

Study name

Hedges's g and 95% CI

	Stretching (n)	Strength (n)	Hedges's g
Alexander et al. (2001)	60	64	0.045
Aquino et al. (2010)	15	15	0.087
Caputo et al. (2017)	13	14	0.220
Jones et al. (2002)	28	28	-0.282
Leite et al. (2015)	7	7	-0.229
Li et al. (2020)	20	20	-0.616
Morton et al. (2011)	12	12	0.123
Nelson & Bandy (2004)	21	24	-0.101
Racil et al. (2020)	8	9	-0.000
Simão et al. (2011)	20	20	-1.922
Wyon et al. (2013)	24	11	0.247
			-0.215

