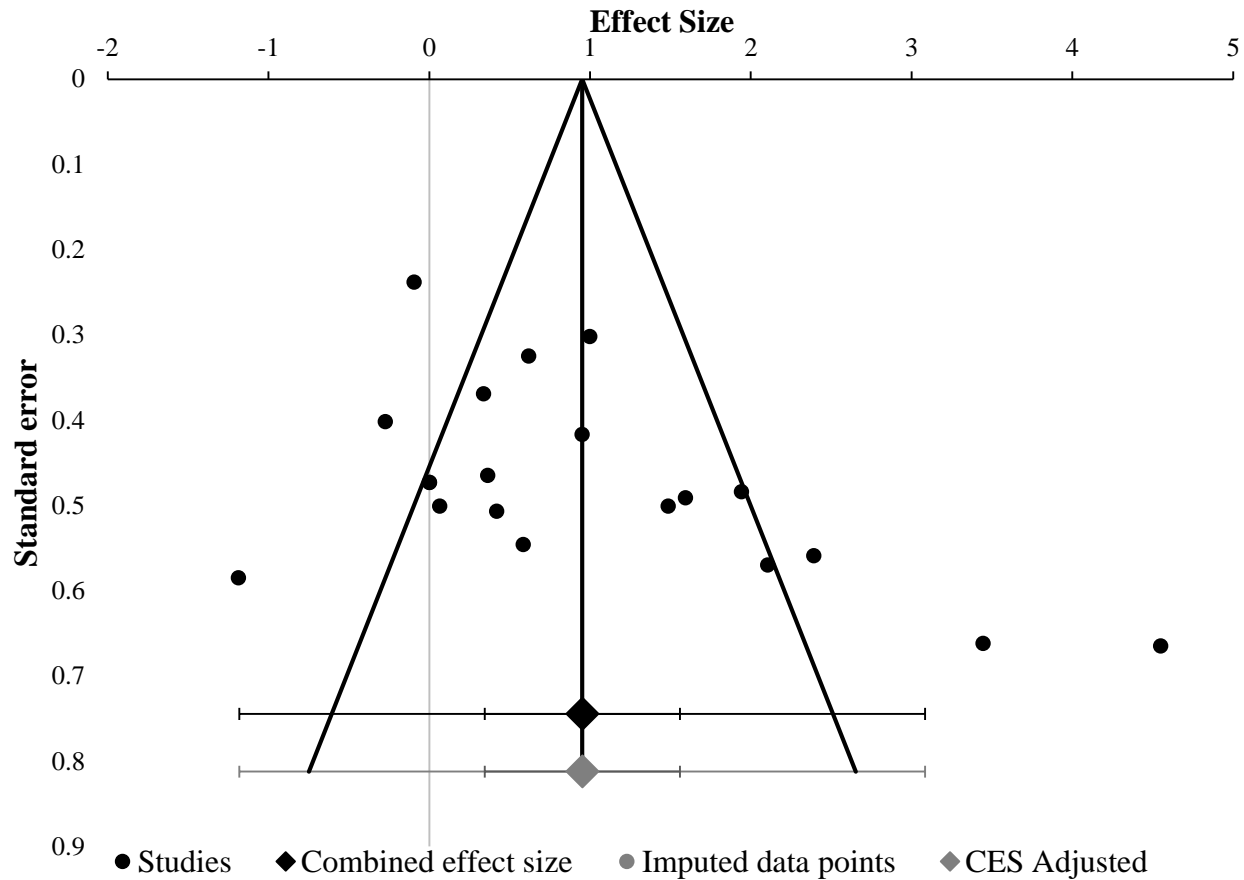


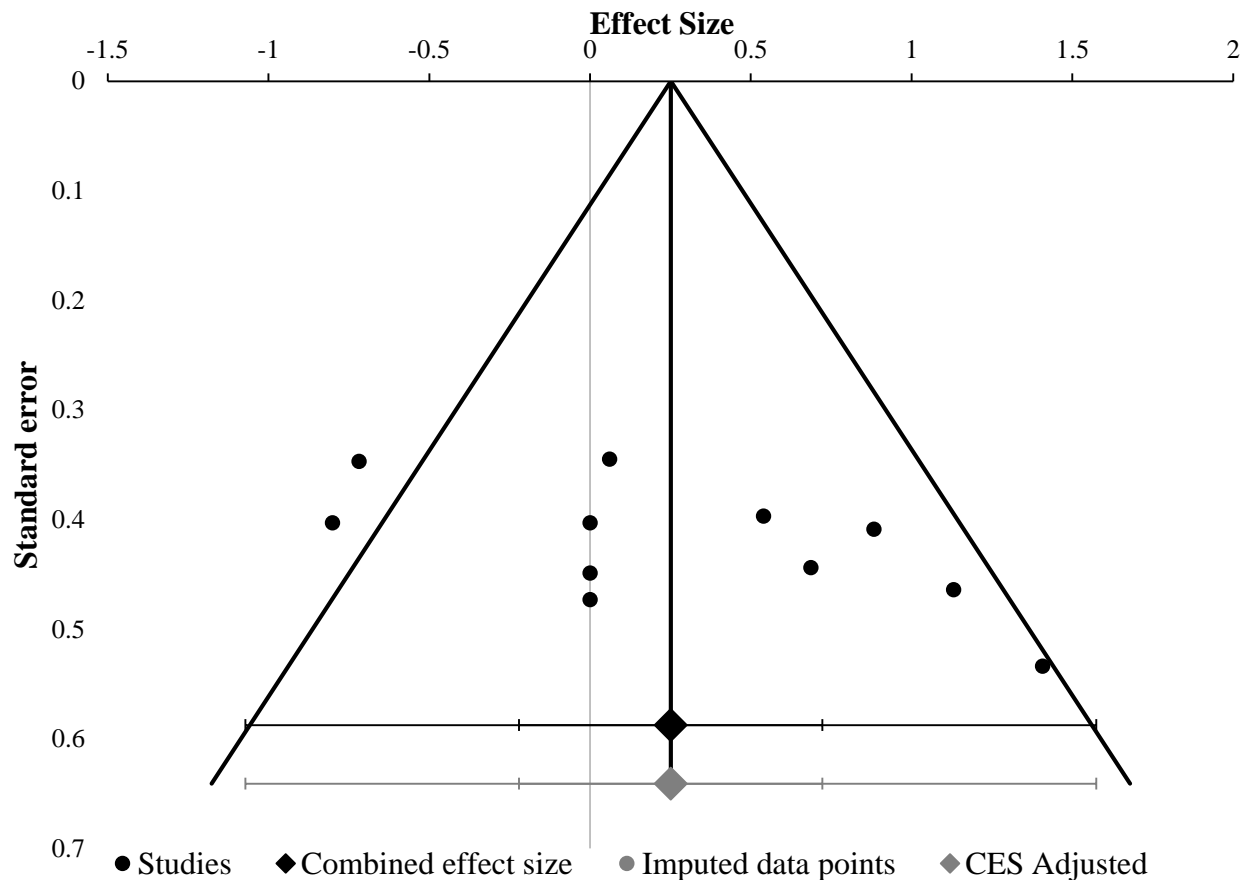
## Supplemental digital content 5 – Funnel plots

a) Funnel plot from the meta-analysis determining the effect of isometric tasks on isometric force decrease between young and old individuals.



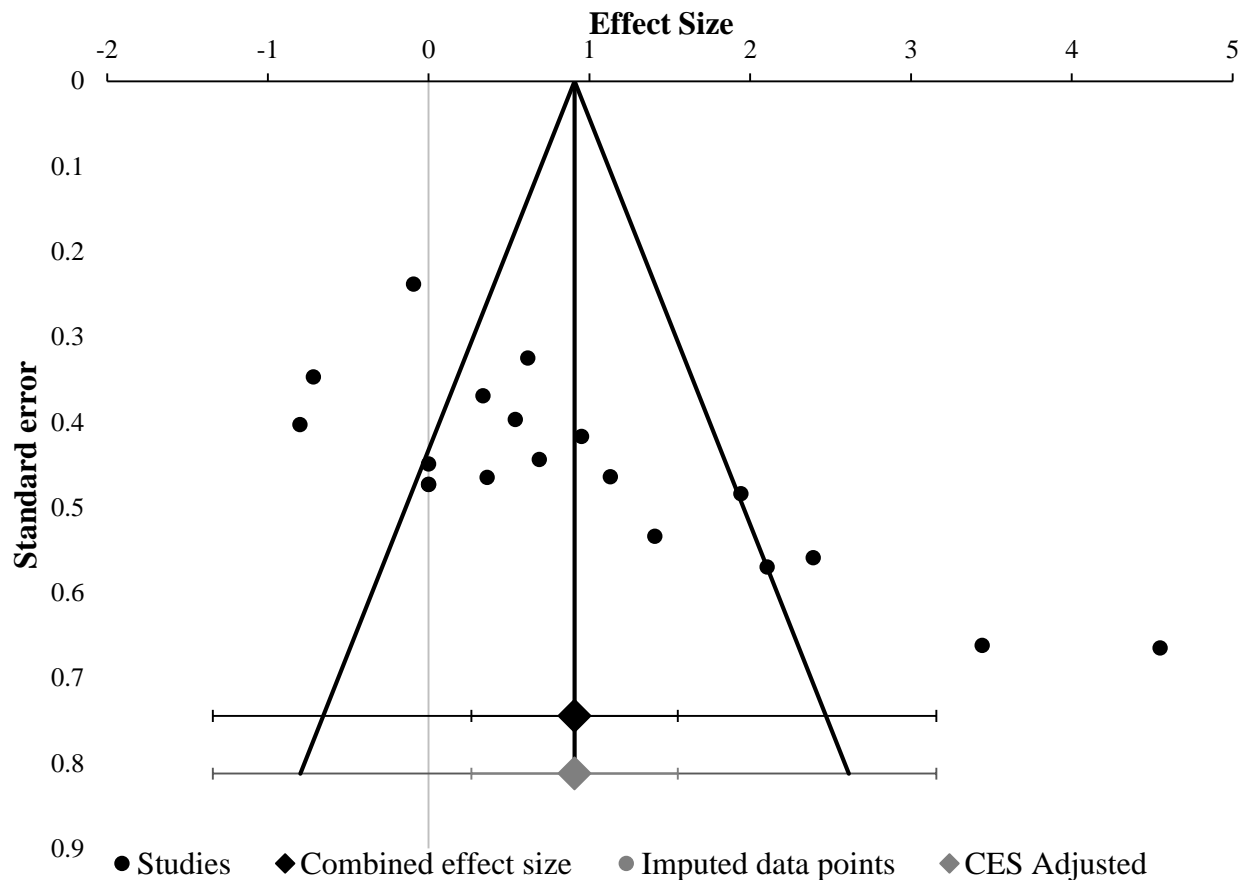
The distribution of the estimated effect size (Hedges's g ES) for each study (on x-axis) and standard error (on y-axis) were used to calculate the measure. The estimates of the effect of the missing studies were similar to the meta-analysis combined effect sizes, suggesting a little chance of publication bias for these measures.

b) Funnel plot from the meta-analysis determining the effect of dynamic tasks on isometric force decrease between young and old individuals.



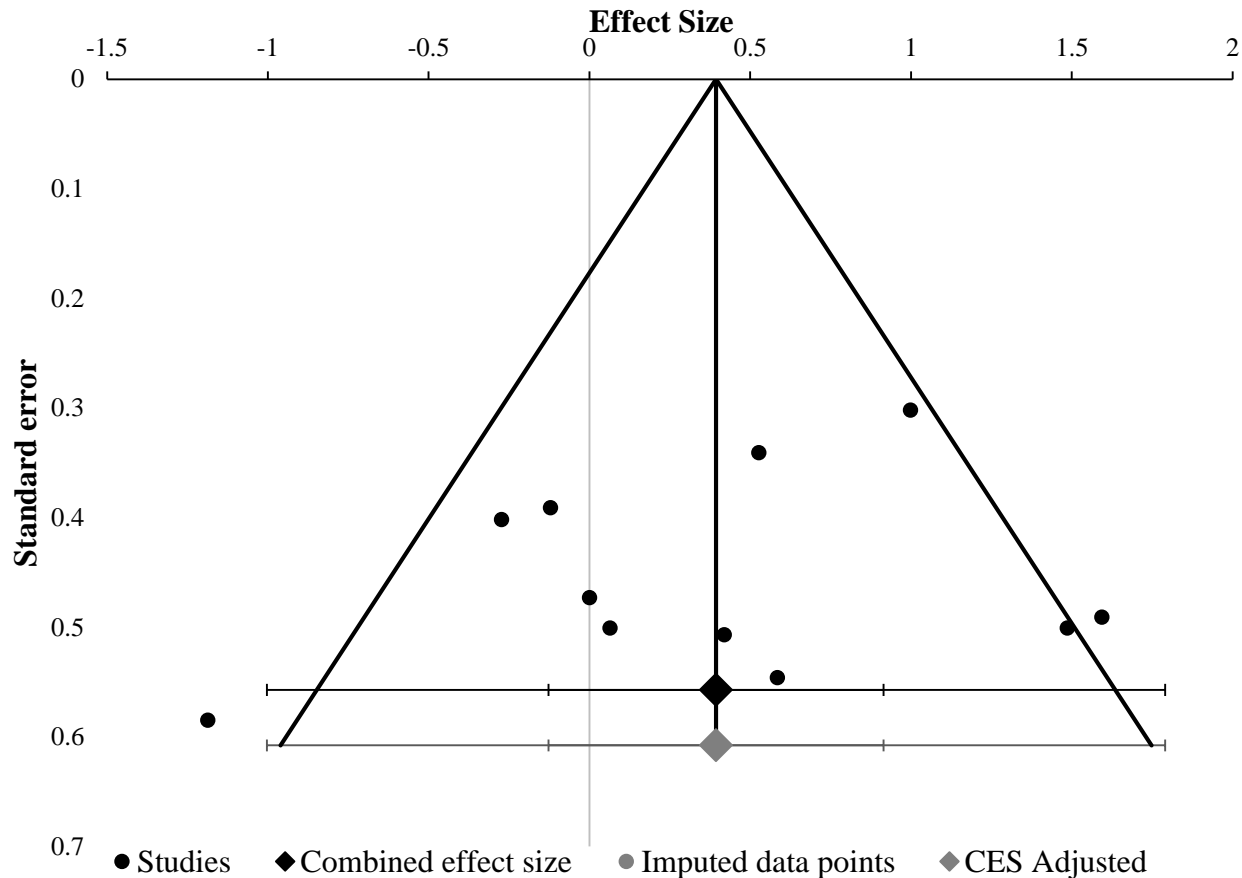
The distribution of the estimated effect size (Hedges's g ES) for each study (on x-axis) and standard error (on y-axis) were used to calculate the measure. The estimates of the effect of the missing studies were similar to the meta-analysis combined effect sizes, suggesting a little chance of publication bias for these measures.

c) Funnel plot from the meta-analysis determining the effect of fatiguing lower limbs on isometric force decrease between young and old individuals.



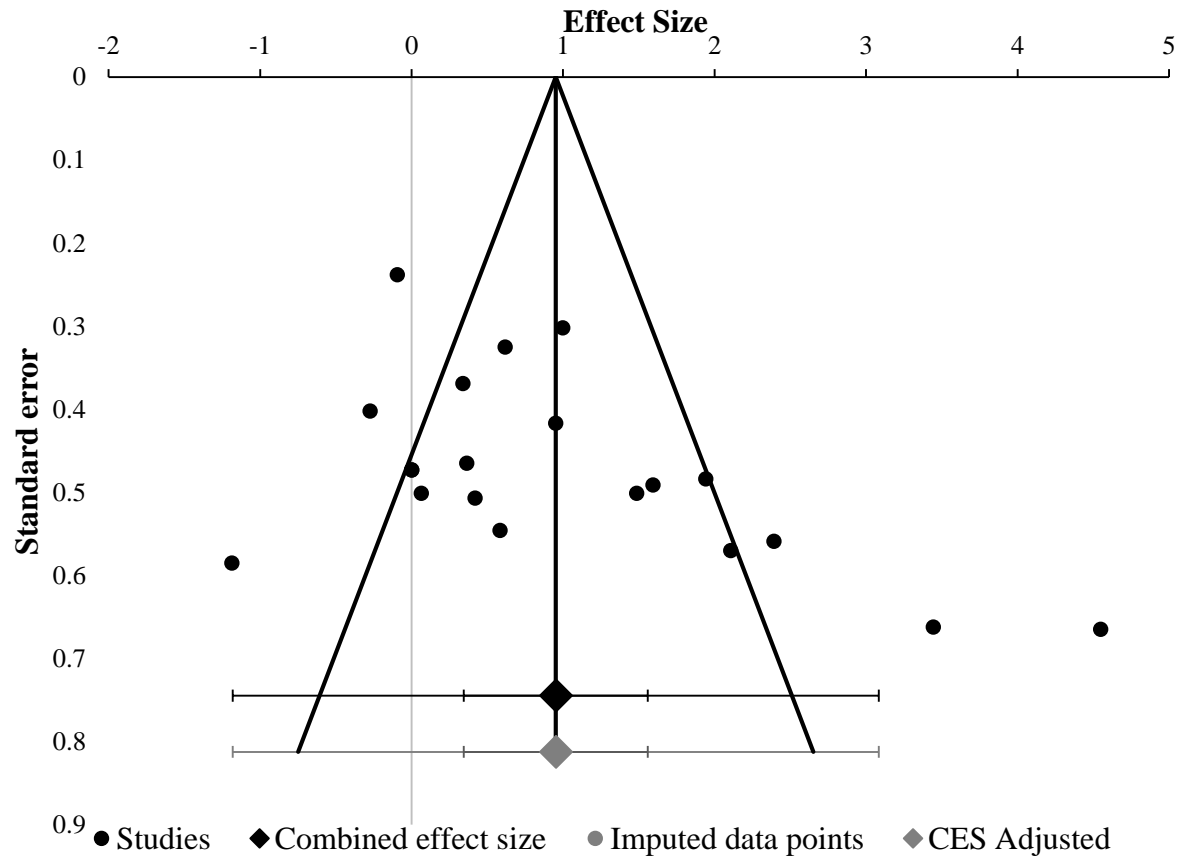
The distribution of the estimated effect size (Hedges's g ES) for each study (on x-axis) and standard error (on y-axis) were used to calculate the measure. The estimates of the effect of the missing studies were similar to the meta-analysis combined effect sizes, suggesting a little chance of publication bias for these measures.

d) Funnel plot from the meta-analysis determining the effect of fatiguing upper limbs on isometric force decrease between young and old individuals.



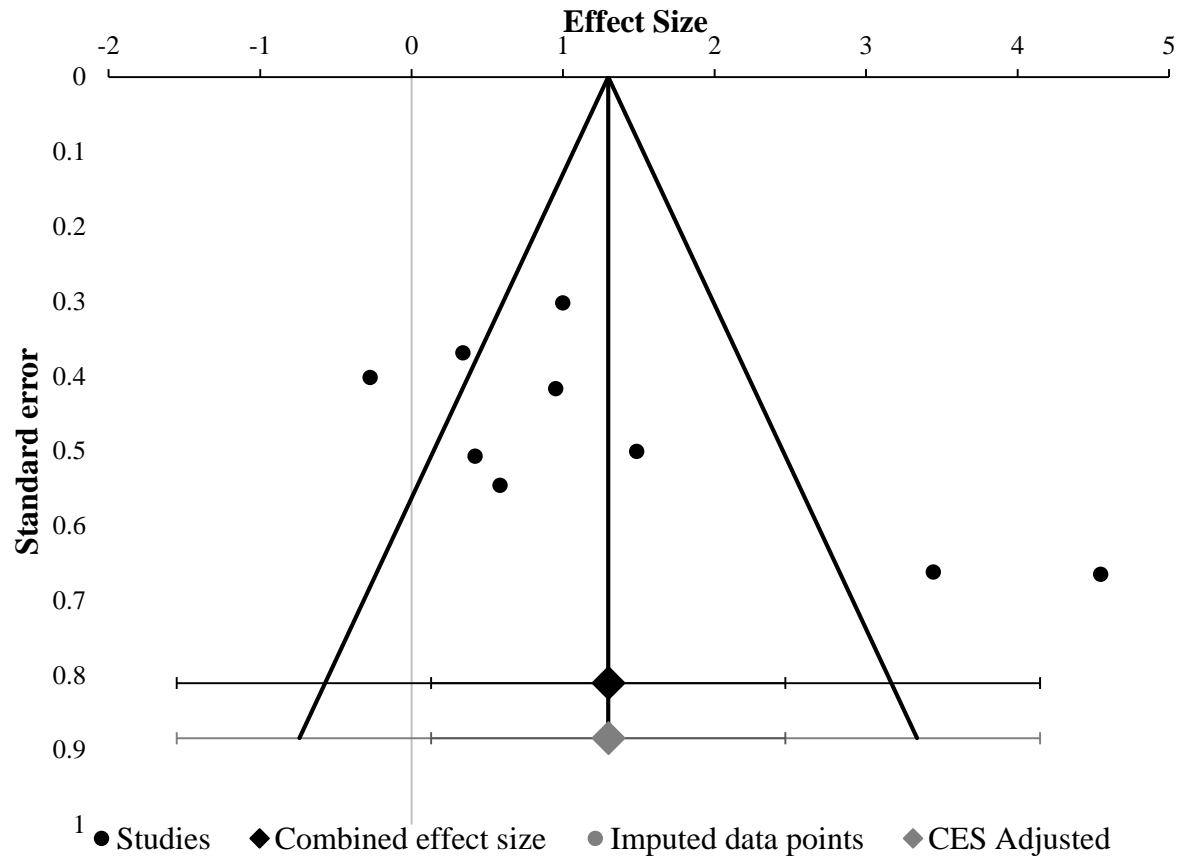
The distribution of the estimated effect size (Hedges's g ES) for each study (on x-axis) and standard error (on y-axis) were used to calculate the measure. The estimates of the effect of the missing studies were similar to the meta-analysis combined effect sizes, suggesting a little chance of publication bias for these measures.

e) Funnel plot from the meta-analysis determining the effect of sex (males) on isometric force decrease between young and old individuals.



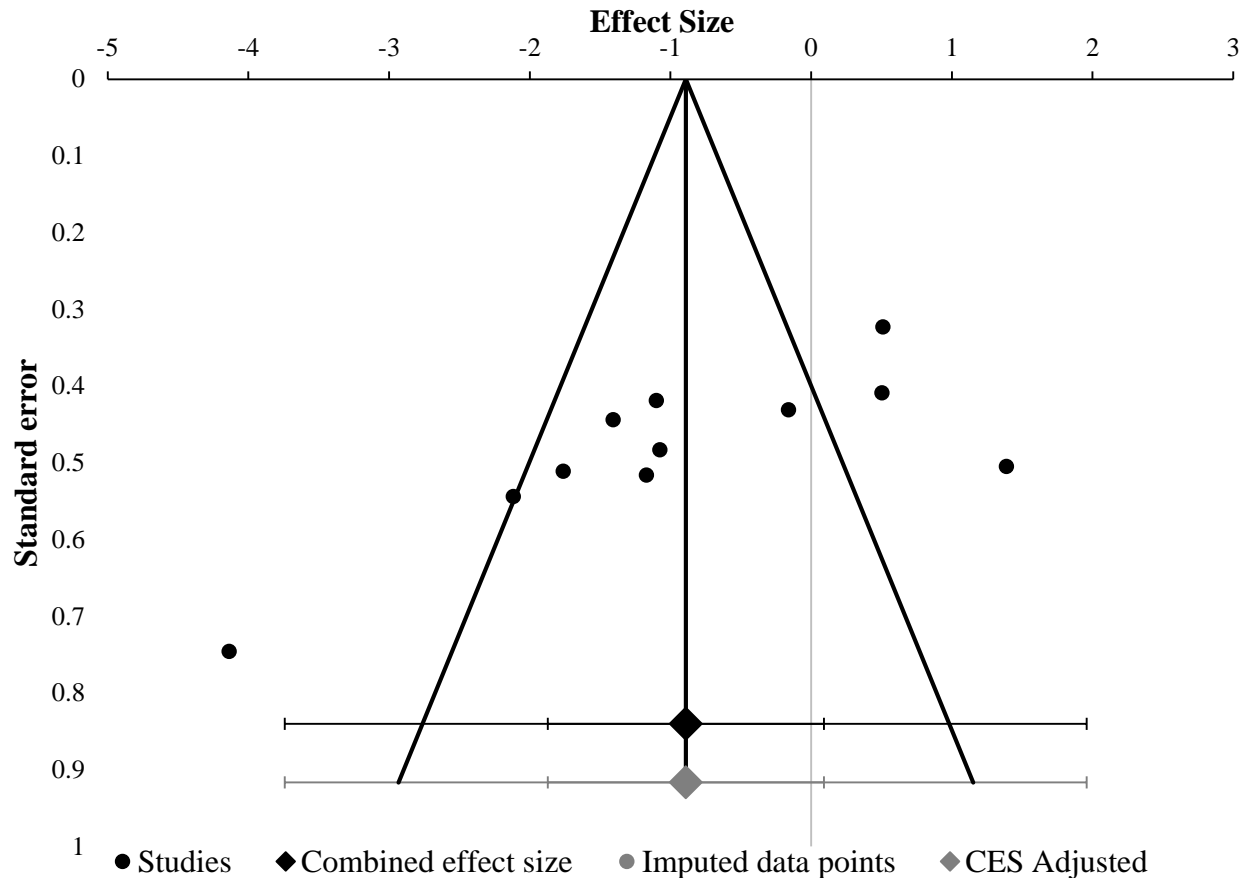
The distribution of the estimated effect size (Hedges's g ES) for each study (on x-axis) and standard error (on y-axis) were used to calculate the measure. The estimates of the effect of the missing studies were similar to the meta-analysis combined effect sizes, suggesting a little chance of publication bias for these measures.

f) Funnel plot from the meta-analysis determining the effect of sex (females) on isometric force decrease between young and old individuals.



The distribution of the estimated effect size (Hedges's g ES) for each study (on x-axis) and standard error (on y-axis) were used to calculate the measure. The estimates of the effect of the missing studies were similar to the meta-analysis combined effect sizes, suggesting a little chance of publication bias for these measures.

g) Funnel plot from the meta-analysis determining the effect of fatigue induced by exercise on power output decrease between young and old individuals.



The distribution of the estimated effect size (Hedges's g ES) for each study (on x-axis) and standard error (on y-axis) were used to calculate the measure. The estimates of the effect of the missing studies were similar to the meta-analysis combined effect sizes, suggesting a little chance of publication bias for these measures.