

Appendix S1. Search Strategy

All searches were originally performed on 02/10/21 and subsequently updated on 03/02/2023.

PubMed:

10,051 results

Set 1: ("exercise"[MeSH Terms] OR "exercise training"[Text Word])

Set 2: ("blood pressure"[MeSH Terms] OR "arterial pressure"[Text Word])

Search Performed: #1 AND #2

Cochrane:

2,169 results

ID	Search Hits
#1	MeSH descriptor: [Exercise] explode all trees
#2	MeSH descriptor: [High-Intensity Interval Training] explode all trees
#3	MeSH descriptor: [Walking] explode all trees
#4	MeSH descriptor: [Jogging] explode all trees
#5	MeSH descriptor: [Resistance Training] explode all trees
#6	#1 OR #2 OR #3 OR #4 OR #5
#7	MeSH descriptor: [Blood Pressure] explode all trees
#8	MeSH descriptor: [Arterial Pressure] explode all trees
#9	MeSH descriptor: [Hypertension] explode all trees
#10	#7 OR #8 OR #9
#11	#6 AND #10 2169

Web of Science:

2333 results (Web of Science Core Collection)

Set 1: TS=("exercise training")

Set 2: TS=("blood pressure") OR TS=("arterial pressure")

Search Performed: #1 AND #2