

Supplementary Table 1 - Search strategy and descriptors

PUBMED	
BLOCK 1 – RESISTÊNCIA MUSCULAR #1 muscular endurance #2 physical fitness #3 muscle endurance #4 abdominal resistance #5 resistance #6 fitness #7 muscular strength #8 musculoskeletal #9 strength resistance #10 strength endurance #11 - #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10	BLOCK 2 – CRIANÇAS E ADOLESCENTES #12 children #13 child #14 adolescent #15 adolescence #16 youth #17 teen #18 teenager #19 high school #20 students #21 young #22 schoolchildren #23 school children #24 - #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 #25 - #11 AND #24
SCOPUS	
BLOCK 1 - RESISTÊNCIA MUSCULAR #1 muscular endurance #2 physical fitness #3 muscle endurance #4 abdominal resistance #5 resistance #6 fitness #7 muscular strength #8 musculoskeletal #9 strength resistance #10 strength endurance #11 - #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10	BLOCK 2 – CRIANÇAS E ADOLESCENTES #12 children #13 child #14 adolescent #15 adolescence #16 youth #17 teen #18 teenager #19 high school #20 students #21 young #22 schoolchildren #23 school children #24 - #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 #25 - #11 AND #24

LILACS	
BLOCK 1 - RESISTÊNCIA MUSCULAR #1 muscular endurance #2 physical fitness #3 muscle endurance #4 abdominal resistance #5 resistance #6 fitness #7 muscular strength #8 musculoskeletal #9 strength resistance #10 strength endurance #11 - #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10	BLOCK 2 – CRIANÇAS E ADOLESCENTES #12 children #13 child #14 adolescent #15 adolescence #16 youth #17 teen #18 teenager #19 high school #20 students #21 young #22 schoolchildren #23 school children #24 - #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 #25 - #11 AND #24
WEB OF SCIENCE	
BLOCK 1 - RESISTÊNCIA MUSCULAR #1 muscular endurance #2 physical fitness #3 muscle endurance #4 abdominal resistance #5 resistance #6 fitness #7 muscular strength #8 (musculoskeletal) #9 (strength resistance) #10 (strength endurance) #11 - #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10	BLOCK 2 – CRIANÇAS E ADOLESCENTES #12 children #13 child #14 adolescent #15 adolescence #16 youth #17 teen #18 teenager #19 high school #20 students #21 young #22 schoolchildren #23 school children #24 - #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 #25 - #11 AND #24

SCIELO

BLOCK 1 - RESISTÊNCIA MUSCULAR

(muscular endurance) OR (physical fitness) OR
(muscle endurance) OR (abdominal resistance)
OR (resistance) OR (fitness) OR (muscular
strength) OR (musculoskeletal) OR (strength
resistance) OR (strength endurance)

BLOCK 2 – CRIANÇAS E ADOLESCENTES

(children) OR (child) OR (adolescent) OR
(adolescence) OR (youth) OR (teen) OR
(teenager) OR (high school) OR (students) OR
(young) OR (schoolchildren) OR (school
children)