

**Supplementary Material 1. Search strategy**

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**Pubmed**

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((("Elder"[All Fields] OR "Elderly"[All Fields] OR "older adults"[All Fields]) AND ("detrain"[All Fields] OR "detrained"[All Fields] OR "detraining"[All Fields] OR "Training cessation"[All Fields] OR "exercise interruption"[All Fields] OR "deconditioning"[All Fields] OR "retraining"[All Fields] OR "physical restraint"[All Fields]))

Translations: Detraining: "detrain"[All Fields] OR "detrained"[All Fields] OR "detraining"[All Fields]

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**Web Of Science (Core Collection) and MEDLINE**

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TS= (("Elder" OR "Elderly" OR "older adults") AND ((Detraining OR "Training cessation" OR "exercise interruption" OR "deconditioning" OR "retraining" OR "physical restraint"))))

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