

**Diastolic Blood Pressure Network Meta-Analysis – Supplementary Information****Table S9.** Diastolic Blood Pressure Comparative Network Meta-Analysis for the Primary Exercise Modes.

	AET	Control	CT	HIIT	IET	RT
AET	AET	2.47 (1.88, 3.06)	0.01 (-1.27, 1.3)	-0.1 (-1.37, 1.18)	-1.23 (-3, 0.52)	-0.44 (-1.59, 0.7)
Control	-2.47 (-3.06, -1.88)	Control	-2.46 (-3.63, -1.29)	-2.57 (-3.71, -1.42)	-3.7 (-5.36, -2.04)	-2.91 (-3.95, -1.89)
CT	-0.01 (-1.3, 1.27)	2.46 (1.29, 3.63)	CT	-0.11 (-1.72, 1.52)	-1.24 (-3.27, 0.78)	-0.45 (-1.97, 1.05)
HIIT	0.1 (-1.18, 1.37)	2.57 (1.42, 3.71)	0.11 (-1.52, 1.72)	HIIT	-1.13 (-3.14, 0.88)	-0.35 (-1.88, 1.19)
IET	1.23 (-0.52, 3)	3.7 (2.04, 5.36)	1.24 (-0.78, 3.27)	1.13 (-0.88, 3.14)	IET	0.79 (-1.16, 2.75)
RT	0.44 (-0.7, 1.59)	2.91 (1.89, 3.95)	0.45 (-1.05, 1.97)	0.35 (-1.19, 1.88)	-0.79 (-2.75, 1.16)	RT