	**S**	**1**	**110**		**3**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**		**T**	**91**			**19**			**2.1992**	**S**	**3**	**110**		**3**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**		**U**	**91**			**19**			**2.6833**	**S**	**2**	**110**		**3**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**91**			**19**			**2.3929**	**S**	**1**	**110**		**3**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**JS**	**MS**	**ME**		**91**			**19**			**2.3929**	**S**	**1**	**110**		**3**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**	**MT**		**91**			**19**			**2.1394**	**S**	**6**	**110**		**3**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**91**			**19**			**2.1394**	**S**	**6**	**110**		**3**
Sharp et al., 1980	T	Mil (Army)	I	Lift/carry		JS	MS	ME	T	90	57.6	9.37	22	32.4	5.65	2.8694	R		112		4
Sharp et al., 1980	T	Mil (Army)	I	Trunk ext.		BA	MS	MT	C	90	79.5	17	22	53	12.1	1.6379	R		112		4
Sharp et al., 1980	T	Mil (Army)	I	Leg ext.		BA	MS	MT	L	90	173	40.9	22	120	33	1.3413	R		112		4
Sharp et al., 1980	T	Mil (Army)	I	Up. pull		BA	MS	MT	T	90	59.6	14.8	22	40.3	10.7	1.3679	R		112		4
Sharp et al., 1980	T	Mil (Army)	I	Up. pull		BA	MS	MT	T	90	140	26.2	22	89	18	2.0528	R		112		4
Sharp et al., 1980	T	Mil (Army)	I	Grip		BA	MS	MT	U	90	54.7	9.05	22	34.8	5.95	2.3287	R		112		4
Sharp et al., 1980	T	Mil (Army)	I	Up. Torso		BA	MS	MT	U	90	108	15.5	22	60.7	9.93	3.2394	R		112		4
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**			**90**			**22**			**2.1196**	**S**	**7**	**112**		**4**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**90**			**22**			**1.9946**	**S**	**6**	**112**		**4**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**JS**	**MS**			**90**			**22**			**2.8694**	**S**	**1**	**112**		**4**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**		**C**	**90**			**22**			**1.6379**	**S**	**1**	**112**		**4**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**		**L**	**90**			**22**			**1.3413**	**S**	**1**	**112**		**4**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**		**T**	**90**			**22**			**2.0967**	**S**	**3**	**112**		**4**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**		**U**	**90**			**22**			**2.7840**	**S**	**2**	**112**		**4**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**90**			**22**			**2.8694**	**S**	**1**	**112**		**4**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**JS**	**MS**	**ME**		**90**			**22**			**2.8694**	**S**	**1**	**112**		**4**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**				**MS**	**MT**		**90**			**22**			**1.9946**	**S**	**6**	**112**		**4**
Sharp et al., 1980	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**90**			**22**			**1.9946**	**S**	**6**	**112**		**4**
Sharp et al., 1993	T	Mil (Army)	I	Lift st.		BA	MS	MT	T	23	144.6	32	17	87.6	18.2	2.1063	R		40		1
Sharp et al., 1993	T	Mil (Army)	I	Dead lift	0.98[a]	BA	MS	MT	T	23	137	22.1	17	84.7	14.2	2.7276	R		40		1
Sharp et al., 1993	T	Mil (Army)	I	Max. lift		BA	MS	MT	T	23	79.4	13.4	17	39.8	6.6	3.5809	R		40		1
Sharp et al., 1993	**T**	**Mil (Army)**	**I**				**MS**			**23**			**17**			**2.8049**	**S**	**3**	**40**		**1**
Sharp et al., 1993	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**23**			**17**			**2.8049**	**S**	**3**	**40**		**1**
Sharp et al., 1993	**T**	**Mil (Army)**	**I**				**MS**		**T**	**23**			**17**			**2.8049**	**S**	**3**	**40**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sharp et al., 1993	**T**	**Mil (Army)**	**I**				**MS**	**MT**		**23**			**17**			**2.8049**	**S**	**3**	**40**		**1**
Sharp et al., 1993	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**23**			**17**			**2.8049**	**S**	**3**	**40**		**1**
Sharp et al., 1995	P	Mil	I	Box lift/carry		JS	MS	MT	T	12	67.9	11.5	9	35.6	6.4	3.3348	R		21		1
Sharp et al., 1995	**P**	**Mil**	**I**				**MS**			**12**			**9**			**3.3348**	**S**	**1**	**21**		**1**
Sharp et al., 1995	**P**	**Mil**	**I**			**JS**	**MS**			**12**			**9**			**3.3348**	**S**	**1**	**21**		**1**
Sharp et al., 1995	**P**	**Mil**	**I**				**MS**		**T**	**12**			**9**			**3.3348**	**S**	**1**	**21**		**1**
Sharp et al., 1995	**P**	**Mil**	**I**				**MS**	**MT**		**12**			**9**			**3.3348**	**S**	**1**	**21**		**1**
Sharp et al., 1995	**P**	**Mil**	**I**			**JS**	**MS**	**MT**		**12**			**9**			**3.3348**	**S**	**1**	**21**		**1**
Sharp et al., 1999	P	Mil	I	Lift		BA	MS	MT	T	169	76.7	15.8	153	40.1	10.4	2.7097	R		322		1
Sharp et al., 1999	**P**	**Mil**	**I**				**MS**			**169**			**153**			**2.7097**	**S**	**1**	**322**		**1**
Sharp et al., 1999	**P**	**Mil**	**I**			**BA**	**MS**			**169**			**153**			**2.7097**	**S**	**1**	**322**		**1**
Sharp et al., 1999	**P**	**Mil**	**I**				**MS**		**T**	**169**			**153**			**2.7097**	**S**	**1**	**322**		**1**
Sharp et al., 1999	**P**	**Mil**	**I**				**MS**	**MT**		**169**			**153**			**2.7097**	**S**	**1**	**322**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sharp et al., 1999	**P**	**Mil**	**I**			**BA**	**MS**	**MT**		**169**			**153**			**2.7097**	**S**	**1**	**322**		**1**
Sharp et al., 2000	T	Mil (Army)	I	VO2 max		BA	CE			91	50.6	6.3	80	39.7	5.2	1.8755	R		171	T1	1
Sharp et al., 2000	T	Mil (Army)	I	VO2 max		BA	CE			91	52.5	5.6	80	42.2	4.8	1.9652	R		171	T2	1
Sharp et al., 2000	T	Mil (Army)	I	Lower str.		BA	MS	MT	L	85	160.5	42.6	88	96.7	24.7	1.8403	R		173	T1	1
Sharp et al., 2000	T	Mil (Army)	I	Lower str.		BA	MS	MT	L	85	162.3	39.9	88	103.3	25.6	1.7665	R		173	T2	1
Sharp et al., 2000	T	Mil (Army)	I	Up. pull		BA	MS	MT	T	99	133.3	23.6	99	81.7	19.4	2.3886	R		198	T1	1
Sharp et al., 2000	T	Mil (Army)	I	Up. pull		BA	MS	MT	T	99	133.2	22	99	85.3	16.69	2.4531	R		198	T2	1
Sharp et al., 2000	T	Mil (Army)	I	Dyn. lift		BA	MS	MT	U	99	76.5	14.8	99	40.7	10.6	2.7811	R		198	T1	1
Sharp et al., 2000	T	Mil (Army)	I	Up. str.		BA	MS	MT	U	98	113.7	17.3	99	65.6	11.4	3.2866	R		197	T1	1
Sharp et al., 2000	T	Mil (Army)	I	Dyn. lift		BA	MS	MT	U	99	73.2	13.6	99	42.1	9.6	2.6421	R		198	T2	1
Sharp et al., 2000	T	Mil (Army)	I	Up. str.		BA	MS	MT	U	98	113.7	16.2	99	67.3	11.3	3.3252	R		197	T2	1
Sharp et al., 2000	**T**	**Mil (Army)**	**I**				**CE**			**91**			**80**			**1.9203**	**S**	**2**	**171**	**T**	**1**
Sharp et al., 2000	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**91**			**80**			**1.9203**	**S**	**2**	**171**	**T**	**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sharp et al., 2000	**T**	**Mil (Army)**	**I**				**MS**			**95**			**96**			**2.5842**	**S**	**8**	**192**	**T**	**1**
Sharp et al., 2000	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**95**			**96**			**2.5842**	**S**	**8**	**192**	**T**	**1**
Sharp et al., 2000	**T**	**Mil (Army)**	**I**				**MS**		**L**	**85**			**88**			**1.8034**	**S**	**2**	**173**	**T**	**1**
Sharp et al., 2000	**T**	**Mil (Army)**	**I**				**MS**		**T**	**99**			**99**			**2.4209**	**S**	**2**	**198**	**T**	**1**
Sharp et al., 2000	**T**	**Mil (Army)**	**I**				**MS**		**U**	**99**			**99**			**3.0080**	**S**	**4**	**198**	**T**	**1**
Sharp et al., 2000	**T**	**Mil (Army)**	**I**				**MS**	**MT**		**95**			**96**			**2.5842**	**S**	**8**	**192**	**T**	**1**
Sharp et al., 2000	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**95**			**96**			**2.5842**	**S**	**8**	**192**	**T**	**1**
Sharp et al., 2002	J	Mil (Army)	I	Up. pull		BA	MS	MT	T	977	1224	208	1002	756	132	2.6939	R		1979		1
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**			**977**			**1002**			**2.6939**	**S**	**1**	**1979**		**1**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**977**			**1002**			**2.6939**	**S**	**1**	**1979**		**1**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**		**T**	**977**			**1002**			**2.6939**	**S**	**1**	**1979**		**1**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**	**MT**		**977**			**1002**			**2.6939**	**S**	**1**	**1979**		**1**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**977**			**1002**			**2.6939**	**S**	**1**	**1979**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sharp et al., 2002	J	Mil (Army)	I	VO2 max	0.95[a]	BA	CE			122	3.53	0.47	122	2.13	0.28	3.6190	R		244		2
Sharp et al., 2002	J	Mil (Army)	I	Lower str.		BA	MS	MT	L	947	1395	370	495	897	287	1.4486	R		1442		2
Sharp et al., 2002	J	Mil (Army)	I	Upper str.		BA	MS	MT	U	923	954	183	493	539	110	2.5714	R		1416		2
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**CE**			**122**			**122**			**3.6190**	**S**	**1**	**244**		**2**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**122**			**122**			**3.6190**	**S**	**1**	**244**		**2**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**			**935**			**494**			**2.0049**	**S**	**2**	**1429**		**2**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**935**			**494**			**2.0049**	**S**	**2**	**1429**		**2**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**		**L**	**947**			**495**			**1.4486**	**S**	**1**	**1442**		**2**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**		**U**	**923**			**493**			**2.5714**	**S**	**1**	**1416**		**2**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**	**MT**		**935**			**494**			**2.0049**	**S**	**2**	**1429**		**2**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**935**			**494**			**2.0049**	**S**	**2**	**1429**		**2**
Sharp et al., 2002	J	Mil (Army)	I	VO2 max	0.98[a]	BA	CE			171	3.92	0.54	155	2.45	0.42	3.0205	R		326		3
Sharp et al., 2002	J	Mil (Army)	I	Lower str.		BA	MS	MT	L	148	1556	417	148	953	243	1.7669	R		296		3

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sharp et al., 2002	J	Mil (Army)	I	Up. pull		BA	MS	MT	U	182	1309	243	166	803	167	2.4071	R		348		3
Sharp et al., 2002	J	Mil (Army)	I	Upper str.		BA	MS	MT	U	182	1111	170	166	637	110	3.2796	R		348		3
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**CE**			**171**			**155**			**3.0205**	**S**	**1**	**326**		**3**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**171**			**155**			**3.0205**	**S**	**1**	**326**		**3**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**			**171**			**160**			**2.5222**	**S**	**3**	**331**		**3**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**171**			**160**			**2.5222**	**S**	**3**	**331**		**3**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**		**L**	**148**			**148**			**1.7669**	**S**	**1**	**296**		**3**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**		**U**	**182**			**166**			**2.8434**	**S**	**2**	**348**		**3**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**				**MS**	**MT**		**171**			**160**			**2.5222**	**S**	**3**	**331**		**3**
Sharp et al., 2002	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**171**			**160**			**2.5222**	**S**	**3**	**331**		**3**
Sheaff, 2009	D	Firefighter	I	VO2 max		BA	CE			26	40.9	8.65	7	43.6	3.6	-0.3406	R		33		1
Sheaff, 2009	D	Firefighter	I	CPAT		JS	CE			26	575	82	7	665	100	1.0492	R		33		1
Sheaff, 2009	D	Firefighter	I	Knee ext.		BA	MS	ME	L	26	259	43	7	175	54	1.8528	R		33		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sheaff, 2009	D	Firefighter	I	Knee ext.		BA	MS	ME	L	26	268	48	7	175	44	1.9682	R		33		1
Sheaff, 2009	D	Firefighter	I	Leg press		BA	MS	ME	L	26	727	108	7	459	91	2.5542	R		33		1
Sheaff, 2009	D	Firefighter	I	Bench press		BA	MS	ME	U	26	195	38	7	110	16	2.4395	R		33		1
Sheaff, 2009	D	Firefighter	I	Cycle power		BA	MS	MP	L	26	9.4	1.4	7	8.3	1.6	0.7634	R		33		1
Sheaff, 2009	D	Firefighter	I	Cycle power		BA	MS	MP	L	26	182	30	7	150	21	1.1236	R		33		1
Sheaff, 2009	D	Firefighter	I	Cycle power		BA	MS	MP	L	26	841	147	7	563	155	1.8710	R		33		1
Sheaff, 2009	D	Firefighter	I	Cycle power		BA	MS	MP	L	26	16032	2828	7	10277	2831	2.0346	R		33		1
Sheaff, 2009	D	Firefighter	I	Knee ext.		BA	MS	MT	L	26	814	166	7	488	147	2.0062	R		33		1
Sheaff, 2009	D	Firefighter	I	Knee ext.		BA	MS	MT	L	26	852	163	7	500	170	2.1414	R		33		1
Sheaff, 2009	**D**	**Firefighter**	**I**				**CE**			**26**			**7**			**0.3543**	**S**	**2**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**			**BA**	**CE**			**26**			**7**			**-0.3406**	**S**	**1**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**			**JS**	**CE**			**26**			**7**			**1.0492**	**S**	**1**	**33**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sheaff, 2009	**D**	**Firefighter**	**I**				**MS**			**26**			**7**			**1.8755**	**S**	**10**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**			**BA**	**MS**			**26**			**7**			**1.8755**	**S**	**10**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**				**MS**		**L**	**26**			**7**			**1.8128**	**S**	**9**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**				**MS**		**U**	**26**			**7**			**2.4395**	**S**	**1**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**				**MS**	**ME**		**26**			**7**			**2.2037**	**S**	**4**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**			**BA**	**MS**	**ME**		**26**			**7**			**2.2037**	**S**	**4**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**				**MS**	**MP**		**26**			**7**			**1.4481**	**S**	**4**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**			**BA**	**MS**	**MP**		**26**			**7**			**1.4481**	**S**	**4**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**				**MS**	**MT**		**26**			**7**			**2.0738**	**S**	**2**	**33**		**1**
Sheaff, 2009	**D**	**Firefighter**	**I**			**BA**	**MS**	**MT**		**26**			**7**			**2.0738**	**S**	**2**	**33**		**1**
Snook & Ciriello, 1974	J	Industrial	I	Grip		BA	MS	MT	U	28	52.9	9.2	15	32.6	6.6	2.4158	R		43		1
Snook & Ciriello, 1974	J	Industrial	I	Grip		BA	MS	MT	U	28	50.7	8.2	15	29.9	8.6	2.4944	R		43		1
Snook & Ciriello, 1974	**J**	**Industrial**	**I**				**MS**			**28**			**15**			**2.4551**	**S**	**2**	**43**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Snook & Ciriello, 1974	**J**	**Industrial**	**I**			**BA**	**MS**			**28**			**15**			**2.4551**	**S**	**2**	**43**		**1**
Snook & Ciriello, 1974	**J**	**Industrial**	**I**				**MS**		**U**	**28**			**15**			**2.4551**	**S**	**2**	**43**		**1**
Snook & Ciriello, 1974	**J**	**Industrial**	**I**				**MS**	**MT**		**28**			**15**			**2.4551**	**S**	**2**	**43**		**1**
Snook & Ciriello, 1974	**J**	**Industrial**	**I**			**BA**	**MS**	**MT**		**28**			**15**			**2.4551**	**S**	**2**	**43**		**1**
Sothmann et al., 2004	J	Firefighter	I	Hose drag		JS	MS	ME	T	138	95	13	15	110	20	1.0870	R		153		1
Sothmann et al., 2004	J	Firefighter	I	Dummy drag		JS	MS	ME	T	138	56	8	15	65	9	1.1114	R		153		1
Sothmann et al., 2004	J	Firefighter	I	Arm endur.		BA	MS	ME	U	138	225	34	15	186	30	1.1590	R		153		1
Sothmann et al., 2004	J	Firefighter	I	Arm lift		BA	MS	MT	U	138	44	7.3	15	28	5	2.2478	R		153		1
Sothmann et al., 2004	**J**	**Firefighter**	**I**				**MS**			**138**			**15**			**1.4013**	**S**	**4**	**153**		**1**
Sothmann et al., 2004	**J**	**Firefighter**	**I**			**BA**	**MS**			**138**			**15**			**1.7034**	**S**	**2**	**153**		**1**
Sothmann et al., 2004	**J**	**Firefighter**	**I**			**JS**	**MS**			**138**			**15**			**1.0992**	**S**	**2**	**153**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Sothmann et al., 2004	**J**	**Firefighter**	**I**				**MS**		**T**	**138**			**15**			**1.0992**	**S**	**2**	**153**		**1**
Sothmann et al., 2004	**J**	**Firefighter**	**I**				**MS**		**U**	**138**			**15**			**1.7034**	**S**	**2**	**153**		**1**
Sothmann et al., 2004	**J**	**Firefighter**	**I**				**MS**	**ME**		**138**			**15**			**1.1191**	**S**	**3**	**153**		**1**
Sothmann et al., 2004	**J**	**Firefighter**	**I**			**BA**	**MS**	**ME**		**138**			**15**			**1.1590**	**S**	**1**	**153**		**1**
Sothmann et al., 2004	**J**	**Firefighter**	**I**			**JS**	**MS**	**ME**		**138**			**15**			**1.0992**	**S**	**2**	**153**		**1**
Sothmann et al., 2004	**J**	**Firefighter**	**I**				**MS**	**MT**		**138**			**15**			**2.2478**	**S**	**1**	**153**		**1**
Sothmann et al., 2004	**J**	**Firefighter**	**I**			**BA**	**MS**	**MT**		**138**			**15**			**2.2478**	**S**	**1**	**153**		**1**
Stone et al., 2005	J	Olym. Wtlifters	I	Force		JS	MS	MP	T	9	64.6	6.5	7	64	9.8	0.0742	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Force		JS	MS	MP	T	9	54	51	7	49.8	9.5	0.1076	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Clean/jerk		JS	MS	MP	T	9	2.19	0.22	7	2.04	0.13	0.8029	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Force		JS	MS	MP	T	9	241.6	25.8	7	202.5	35.5	1.2888	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Snatch		JS	MS	MP	T	9	1.84	0.15	7	1.67	0.1	1.2984	R		16		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Stone et al., 2005	J	Olym. Wtlifters	I	Force		JS	MS	MP	T	9	1603	282	7	1267	220	1.3060	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Clean/jerk		JS	MS	MP	T	9	1.86	0.17	7	1.59	0.13	1.7517	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Snatch		JS	MS	MP	T	9	1.57	0.18	7	1.3	0.11	1.7538	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Force		JS	MS	MP	T	9	5127	1056	7	3510	587	1.8252	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Clean/jerk		JS	MS	MP	T	9	55.5	10.2	7	40.4	4	1.8544	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Force		JS	MS	MP	T	9	5746	774	7	3924	702	2.4489	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Clean/jerk		JS	MS	MP	T	9	176.9	33.6	7	111.8	8.6	2.5023	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Clean/jerk		JS	MS	MP	T	9	8.34	0.87	7	6.47	0.41	2.6326	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Snatch		JS	MS	MP	T	9	46.1	4.7	7	32.9	2.2	3.4432	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Clean/jerk		JS	MS	MP	T	9	198.1	23.5	7	124.6	7.3	3.9955	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Snatch		JS	MS	MP	T	9	146.9	16.9	7	91.4	6.9	4.0959	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Snatch		JS	MS	MP	T	9	7	0.4	7	5.3	0.33	4.5746	R		16		1
Stone et al., 2005	J	Olym. Wtlifters	I	Snatch		JS	MS	MP	T	9	165.8	8.6	7	102	5.8	8.4743	R		16		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Stone et al., 2005	**J**	**Olym. Wtlifters**	**I**				**MS**			**9**			**7**			**2.4572**	**S**	**18**	**16**		**1**
Stone et al., 2005	**J**	**Olym. Wtlifters**	**I**			**JS**	**MS**			**9**			**7**			**2.4572**	**S**	**18**	**16**		**1**
Stone et al., 2005	**J**	**Olym. Wtlifters**	**I**				**MS**		**T**	**9**			**7**			**2.4572**	**S**	**18**	**16**		**1**
Stone et al., 2005	**J**	**Olym. Wtlifters**	**I**				**MS**	**MP**		**9**			**7**			**2.4572**	**S**	**18**	**16**		**1**
Stone et al., 2005	**J**	**Olym. Wtlifters**	**I**			**JS**	**MS**	**MP**		**9**			**7**			**2.4572**	**S**	**18**	**16**		**1**
Taha & Nazaruddin, 2005	J	Industrial	I	Grip		BA	MS	MT	U	72	21.13	1.43	42	12.23	2.79	4.3710	R		114		1
Taha & Nazaruddin, 2005	**J**	**Industrial**	**I**				**MS**			**72**			**42**			**4.3710**	**S**	**1**	**114**		**1**
Taha & Nazaruddin, 2005	**J**	**Industrial**	**I**			**BA**	**MS**			**72**			**42**			**4.3710**	**S**	**1**	**114**		**1**
Taha & Nazaruddin, 2005	**J**	**Industrial**	**I**				**MS**		**U**	**72**			**42**			**4.3710**	**S**	**1**	**114**		**1**
Taha & Nazaruddin, 2005	**J**	**Industrial**	**I**				**MS**	**MT**		**72**			**42**			**4.3710**	**S**	**1**	**114**		**1**
Taha & Nazaruddin, 2005	**J**	**Industrial**	**I**			**BA**	**MS**	**MT**		**72**			**42**			**4.3710**	**S**	**1**	**114**		**1**
Takken et al., 2009	J	Police	I	VO2Max		BA	CE			16	44.6	6	4	35.1	8.2	1.4799	R		20		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Takken et al., 2009	**J**	**Police**	**I**				**CE**			**16**			**4**			**1.4799**	**S**	**1**	**20**		**1**
Takken et al., 2009	**J**	**Police**	**I**			**BA**	**CE**			**16**			**4**			**1.4799**	**S**	**1**	**20**		**1**
Tipton et al., 2002	T	Lifeguard	I	Shuttle run		BA	CE			13	11	2	6	8	2	1.5000	R		19		1
Tipton et al., 2002	T	Lifeguard	I	VO2 max		BA	CE			13	49	7	6	40	7	1.2857	R		19		1
Tipton et al., 2002	T	Lifeguard	I	Pushups		BA	MS	ME	U	13	48	11	6	21	9	2.5833	R		19		1
Tipton et al., 2002	**T**	**Lifeguard**	**I**				**CE**			**13**			**6**			**1.3929**	**S**	**2**	**19**		**1**
Tipton et al., 2002	**T**	**Lifeguard**	**I**			**BA**	**CE**			**13**			**6**			**1.3929**	**S**	**2**	**19**		**1**
Tipton et al., 2002	**T**	**Lifeguard**	**I**				**MS**			**13**			**6**			**2.5833**	**S**	**1**	**19**		**1**
Tipton et al., 2002	**T**	**Lifeguard**	**I**			**BA**	**MS**			**13**			**6**			**2.5833**	**S**	**1**	**19**		**1**
Tipton et al., 2002	**T**	**Lifeguard**	**I**				**MS**		**U**	**13**			**6**			**2.5833**	**S**	**1**	**19**		**1**
Tipton et al., 2002	**T**	**Lifeguard**	**I**				**MS**	**ME**		**13**			**6**			**2.5833**	**S**	**1**	**19**		**1**
Tipton et al., 2002	**T**	**Lifeguard**	**I**			**BA**	**MS**	**ME**		**13**			**6**			**2.5833**	**S**	**1**	**19**		**1**
Tiwari et al., 2010	J	Ag	I	Push		BA	MS	MT	U	604	253.8	52.8	316	183.1	35.6	1.4852	R		920		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Tiwari et al., 2010	J	Ag	I	Pull		BA	MS	MT	U	604	234.2	43	316	185.1	30.8	1.2512	R		920		1
Tiwari et al., 2010	**J**	**Ag**	**I**				**MS**			**604**			**316**			**1.3682**	**S**	**2**	**920**		**1**
Tiwari et al., 2010	**J**	**Ag**	**I**			**BA**	**MS**			**604**			**316**			**1.3682**	**S**	**2**	**920**		**1**
Tiwari et al., 2010	**J**	**Ag**	**I**				**MS**		**U**	**604**			**316**			**1.3682**	**S**	**2**	**920**		**1**
Tiwari et al., 2010	**J**	**Ag**	**I**				**MS**	**MT**		**604**			**316**			**1.3682**	**S**	**2**	**920**		**1**
Tiwari et al., 2010	**J**	**Ag**	**I**			**BA**	**MS**	**MT**		**604**			**316**			**1.3682**	**S**	**2**	**920**		**1**
Turner et al., 2010	J	Firefighter	I	VO2Max		BA	CE			25	2	0.25	24	1.81	0.22	0.8058	R		49		1
Turner et al., 2010	J	Firefighter	I	VO2Max		BA	CE			25	2.08	0.24	24	1.84	0.25	0.9798	R		49		1
Turner et al., 2010	J	Firefighter	I	VO2Max		BA	CE			25	2.08	0.28	24	1.82	0.24	0.9954	R		49		1
Turner et al., 2010	J	Firefighter	I	VO2Max		BA	CE			25	2.15	0.27	24	1.88	0.19	1.1524	R		49		1
Turner et al., 2010	**J**	**Firefighter**	**I**				**CE**			**25**			**24**			**0.9834**	**S**	**4**	**49**		**1**
Turner et al., 2010	**J**	**Firefighter**	**I**			**BA**	**CE**			**25**			**24**			**0.9834**	**S**	**4**	**49**		**1**
Van Der Beek et al., 2000	J	Postal	I	VO2		BA	CE			4	2.77	0.55	8	2.235	0.19	1.5707	R		12		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Van Der Beek et al., 2000	J	Postal	I	Push cart		JS	MS		T	4	505.3	84	8	298.35	71.7	2.7374	R		12		1
Van Der Beek et al., 2000	J	Postal	I	Pull cart		JS	MS		T	4	331.3	78.6	8	259.55	36.15	1.3637	R		12		1
Van Der Beek et al., 2000	J	Postal	I	Push force		JS	MS		T	4	62.4	5.2	8	52.45	3	2.6210	R		12		1
Van Der Beek et al., 2000	J	Postal	I	Pull force		JS	MS		T	4	53.2	4.5	8	47.5	4.8	1.2097	R		12		1
Van Der Beek et al., 2000	J	Postal	I	Push force		JS	MS		T	4	95.3	6.7	8	81.75	5.2	2.3807	R		12		1
Van Der Beek et al., 2000	J	Postal	I	Pull force		JS	MS		T	4	82.9	7.3	8	78.2	10.15	0.5007	R		12		1
Van Der Beek et al., 2000	J	Postal	I	Push force		JS	MS		T	4	120.9	3.1	8	110.1	8	1.5640	R		12		1
Van Der Beek et al., 2000	J	Postal	I	Pull force		JS	MS		T	4	119.1	4.9	8	107.95	9.8	1.2924	R		12		1
Van Der Beek et al., 2000	J	Postal	I	Push force		JS	MS		T	4	153.6	4.9	8	123.55	6.05	5.2450	R		12		1
Van Der Beek et al., 2000	J	Postal	I	Pull force		JS	MS		T	4	157.2	15.7	8	128.05	4.45	3.1108	R		12		1
Van Der Beek et al., 2000	**J**	**Postal**	**I**				**CE**			**4**			**8**			**1.5707**	**S**	**1**	**12**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Van Der Beek et al., 2000	**J**	**Postal**	**I**			**BA**	**CE**			**4**			**8**			**1.5707**	**S**	**1**	**12**		**1**
Van Der Beek et al., 2000	**J**	**Postal**	**I**				**MS**			**4**			**8**			**2.2025**	**S**	**10**	**12**		**1**
Van Der Beek et al., 2000	**J**	**Postal**	**I**			**JS**	**MS**			**4**			**8**			**2.2025**	**S**	**10**	**12**		**1**
Van Der Beek et al., 2000	**J**	**Postal**	**I**				**MS**		**T**	**4**			**8**			**2.2025**	**S**	**10**	**12**		**1**
Vogel & Freidl, 1992	C	Mil (Army)	I	2-mi. run		BA	CE			964	15.1	2	236	17.9	2.4	1.3432	R		1200		1
Vogel & Freidl, 1992	C	Mil (Army)	I	VO2 max		BA	CE			964	3.69	0.47	236	2.38	0.32	2.9466	R		1200		1
Vogel & Freidl, 1992	C	Mil (Army)	I	Situps		BA	MS	ME	C	803	52	14	244	51	13	0.0726	R		1047		1
Vogel & Freidl, 1992	C	Mil (Army)	I	Lift		BA	MS	MT	U	803	59.2	11.8	244	29.7	6.2	2.7414	R		1047		1
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**				**CE**			**964**			**236**			**2.1449**	**S**	**2**	**1200**		**1**
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**			**BA**	**CE**			**964**			**236**			**2.1449**	**S**	**2**	**1200**		**1**
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**				**MS**			**803**			**244**			**1.4070**	**S**	**2**	**1047**		**1**
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**			**BA**	**MS**			**803**			**244**			**1.4070**	**S**	**2**	**1047**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**				**MS**		**C**	**803**			**244**			**0.0726**	**S**	**1**	**1047**		**1**
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**				**MS**		**U**	**803**			**244**			**2.7414**	**S**	**1**	**1047**		**1**
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**				**MS**	**ME**		**803**			**244**			**0.0726**	**S**	**1**	**1047**		**1**
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**803**			**244**			**0.0726**	**S**	**1**	**1047**		**1**
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**				**MS**	**MT**		**803**			**244**			**2.7414**	**S**	**1**	**1047**		**1**
Vogel & Freidl, 1992	**C**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**803**			**244**			**2.7414**	**S**	**1**	**1047**		**1**
Vogel et al., 1977	J	Mil (Army)	I	VO2 max		BA	CE			186	50.8	6.1	159	38.1	3.5	2.5046	R		345		1
Vogel et al., 1977	**J**	**Mil (Army)**	**I**				**CE**			**186**			**159**			**2.5046**	**S**	**1**	**345**		**1**
Vogel et al., 1977	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**186**			**159**			**2.5046**	**S**	**1**	**345**		**1**
Vogel et al., 1986	J	Mil (Army)	I	VO2 max		BA	CE			210	3.6	0.5	212	2.18	0.32	3.3862	R		422		1
Vogel et al., 1986	J	Mil (Army)	I	VO2 max		BA	CE			210	51.1	5.1	212	37.4	3.7	3.0772	R		422		1
Vogel et al., 1986	**J**	**Mil (Army)**	**I**				**CE**			**210**			**212**			**3.2317**	**S**	**2**	**422**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Vogel et al., 1986	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**210**			**212**			**3.2317**	**S**	**2**	**422**		**1**
Vogel et al., 1986	J	Mil (Army)	I	VO2max		BA	CE			176	3.76	4.3	163	2.67	4.2	0.2563	R		339		2
Vogel et al., 1986	**J**	**Mil (Army)**	**I**				**CE**			**176**			**163**			**0.2563**	**S**	**1**	**339**		**2**
Vogel et al., 1986	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**176**			**163**			**0.2563**	**S**	**1**	**339**		**2**
von Restorff, 2000	J	Mil	I	12 min. run		BA	CE			36	2125	331	55	1644	554	1.0045	R		91		1
von Restorff, 2000	J	Mil	I	Situps		BA	MS	ME	C	36	31	3.3	55	28.7	4.2	0.5941	R		91		1
von Restorff, 2000	J	Mil	I	Carry		JS	MS	ME	T	48	1.95	0.472	62	1.67	0.241	0.7773	R		110	T1	1
von Restorff, 2000	J	Mil	I	Carry		JS	MS	ME	T	48	1.7	0.332	62	1.37	0.253	1.1378	R		110	T1	1
von Restorff, 2000	J	Mil	I	Carry		JS	MS	ME	T	48	1.59	0.235	62	1.03	0.363	1.7847	R		110	T1	1
von Restorff, 2000	J	Mil	I	Carry		JS	MS	ME	T	48	1.52	0.34	62	0.83	0.301	2.1660	R		110	T1	1
von Restorff, 2000	J	Mil	I	Carry		JS	MS	ME	T	36	2.27	0.587	55	1.73	0.316	1.2195	R		91	T2	1
von Restorff, 2000	J	Mil	I	Carry		JS	MS	ME	T	36	1.9	0.344	55	1.38	0.341	1.5197	R		91	T2	1
von Restorff, 2000	J	Mil	I	Carry		JS	MS	ME	T	36	1.76	0.292	55	1.3	0.251	1.7172	R		91	T2	1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
von Restorff, 2000	J	Mil	I	Carry		JS	MS	ME	T	36	1.78	0.394	55	1.14	0.337	1.7753	R		91	T2	1
von Restorff, 2000	J	Mil	I	Pushups		BA	MS	ME	U	36	22	4.7	55	21.3	1.8	0.2145	R		91		1
von Restorff, 2000	J	Mil	I	Jump		BA	MS	MP	L	36	2.27	0.19	55	1.78	0.21	2.4213	R		91		1
von Restorff, 2000	J	Mil	I	Shuttle run		BA	MS	MP	L	36	9.36	0.46	55	10.55	0.39	2.8406	R		91		1
von Restorff, 2000	J	Mil	I	Lift		BA	MS	MT	T	48	1612.93	266.66	62	968.51	185.59	2.8705	R		110	T1	1
von Restorff, 2000	J	Mil	I	Lift		BA	MS	MT	T	48	1456.17	234.06	62	898.06	151.94	2.9062	R		110	T1	1
von Restorff, 2000	J	Mil	I	Lift		BA	MS	MT	T	48	952.39	182.03	62	486.4	75.3	3.5103	R		110	T1	1
von Restorff, 2000	J	Mil	I	Lift		BA	MS	MT	T	36	1544.53	272.86	55	1025.77	165.67	2.4205	R		91	T2	1
von Restorff, 2000	J	Mil	I	Lift		BA	MS	MT	T	36	1587.04	271.96	55	1004.72	189.04	2.5844	R		91	T2	1
von Restorff, 2000	J	Mil	I	Lift		BA	MS	MT	T	36	1046.13	219.14	55	586.64	119.86	2.7657	R		91	T2	1
von Restorff, 2000	J	Mil	I	Press		BA	MS	MT	U	48	1533.02	378.22	62	922.5	247.75	1.9611	R		110	T1	1
von Restorff, 2000	J	Mil	I	Grip		BA	MS	MT	U	48	514.82	81.76	62	322.3	49.21	2.9438	R		110	T1	1
von Restorff, 2000	J	Mil	I	Grip		BA	MS	MT	U	48	553.04	70.08	62	351.02	47.94	3.4467	R		110	T1	1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
von Restorff, 2000	J	Mil	I	Press		BA	MS	MT	U	36	1612.93	267.71	55	1081.42	271.73	1.9674	R		91	T2	1
von Restorff, 2000	J	Mil	I	Grip		BA	MS	MT	U	36	534.37	71.66	55	337.82	52.4	3.2377	R		91	T2	1
von Restorff, 2000	J	Mil	I	Grip		BA	MS	MT	U	36	580.97	72.2	55	368.41	48.31	3.6105	R		91	T2	1
von Restorff, 2000	**J**	**Mil**	**I**				**CE**			**36**			**55**			**1.0045**	**S**	**1**	**91**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**			**BA**	**CE**			**36**			**55**			**1.0045**	**S**	**1**	**91**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**				**MS**			**40**			**58**			**2.1062**	**S**	**14**	**98**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**			**BA**	**MS**			**40**			**57**			**2.3549**	**S**	**10**	**97**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**			**JS**	**MS**			**42**			**59**			**1.5079**	**S**	**4**	**101**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**				**MS**		**C**	**36**			**55**			**0.5941**	**S**	**1**	**91**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**				**MS**		**L**	**36**			**55**			**2.6309**	**S**	**2**	**91**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**				**MS**		**T**	**42**			**59**			**2.0903**	**S**	**7**	**101**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**				**MS**		**U**	**41**			**58**			**2.2419**	**S**	**4**	**98**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**				**MS**	**ME**		**40**			**57**			**1.1639**	**S**	**6**	**97**	**T**	**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
von Restorff, 2000	**J**	**Mil**	**I**			**BA**	**MS**	**ME**		**36**			**55**			**0.4043**	**S**	**2**	**91**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**			**JS**	**MS**	**ME**		**42**			**59**			**1.5079**	**S**	**4**	**101**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**				**MS**	**MP**		**36**			**55**			**2.6309**	**S**	**2**	**91**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**			**BA**	**MS**	**MP**		**36**			**55**			**2.6309**	**S**	**2**	**91**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**				**MS**	**MT**		**42**			**59**			**2.8604**	**S**	**6**	**101**	**T**	**1**
von Restorff, 2000	**J**	**Mil**	**I**			**BA**	**MS**	**MT**		**42**			**59**			**2.8604**	**S**	**6**	**101**	**T**	**1**
Warr et al., 2011	J	Nat. Guard	I	VO2 max		BA	CE			53	49.7	8.7	7	42.2	7.6	0.8728	R		60		1
Warr et al., 2011	J	Nat. Guard	I	Sit-reach		BA	MQ	F		53	28.4	8.1	7	41.7	4.8	-1.7000	R		60		1
Warr et al., 2011	J	Nat. Guard	I	Trunk ext.		BA	MQ	F		53	117.1	24.6	7	117.6	31.5	-0.0197	R		60		1
Warr et al., 2011	J	Nat. Guard	I	Shoulder flex.		BA	MQ	F		53	138.4	43.4	7	200.4	66.6	-1.3379	R		60		1
Warr et al., 2011	J	Nat. Guard	I	Situps		BA	MS	ME	C	53	54	15	7	51	14	0.2013	R		60		1
Warr et al., 2011	J	Nat. Guard	I	Pushups		BA	MS	ME	U	53	52	17	7	31	13	1.2627	R		60		1
Warr et al., 2011	J	Nat. Guard	I	Power		BA	MS	MP	L	53	690.9	156.4	7	361.2	61.8	2.2066	R		60		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Warr et al., 2011	J	Nat. Guard	I	Squats		BA	MS	MT	T	53	111.6	23.6	7	56.2	11	2.4487	R		60		1
Warr et al., 2011	J	Nat. Guard	I	Bench press		BA	MS	MT	U	53	88	27	7	39.3	6	1.8995	R		60		1
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**CE**			**53**			**7**			**0.8728**	**S**	**1**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**			**BA**	**CE**			**53**			**7**			**0.8728**	**S**	**1**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MQ**			**53**			**7**			**-1.0192**	**S**	**3**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MQ**	**F**		**53**			**7**			**-1.0192**	**S**	**3**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MS**			**53**			**7**			**1.6038**	**S**	**5**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**			**BA**	**MS**			**53**			**7**			**1.6038**	**S**	**5**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MS**		**C**	**53**			**7**			**0.2013**	**S**	**1**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MS**		**L**	**53**			**7**			**2.2066**	**S**	**1**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MS**		**T**	**53**			**7**			**2.4487**	**S**	**1**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MS**		**U**	**53**			**7**			**1.5811**	**S**	**2**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MS**	**ME**		**53**			**7**			**0.7320**	**S**	**2**	**60**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Warr et al., 2011	**J**	**Nat. Guard**	**I**			**BA**	**MS**	**ME**		**53**			**7**			**0.7320**	**S**	**2**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MS**	**MP**		**53**			**7**			**2.2066**	**S**	**1**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**			**BA**	**MS**	**MP**		**53**			**7**			**2.2066**	**S**	**1**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**				**MS**	**MT**		**53**			**7**			**2.1741**	**S**	**2**	**60**		**1**
Warr et al., 2011	**J**	**Nat. Guard**	**I**			**BA**	**MS**	**MT**		**53**			**7**			**2.1741**	**S**	**2**	**60**		**1**
Weiner, 1988	D	Police	I	1.5-mile run		BA	CE			255	47.35	8.74	55	59.9	9.64	1.4094	R		310		1
Weiner, 1988	D	Police	I	Pushups		BA	CE			193	46.84	9.03	47	59.48	9.49	1.3859	R		240		1
Weiner, 1988	D	Police	I	Sit-reach	0.86[a]	BA	MQ	F		278	49.9	9.63	57	53.96	9.09	-0.4255	R		335		1
Weiner, 1988	D	Police	I	Sit-reach	0.86[a]	BA	MQ	F		206	49.89	9.94	46	53.87	9.41	-0.4042	R		252		1
Weiner, 1988	D	Police	I	Situps	0.77[a]	BA	MS	ME	C	301	50.24	10.11	56	50.88	9.7	-0.0637	R		357		1
Weiner, 1988	D	Police	I	Situps	0.77[a]	BA	MS	ME	C	236	50.25	10.25	48	50.2	9.75	0.0049	R		284		1
Weiner, 1988	D	Police	I	Pushups	0.89[a]	BA	MS	ME	U	216	57.12	9.81	48	42.99	5.97	1.5293	R		264		1
Weiner, 1988	D	Police	I	Agil. shuttle	0.89[a]	BA	MS	ME	U	167	52.43	9.97	41	42.82	6.35	1.0248	R		208		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Weiner, 1988	D	Police	I	Agil. shuttle	0.78[a]	BA	MS	MP	L	195	47.24	9.32	42	58.03	8.43	1.1765	R		237		1
Weiner, 1988	D	Police	I	Jump	0.88[a]	BA	MS	MP	L	224	52.78	7.62	39	37.8	8.27	1.9409	R		263		1
Weiner, 1988	D	Police	I	1.5-mile run	0.78[a]	BA	MS	MP	L	157	45.74	8.54	36	57.3	8.78	1.3466	R		193		1
Weiner, 1988	D	Police	I	Bench press	0.88[a]	BA	MS	MP	L	170	52.84	7.53	33	37.42	8.24	2.0164	R		203		1
Weiner, 1988	D	Police	I	Leg press		BA	MS	MT	L	127	52.67	8.5	37	39.15	6.5	1.6695	R		164		1
Weiner, 1988	D	Police	I	Jump		BA	MS	MT	L	91	50.67	7.59	31	38.07	3.95	1.8358	R		122		1
Weiner, 1988	D	Police	I	Bench press	0.93[a]	BA	MS	MT	U	189	53.51	8.62	46	37.11	3.39	2.0799	R		235		1
Weiner, 1988	D	Police	I	Leg press	0.93[a]	BA	MS	MT	U	132	53.03	8.65	38	38.86	3.62	1.8109	R		170		1
Weiner, 1988	**D**	**Police**	**I**				**CE**			**224**			**51**			**1.3991**	**S**	**2**	**275**		**1**
Weiner, 1988	**D**	**Police**	**I**			**BA**	**CE**			**224**			**51**			**1.3991**	**S**	**2**	**275**		**1**
Weiner, 1988	**D**	**Police**	**I**				**MQ**			**242**			**52**			**-0.4164**	**S**	**2**	**294**		**1**
Weiner, 1988	**D**	**Police**	**I**				**MQ**	**F**		**242**			**52**			**-0.4164**	**S**	**2**	**294**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Weiner, 1988	**D**	**Police**	**I**				**MS**			**184**			**41**			**1.2402**	**S**	**12**	**225**		**1**
Weiner, 1988	**D**	**Police**	**I**			**BA**	**MS**			**184**			**41**			**1.2402**	**S**	**12**	**225**		**1**
Weiner, 1988	**D**	**Police**	**I**				**MS**		**C**	**269**			**52**			**-0.0333**	**S**	**2**	**321**		**1**
Weiner, 1988	**D**	**Police**	**I**				**MS**		**L**	**161**			**36**			**1.6551**	**S**	**6**	**197**		**1**
Weiner, 1988	**D**	**Police**	**I**				**MS**		**U**	**176**			**43**			**1.6118**	**S**	**4**	**219**		**1**
Weiner, 1988	**D**	**Police**	**I**				**MS**	**ME**		**230**			**48**			**0.5351**	**S**	**4**	**278**		**1**
Weiner, 1988	**D**	**Police**	**I**			**BA**	**MS**	**ME**		**230**			**48**			**0.5351**	**S**	**4**	**278**		**1**
Weiner, 1988	**D**	**Police**	**I**				**MS**	**MP**		**187**			**38**			**1.6278**	**S**	**4**	**224**		**1**
Weiner, 1988	**D**	**Police**	**I**			**BA**	**MS**	**MP**		**187**			**38**			**1.6278**	**S**	**4**	**224**		**1**
Weiner, 1988	**D**	**Police**	**I**				**MS**	**MT**		**135**			**38**			**1.8732**	**S**	**4**	**173**		**1**
Weiner, 1988	**D**	**Police**	**I**			**BA**	**MS**	**MT**		**135**			**38**			**1.8732**	**S**	**4**	**173**		**1**
Weiner, 1994	T	Police	I	1.5 mi. run		BA	CE			391	10.8	1.4	112	12.5	1.6	1.1751	R		503		1
Weiner, 1994	T	Police	I	500-yd run		BA	CE			550	86.5	10.6	149	101.3	10.6	1.3962	R		699		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Weiner, 1994	T	Police	I	Sit-reach		BA	MQ	F		333	15.2	3.6	92	15.5	3.8	-0.0823	R		425		1
Weiner, 1994	T	Police	I	Ab. curls		BA	MS	ME	C	364	44.9	16.4	105	40.4	17.3	0.2710	R		469		1
Weiner, 1994	T	Police	I	Pushups		BA	MS	ME	U	387	54.9	19.7	111	39.1	18.5	0.8127	R		498		1
Weiner, 1994	T	Police	I	Fence cl.		JS	MS	MP	T	544	6.5	1.1	149	8.3	1.7	1.4366	R		693		1
Weiner, 1994	T	Police	I	Wall cl.		JS	MS	MP	T	548	6.3	1	149	8.4	1.9	1.6836	R		697		1
Weiner, 1994	T	Police	I	Obstacle		JS	MS	MP	T	550	18.1	1.4	149	20.6	1.5	1.7583	R		699		1
Weiner, 1994	T	Police	I	Dummy drag		JS	MS	MT	T	550	4.4	1	149	7	2.2	1.9297	R		699		1
Weiner, 1994	**T**	**Police**	**I**				**CE**			**471**			**131**			**1.3037**	**S**	**2**	**601**		**1**
Weiner, 1994	**T**	**Police**	**I**			**BA**	**CE**			**471**			**131**			**1.3037**	**S**	**2**	**601**		**1**
Weiner, 1994	**T**	**Police**	**I**				**MQ**			**333**			**92**			**-0.0823**	**S**	**1**	**425**		**1**
Weiner, 1994	**T**	**Police**	**I**				**MQ**	**F**		**333**			**92**			**-0.0823**	**S**	**1**	**425**		**1**
Weiner, 1994	**T**	**Police**	**I**				**MS**			**491**			**135**			**1.4058**	**S**	**6**	**626**		**1**
Weiner, 1994	**T**	**Police**	**I**			**BA**	**MS**			**376**			**108**			**0.5500**	**S**	**2**	**484**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Weiner, 1994	**T**	**Police**	**I**			**JS**	**MS**			**548**			**149**			**1.7026**	**S**	**4**	**697**		**1**
Weiner, 1994	**T**	**Police**	**I**				**MS**		**C**	**364**			**105**			**0.2710**	**S**	**1**	**469**		**1**
Weiner, 1994	**T**	**Police**	**I**				**MS**		**T**	**548**			**149**			**1.7026**	**S**	**4**	**697**		**1**
Weiner, 1994	**T**	**Police**	**I**				**MS**		**U**	**387**			**111**			**0.8127**	**S**	**1**	**498**		**1**
Weiner, 1994	**T**	**Police**	**I**				**MS**	**ME**		**376**			**108**			**0.5500**	**S**	**2**	**484**		**1**
Weiner, 1994	**T**	**Police**	**I**			**BA**	**MS**	**ME**		**376**			**108**			**0.5500**	**S**	**2**	**484**		**1**
Weiner, 1994	**T**	**Police**	**I**				**MS**	**MP**		**547**			**149**			**1.6267**	**S**	**3**	**696**		**1**
Weiner, 1994	**T**	**Police**	**I**			**JS**	**MS**	**MP**		**547**			**149**			**1.6267**	**S**	**3**	**696**		**1**
Weiner, 1994	**T**	**Police**	**I**				**MS**	**MT**		**550**			**149**			**1.9297**	**S**	**1**	**699**		**1**
Weiner, 1994	**T**	**Police**	**I**			**JS**	**MS**	**MT**		**550**			**149**			**1.9297**	**S**	**1**	**699**		**1**
Wilkinson et al., 2005	T	Mil (Army)	A	Load. march		JS	CE			464	76	5	162	82	4	1.2599	R		626		1
Wilkinson et al., 2005	T	Mil (Army)	A	Load. march		JS	CE			464	75	6	162	84	4	1.6206	R		626		1
Wilkinson et al., 2005	T	Mil (Army)	A	Carry		JS	MS	ME	T	464	348	196	162	152	63	1.1406	R		626		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wilkinson et al., 2005	T	Mil (Army)	A	Box lift		JS	MS	MT	T	464	61	14	162	38	8	1.8074	R		626		1
Wilkinson et al., 2005	**T**	**Mil (Army)**	**A**				**CE**			**464**			**162**			**1.4403**	**S**	**2**	**626**		**1**
Wilkinson et al., 2005	**T**	**Mil (Army)**	**A**			**JS**	**CE**			**464**			**162**			**1.4403**	**S**	**2**	**626**		**1**
Wilkinson et al., 2005	**T**	**Mil (Army)**	**A**				**MS**			**464**			**162**			**1.4740**	**S**	**2**	**626**		**1**
Wilkinson et al., 2005	**T**	**Mil (Army)**	**A**			**JS**	**MS**			**464**			**162**			**1.4740**	**S**	**2**	**626**		**1**
Wilkinson et al., 2005	**T**	**Mil (Army)**	**A**				**MS**		**T**	**464**			**162**			**1.4740**	**S**	**2**	**626**		**1**
Wilkinson et al., 2005	**T**	**Mil (Army)**	**A**				**MS**	**ME**		**464**			**162**			**1.1406**	**S**	**1**	**626**		**1**
Wilkinson et al., 2005	**T**	**Mil (Army)**	**A**			**JS**	**MS**	**ME**		**464**			**162**			**1.1406**	**S**	**1**	**626**		**1**
Wilkinson et al., 2005	**T**	**Mil (Army)**	**A**				**MS**	**MT**		**464**			**162**			**1.8074**	**S**	**1**	**626**		**1**
Wilkinson et al., 2005	**T**	**Mil (Army)**	**A**			**JS**	**MS**	**MT**		**464**			**162**			**1.8074**	**S**	**1**	**626**		**1**
Williams et al., 1999	J	Mil (Army)	I	VO2 max		BA	CE			42	50.3	5.02	9	39.6	3.51	2.2264	R		51	T1	1

Appendix A

Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Williams et al., 1999	J	Mil (Army)	I	VO2 max		BA	CE			42	53.2	4.14	9	42.9	3.14	2.5789	R		51	T2	1
Williams et al., 1999	J	Mil (Army)	I	Load March		JS	CE			13	1120	134.6	8	1473	102.6	2.8519	R		21	T1	1
Williams et al., 1999	J	Mil (Army)	I	Load March		JS	CE			13	1057	80.1	8	1459	147.5	3.6594	R		21	T2	1
Williams et al., 1999	J	Mil (Army)	I	Box lift		JS	MS	ME	T	10	51.5	6.38	6	43.7	6.38	1.2226	R		16	T1	1
Williams et al., 1999	J	Mil (Army)	I	Box lift		JS	MS	ME	T	10	55.8	6.49	6	45.5	6.77	1.5627	R		16	T2	1
Williams et al., 1999	J	Mil (Army)	I	Shuttle run		BA	MS	MP	L	42	602	87.3	9	417	61.1	2.2133	R		51	T1	1
Williams et al., 1999	J	Mil (Army)	I	Shuttle run		BA	MS	MP	L	42	652	72	9	474	54.7	2.5622	R		51	T2	1
Williams et al., 1999	J	Mil (Army)	I	Lift		BA	MS	MT	T	46	61.8	11.88	9	37.2	3.41	2.2310	R		55	T1	1
Williams et al., 1999	J	Mil (Army)	I	Up. pull		BA	MS	MT	T	46	1242	203	10	833	128.2	2.1240	R		56	T1	1
Williams et al., 1999	J	Mil (Army)	I	Lift		BA	MS	MT	T	46	61.5	9.99	9	39.4	6.35	2.3190	R		55	T2	1
Williams et al., 1999	J	Mil (Army)	I	Up. pull		BA	MS	MT	T	46	1231	177.4	10	836	108.7	2.3524	R		56	T2	1
Williams et al., 1999	J	Mil (Army)	I	Box lift		JS	MS	MT	T	13	66.8	11.93	7	28.6	5.56	3.7246	R		20	T1	1
Williams et al., 1999	J	Mil (Army)	I	Box lift		JS	MS	MT	T	13	67.4	13.15	7	29.9	8.38	3.1843	R		20	T2	1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Williams et al., 1999	**J**	**Mil (Army)**	**I**				**CE**			**28**			**9**			**2.6515**	**S**	**4**	**36**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**			**BA**	**CE**			**42**			**9**			**2.4027**	**S**	**2**	**51**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**			**JS**	**CE**			**13**			**8**			**3.2557**	**S**	**2**	**21**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**				**MS**			**31**			**8**			**2.3415**	**S**	**10**	**40**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**			**BA**	**MS**			**45**			**9**			**2.2978**	**S**	**6**	**54**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**			**JS**	**MS**			**12**			**7**			**2.5381**	**S**	**4**	**18**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**				**MS**		**L**	**42**			**9**			**2.3878**	**S**	**2**	**51**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**				**MS**		**T**	**29**			**8**			**2.3254**	**S**	**8**	**37**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**				**MS**	**ME**		**10**			**6**			**1.3926**	**S**	**2**	**16**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**			**JS**	**MS**	**ME**		**10**			**6**			**1.3926**	**S**	**2**	**16**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**				**MS**	**MP**		**42**			**9**			**2.3878**	**S**	**2**	**51**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**MP**		**42**			**9**			**2.3878**	**S**	**2**	**51**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**				**MS**	**MT**		**35**			**9**			**2.4393**	**S**	**6**	**44**	**T**	**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Williams et al., 1999	**J**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**46**			**10**			**2.2564**	**S**	**4**	**56**	**T**	**1**
Williams et al., 1999	**J**	**Mil (Army)**	**I**			**JS**	**MS**	**MT**		**13**			**7**			**3.4544**	**S**	**2**	**20**	**T**	**1**
Wilmore & Davis, 1979	J	Police	I	VO2 max		BA	CE			140	39.9	5.44	16	39	5.32	0.1657	R		156		1
Wilmore & Davis, 1979	J	Police	I	VE max		BA	CE			140	124.1	229.54	16	87.4	26.4	0.1682	R		156		1
Wilmore & Davis, 1979	J	Police	I	VO2 max		BA	CE			140	3.29	0.47	16	2.47	0.32	1.7803	R		156		1
Wilmore & Davis, 1979	J	Police	I	Sit-reach		BA	MQ	F		140	14	3.55	16	17.1	4.28	-0.8546	R		156		1
Wilmore & Davis, 1979	J	Police	I	Leg press		BA	MS	MT	L	140	157.9	22.6	16	110	19.6	2.1456	R		156		1
Wilmore & Davis, 1979	J	Police	I	Bench press		BA	MS	MT	U	140	58.2	10.65	16	34.3	3.88	2.3456	R		156		1
Wilmore & Davis, 1979	J	Police	I	Grip		BA	MS	MT	U	140	55.6	6.98	16	35.8	4.48	2.9212	R		156		1
Wilmore & Davis, 1979	J	Police	I	Curl		BA	MS	MT	U	140	34.9	5.44	16	17.6	3.68	3.2660	R		156		1
Wilmore & Davis, 1979	**J**	**Police**	**I**				**CE**			**140**			**16**			**0.7047**	**S**	**3**	**156**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wilmore & Davis, 1979	**J**	**Police**	**I**			**BA**	**CE**			**140**			**16**			**0.7047**	**S**	**3**	**156**		**1**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MQ**			**140**			**16**			**-0.8546**	**S**	**1**	**156**		**1**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MQ**	**F**		**140**			**16**			**-0.8546**	**S**	**1**	**156**		**1**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**			**140**			**16**			**2.6696**	**S**	**4**	**156**		**1**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**BA**	**MS**			**140**			**16**			**2.6696**	**S**	**4**	**156**		**1**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**		**L**	**140**			**16**			**2.1456**	**S**	**1**	**156**		**1**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**		**U**	**140**			**16**			**2.8443**	**S**	**3**	**156**		**1**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**	**MT**		**140**			**16**			**2.6696**	**S**	**4**	**156**		**1**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**BA**	**MS**	**MT**		**140**			**16**			**2.6696**	**S**	**4**	**156**		**1**
Wilmore & Davis, 1979	J	Police	I	1.5 mi. run		BA	CE			412	13.1	2.44	15	13.9	1.98	0.3303	R		427		2
Wilmore & Davis, 1979	J	Police	I	Sit-reach		BA	MQ	F		412	16.4	3.25	15	19.2	3.41	-0.8607	R		427		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wilmore & Davis, 1979	J	Police	I	Jump		BA	MS	MP	L	412	20.1	2.64	15	16.9	2.94	1.2079	R		427		2
Wilmore & Davis, 1979	J	Police	I	Bench press		BA	MS	MT	U	412	70.7	13.8	15	48.1	6.66	1.6585	R		427		2
Wilmore & Davis, 1979	J	Police	I	Grip		BA	MS	MT	U	412	53.7	7.71	15	36.1	4.92	2.3044	R		427		2
Wilmore & Davis, 1979	**J**	**Police**	**I**				**CE**			**412**			**15**			**0.3303**	**S**	**1**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**BA**	**CE**			**412**			**15**			**0.3303**	**S**	**1**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MQ**			**412**			**15**			**-0.8607**	**S**	**1**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MQ**	**F**		**412**			**15**			**-0.8607**	**S**	**1**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**			**412**			**15**			**1.7236**	**S**	**3**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**BA**	**MS**			**412**			**15**			**1.7236**	**S**	**3**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**		**L**	**412**			**15**			**1.2079**	**S**	**1**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**		**U**	**412**			**15**			**1.9815**	**S**	**2**	**427**		**2**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**	**MP**		**412**			**15**			**1.2079**	**S**	**1**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**BA**	**MS**	**MP**		**412**			**15**			**1.2079**	**S**	**1**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**	**MT**		**412**			**15**			**1.9815**	**S**	**2**	**427**		**2**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**BA**	**MS**	**MT**		**412**			**15**			**1.9815**	**S**	**2**	**427**		**2**
Wilmore & Davis, 1979	J	Police	I	JS combo.		JS	CE			217	39.6	7.37	13	69.2	28.48	3.0514	R		230		3
Wilmore & Davis, 1979	J	Police	I	JS combo.		JS	MS	ME	T	217	16	4.42	13	27.3	7.21	2.4520	R		230		3
Wilmore & Davis, 1979	J	Police	I	JS combo.		JS	MS	ME	T	217	8.6	1.47	13	15.1	4.33	3.7274	R		230		3
Wilmore & Davis, 1979	J	Police	I	JS combo.		JS	MS	MP	L	217	19.1	5.89	13	29.5	25.24	1.2761	R		230		3
Wilmore & Davis, 1979	J	Police	I	JS combo.		JS	MS	MT	T	217	7.4	2.95	13	12.2	3.61	1.6083	R		230		3
Wilmore & Davis, 1979	**J**	**Police**	**I**				**CE**			**217**			**13**			**3.0514**	**S**	**1**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**JS**	**CE**			**217**			**13**			**3.0514**	**S**	**1**	**230**		**3**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**			**217**			**13**			**2.2659**	**S**	**4**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**JS**	**MS**			**217**			**13**			**2.2659**	**S**	**4**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**		**L**	**217**			**13**			**1.2761**	**S**	**2**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**		**T**	**217**			**13**			**2.5959**	**S**	**3**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**	**ME**		**217**			**13**			**3.0897**	**S**	**2**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**JS**	**MS**	**ME**		**217**			**13**			**3.0897**	**S**	**2**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**	**MP**		**217**			**13**			**1.2761**	**S**	**1**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**JS**	**MS**	**MP**		**217**			**13**			**1.2761**	**S**	**1**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**				**MS**	**MT**		**217**			**13**			**1.6083**	**S**	**1**	**230**		**3**
Wilmore & Davis, 1979	**J**	**Police**	**I**			**JS**	**MS**	**MT**		**217**			**13**			**1.6083**	**S**	**1**	**230**		**3**
Wright et al., 1984	T	Mil (Army)	I	2 mi. run		BA	CE			228	982.1	2120.4	51	1354	1397.4	0.1851	R		279		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wright et al., 1984	T	Mil (Army)	I	Situps		BA	MS	ME	C	228	42.4	205.2	51	34.3	1071	0.0165	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Lift/carry		JS	MS	ME	T	228	37.2	114	51	23.7	30.6	0.1298	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Lift/carry		JS	MS	ME	T	228	66.7	205.2	51	41.2	61.2	0.1359	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Lift/carry		JS	MS	ME	T	228	36.6	136.8	51	17	51	0.1559	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Lift/carry		JS	MS	ME	T	228	20.6	68.4	51	9.4	30.6	0.1770	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Pushups		BA	MS	ME	U	228	48.5	205.2	51	25.2	96.9	0.1225	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Trunk ext.		BA	MS	MT	C	228	223.7	1254	51	126.4	316.2	0.0851	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Trunk ext.		BA	MS	MT	C	228	286.3	1185.6	51	162.1	357	0.1146	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Trunk ext.		BA	MS	MT	C	228	784	273.6	51	502.7	91.8	1.1219	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Leg ext.		BA	MS	MT	L	228	1642.5	706.8	51	997.1	198.9	1.0000	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Lift		BA	MS	MT	T	228	572.3	228	51	375.3	71.4	0.9443	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Lift		BA	MS	MT	T	228	1352.4	387.6	51	820.3	137.7	1.4958	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Lift		JS	MS	MT	T	228	57.6	1618.8	51	31.9	40.8	0.0175	R		279		1

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wright et al., 1984	T	Mil (Army)	I	Grip		BA	MS	MT	U	228	529.2	136.8	51	334.2	45.9	1.5555	R		279		1
Wright et al., 1984	T	Mil (Army)	I	Up. Force		BA	MS	MT	U	228	1052.5	250.8	51	576.2	107.1	2.0570	R		279		1
Wright et al., 1984	**T**	**Mil (Army)**	**I**				**CE**			**228**			**51**			**0.1851**	**S**	**1**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**			**BA**	**CE**			**228**			**51**			**0.1851**	**S**	**1**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**				**MS**			**228**			**51**			**0.6086**	**S**	**15**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**			**BA**	**MS**			**228**			**51**			**0.8513**	**S**	**10**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**			**JS**	**MS**			**228**			**51**			**0.1232**	**S**	**5**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**				**MS**		**C**	**228**			**51**			**0.3345**	**S**	**4**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**				**MS**		**L**	**228**			**51**			**1.0000**	**S**	**1**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**				**MS**		**T**	**228**			**51**			**0.4366**	**S**	**7**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**				**MS**		**U**	**228**			**51**			**1.2450**	**S**	**3**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**				**MS**	**ME**		**228**			**51**			**0.1229**	**S**	**6**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**ME**		**228**			**51**			**0.0695**	**S**	**2**	**279**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wright et al., 1984	**T**	**Mil (Army)**	**I**			**JS**	**MS**	**ME**		**228**			**51**			**0.1497**	**S**	**4**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**				**MS**	**MT**		**228**			**51**			**0.9324**	**S**	**9**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**			**BA**	**MS**	**MT**		**228**			**51**			**1.0468**	**S**	**8**	**279**		**1**
Wright et al., 1984	**T**	**Mil (Army)**	**I**			**JS**	**MS**	**MT**		**228**			**51**			**0.0175**	**S**	**1**	**279**		**1**
Wyon et al., 2006	J	Prof. Dance	I	VO2 max		BA	CE			5	49.84	4.03	4	47.04	1.65	0.8663	R		9		1
Wyon et al., 2006	J	Prof. Dance	I	Hop		BA	MS	MP	L	5	32.2	6.94	4	22	3.42	1.7882	R		9		1
Wyon et al., 2006	J	Prof. Dance	I	Hop		BA	MS	MP	L	5	35	4.24	4	21	2.31	3.9504	R		9		1
Wyon et al., 2006	J	Prof. Dance	I	Jump		BA	MS	MP	L	5	50.5	3.79	4	33	1.41	5.8140	R		9		1
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**CE**			**5**			**4**			**0.8663**	**S**	**1**	**9**		**1**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**CE**			**5**			**4**			**0.8663**	**S**	**1**	**9**		**1**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**			**5**			**4**			**3.8509**	**S**	**3**	**9**		**1**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**MS**			**5**			**4**			**3.8509**	**S**	**3**	**9**		**1**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**		**L**	**5**			**4**			**3.8509**	**S**	**3**	**9**		**1**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**	**MP**		**5**			**4**			**3.8509**	**S**	**3**	**9**		**1**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**MS**	**MP**		**5**			**4**			**3.8509**	**S**	**3**	**9**		**1**
Wyon et al., 2006	J	Prof. Dance	I	VO2 max		BA	CE			4	49.14	4.15	7	40.51	6.71	1.4432	R		11		2
Wyon et al., 2006	J	Prof. Dance	I	Hop		BA	MS	MP	L	4	35	5.35	7	29.2	6.24	0.9735	R		11		2
Wyon et al., 2006	J	Prof. Dance	I	Hop		BA	MS	MP	L	4	34	4.97	7	28.7	4.97	1.0664	R		11		2
Wyon et al., 2006	J	Prof. Dance	I	Jump		BA	MS	MP	L	4	55.3	4.99	7	39.2	5.74	2.9265	R		11		2
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**CE**			**4**			**7**			**1.4432**	**S**	**1**	**11**		**2**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**CE**			**4**			**7**			**1.4432**	**S**	**1**	**11**		**2**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**			**4**			**7**			**1.6555**	**S**	**3**	**11**		**2**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**MS**			**4**			**7**			**1.6555**	**S**	**3**	**11**		**2**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**		**L**	**4**			**7**			**1.6555**	**S**	**3**	**11**		**2**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**	**MP**		**4**			**7**			**1.6555**	**S**	**3**	**11**		**2**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**MS**	**MP**		**4**			**7**			**1.6555**	**S**	**3**	**11**		**2**

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wyon et al., 2006	J	Prof. Dance	I	VO2 max		BA	CE			4	46.39	4.97	2	39.04	4.72	1.4973	R		6		3
Wyon et al., 2006	J	Prof. Dance	I	Jump		BA	MS	MP	L	4	56	9.76	2	39	2.82	1.9838	R		6		3
Wyon et al., 2006	J	Prof. Dance	I	Hop		BA	MS	MP	L	4	36.5	5.26	2	26.5	2.12	2.1381	R		6		3
Wyon et al., 2006	J	Prof. Dance	I	Hop		BA	MS	MP	L	4	38.3	5.56	2	26.5	3.54	2.3001	R		6		3
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**CE**			**4**			**2**			**1.4973**	**S**	**1**	**6**		**3**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**CE**			**4**			**2**			**1.4973**	**S**	**1**	**6**		**3**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**			**4**			**2**			**2.1407**	**S**	**3**	**6**		**3**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**MS**			**4**			**2**			**2.1407**	**S**	**3**	**6**		**3**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**		**L**	**4**			**2**			**2.1407**	**S**	**3**	**6**		**3**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**	**MP**		**4**			**2**			**2.1407**	**S**	**3**	**6**		**3**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**MS**	**MP**		**4**			**2**			**2.1407**	**S**	**3**	**6**		**3**
Wyon et al., 2006	J	Prof. Dance	I	VO2 max		BA	CE			8	49.79	3.59	15	44.57	4.18	1.3073	R		23		4
Wyon et al., 2006	J	Prof. Dance	I	Hop		BA	MS	MP	L	8	32.7	3.98	15	24.4	7.31	1.2978	R		23		4

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**							
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Wyon et al., 2006	J	Prof. Dance	I	Jump		BA	MS	MP	L	8	50.8	7.94	15	37.3	5.63	2.0795	R		23		4
Wyon et al., 2006	J	Prof. Dance	I	Hop		BA	MS	MP	L	8	33.4	2.76	15	26.4	3.58	2.1026	R		23		4
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**CE**			**8**			**15**			**1.3073**	**S**	**1**	**23**		**4**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**CE**			**8**			**15**			**1.3073**	**S**	**1**	**23**		**4**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**			**8**			**15**			**1.8266**	**S**	**3**	**23**		**4**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**MS**			**8**			**15**			**1.8266**	**S**	**3**	**23**		**4**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**		**L**	**8**			**15**			**1.8266**	**S**	**3**	**23**		**4**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**				**MS**	**MP**		**8**			**15**			**1.8266**	**S**	**3**	**23**		**4**
Wyon et al., 2006	**J**	**Prof. Dance**	**I**			**BA**	**MS**	**MP**		**8**			**15**			**1.8266**	**S**	**3**	**23**		**4**
Yoopat, 2002	D	Construct.	I	VO2max		BA	CE			24	2.68	0.55	24	1.56	0.35	2.4296	R		48		1
Yoopat, 2002	**D**	**Construct.**	**I**				**CE**			**24**			**24**			**2.4296**	**S**	**1**	**48**		**1**
Yoopat, 2002	**D**	**Construct.**	**I**			**BA**	**CE**			**24**			**24**			**2.4296**	**S**	**1**	**48**		**1**
Yoopat, 2002	D	Manual	I	VO2max		BA	CE			22	2.26	0.58	20	1.54	0.26	1.5760	R		42		2

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Primary Studies Included in the Meta-Analysis

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
											Males			**Females**								
Author and Year	Outlet	Worker	A/I	Measure	Rel.	SSD	Broad	Sub	Reg.	N	M	SD	N	M	SD	*d*	Data	ES	Total N	Train	Sam
Yoopat, 2002	**D**	**Manual**	**I**				**CE**			**22**			**20**			**1.5760**	**S**	**1**	**42**		**2**
Yoopat, 2002	**D**	**Manual**	**I**			**BA**	**CE**			**22**			**20**			**1.5760**	**S**	**1**	**42**		**2**
Yoopat, 2002	D	Steel	I	VO2max		BA	CE			24	2.33	0.43	12	1.39	0.21	2.5181	R		36		3
Yoopat, 2002	**D**	**Steel**	**I**				**CE**			**24**			**12**			**2.5181**	**S**	**1**	**36**		**3**
Yoopat, 2002	**D**	**Steel**	**I**			**BA**	**CE**			**24**			**12**			**2.5181**	**S**	**1**	**36**		**3**

Note. Column 1 (Author and year of study): Asterisk (*) denotes that the study was taken from Hogan, 1991. A double asterisk (**) denotes that the data was taken from the following studies with an overlapping sample: Hodgdon et al., 1996, Beckett & Hodgdon, 1987, and Hodgdon & Beckett, 1998. A triple asterisk (***) denotes that the data was taken from the following studies with an overlapping sample: Robertson, 1992, and Robertson & Trent, 1985. Column 2 (Source): J = journal article, T = technical report; C = book chapter; P = conference presentation; D = dissertation/thesis. Column 3 (Worker type): short-coded type of worker sample being studied. Column 4 (Sample type): A = applicant sample; I = incumbent sample; N = not enough information present to classify. Column 5: Short-coded test measure administered. Column 6: Test reliability (not presented by the primary study authors if left blank). Superscript reflects type of reliability coefficient reported: [a] = Test-retest reliability, or equivalent; [b] = reliability estimated from the communalities obtained from a factor analysis; [c] = Cronbach's alpha. Column 7 (Selection system design of the test): BA = basic ability; JS = job simulation; UN: unclear. Column 8 (Specificity of measurement moderator for broad dimension): CE = cardiovascular endurance; MQ = movement quality; MS = muscular strength. Column 9 (Specificity of measurement moderator for sub-dimension): ME = muscular endurance; MT = muscular tension; MP = muscular power; B = balance; F = flexibility; C = coordination. Column 10 (Specificity of measurement moderator for body region): C = core body; L = lower body; U = upper body; T = total body. Column 11: Number of males tested. Column 12: Mean score of males tested. Column 13: Standard deviation of males tested. Column 14: Number of females tested. Column 15: Mean score of females tested. Column 16: Standard deviation of females tested. Column 17: Cohen's *d* between males and

females. A positive score indicates better performance by males. A negative score indicates better performance by females. Column 18 (Type of data in the row): R = raw data taken from the study; S = summary data that went into the meta-analysis and was derived from the effect sizes provided in the study (summary data is also presented in bold-face type). Column 19: For summary rows, the total number of effect sizes that were used to arrive at the *d* value used in the meta-analysis. Column 20: Total number of males and females tested. Column 21 (Studies with data for examining the training moderator): T = included in training analysis; T1 = time 1 measure; T2 = time 2 measure. Column 22: Sample number (e.g., "1" for all studies with a single sample only, but numbered "1" and "2" for studies to differentiate between samples within studies that include multiple samples).