The great weight debate: Researchers find all forms of weightlifting build strength and muscle, details matter less

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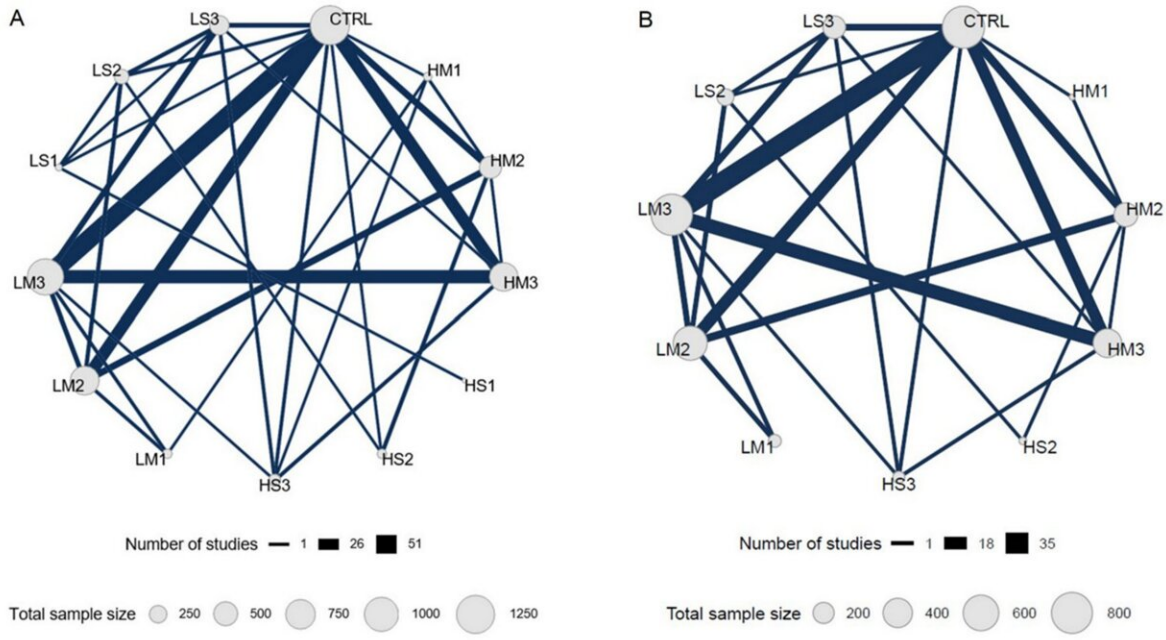

Network geometry for all available studies evaluating strength (A) and hypertrophy (B). Each node represents a unique condition, and the size of each node is proportional to the sample size per condition. Each edge represents direct evidence, and the width of each edge is proportional to the number of studies comparing connected nodes. Resistance training prescriptions are denoted with a three-character acronym—XY#—where X is load (H, ≥80% 1-repetition maximum (1RM); L,

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