| Training-method                                      | Date searched: | Database       | Keywords                                                                                     | Number of hits | Included in review | Search mode                               |
|------------------------------------------------------|----------------|----------------|---------------------------------------------------------------------------------------------|----------------|-------------------|-------------------------------------------|
| Autoregulatory progressive resistance exercise       | 09.01.2020     | SPORTDiscus    | “Autoregulatory progressive resistance exercise”                                            | 4              | 1                 | Advanced search, Boolean/phrase           |
| Rating of perceived exertion. Rating of perceived exertion with stop. Reps in reserve. | 11.01.2020     | SPORTDiscus    | “Rating of perceived exertion” OR “reps in reserve” OR “RPE-stop” AND “1 repetition maximum” | 3151           | 2                 | Advanced search, Boolean/phrase           |
| Flexible nonlinear periodization                     | 14.01.2020     | SPORTDiscus    | “Flexible nonlinear periodization”                                                           | 8              | 1                 | Advanced search, Boolean/phrase           |
| Velocity based resistance training                   | 14.01.2020     | SPORTDiscus    | “Velocity based resistance training” OR “velocity-based training” OR “velocity loss” AND “1 repetition maximum” AND “linear position transducer” OR “linear velocity transducer” | 86             | 2                 | Advanced search, Boolean/phrase           |
| Autoregulatory progressive resistance exercise       | 09.01.2020     | Google Scholar | “Autoregulatory progressive resistance exercise” AND “autoregulation” AND “1 repetition maximum” | 1530           | 0                 | Advanced search, find all words           |
| Rating of perceived exertion. Rating of perceived exertion with stop. Reps in reserve. | 13.01.2020     | Google Scholar | “Rating of perceived exertion” OR “reps in reserve” OR “RPE-stop” AND “1 repetition maximum” AND “autoregulation” | 473            | 0                 | Advanced search, find all words           |
| Flexible nonlinear periodization                     | 14.01.2020     | Google Scholar | “Flexible nonlinear periodization” AND “autoregulation” AND “1 repetition maximum”           | 90             | 1                 | Advanced search, find all words           |
| Velocity based resistance training                   | 15.01.2020     | Google Scholar | “Velocity based resistance training” AND “autoregulation” AND “linear position transducer” OR “linear velocity transducer” AND “autoregulation” | 2320           | 3                 | Advanced search, find all words, removed: patents AND quotes |
| Autoregulatory progressive resistance exercise       | 10.01.2020     | PubMed         | “Autoregulatory progressive resistance exercise”                                            | 2              | 0                 | Advanced search, all fields               |
| Rating of perceived exertion. Rating of perceived exertion with stop. Reps in reserve. | 13.01.2020     | PubMed         | “Rating of perceived exertion” OR “reps in reserve” OR “RPE-stop” AND “1 repetition maximum” | 110            | 0                 | Advanced search, all fields               |
| Flexible nonlinear periodization                     | 14.01.2020     | PubMed         | “Flexible nonlinear periodization”                                                          | 11             | 0                 | Advanced search, all fields               |
| Velocity based resistance training                   | 17.01.2020     | PubMed         | “Velocity based training” OR “velocity-based resistance training” OR “velocity loss” AND “linear position transducer” OR “linear velocity transducer” | 85             | 0                 | Advanced search, all fields               |