**Table S7.** Systolic Blood Pressure Primary Exercise Mode Inconsistency Test with Node-splitting Model.

| Comparison | P-value | CrI |
|---|---|---|
| **d.AET.CT** | 0.458775 | NA |
| **-> direct** | NA | -3.0 (-7.9, 2.0) |
| **-> indirect** | NA | -0.92 (-3.1, 1.3) |
| **-> network** | NA | -1.5 (-3.5, 0.44) |
| **d.AET.HIIT** | 0.733925 | NA |
| **-> direct** | NA | -0.96 (-7.1, 5.1) |
| **-> indirect** | NA | 0.16 (-1.9, 2.2) |
| **-> network** | NA | 0.096 (-1.9, 2.0) |
| **d.AET.RT** | 0.6983 | NA |
| **-> direct** | NA | -0.60 (-3.9, 2.7) |
| **-> indirect** | NA | 0.19 (-2.0, 2.4) |
| **-> network** | NA | -0.18 (-2.0, 1.6) |
| **d.CT.HIIT** | 0.560575 | NA |
| **-> direct** | NA | -2.3 (-16., 11.) |
| **-> indirect** | NA | 1.8 (-0.74, 4.3) |
| **-> network** | NA | 1.6 (-0.87, 4.1) |
| **d.CT.RT** | 0.4762 | NA |
| **-> direct** | NA | -0.33 (-5.5, 4.9) |
| **-> indirect** | NA | 1.8 (-0.86, 4.4) |
| **-> network** | NA | 1.4 (-0.97, 3.7) |
| **d.HIIT.RT** | 0.629575 | NA |
| **-> direct** | NA | 3.1 (-11., 17.) |
| **-> indirect** | NA | -0.40 (-2.8, 2.0) |
| **-> network** | NA | -0.28 (-2.7, 2.1) |

**Table S8.** Systolic Blood Pressure Secondary Exercise Mode Inconsistency Test with Notesplitting Model.

| Comparison | p-value | CrI |
|---|---|---|
| **d.AIT.CT** | 0.3839 | NA |
| **-> direct** | NA | 2.4 (-11., 16.) |
| **-> indirect** | NA | -4.0 (-8.0, 0.056) |
| **-> network** | NA | -3.4 (-7.2, 0.45) |
| **d.AIT.Other_Aerobic** | 0.377575 | NA |
| **-> direct** | NA | 3.3 (-9.2, 16.) |
| **-> indirect** | NA | -2.6 (-6.7, 1.5) |
| **-> network** | NA | -2.2 (-6.0, 1.6) |
| **d.AIT.RT** | 0.439425 | NA |
| **-> direct** | NA | 3.0 (-11., 17.) |
| **-> indirect** | NA | -2.6 (-6.6, 1.4) |
| **-> network** | NA | -2.1 (-5.9, 1.7) |
| **d.CT.Other_Aerobic** | 0.4613 | NA |
| **-> direct** | NA | 2.9 (-2.4, 8.3) |
| **-> indirect** | NA | 0.67 (-2.1, 3.5) |
| **-> network** | NA | 1.2 (-1.3, 3.7) |
| **d.CT.RT** | 0.5001 | NA |
| **-> direct** | NA | -0.30 (-5.6, 4.9) |
| **-> indirect** | NA | 1.7 (-0.92, 4.4) |
| **-> network** | NA | 1.3 (-1.1, 3.7) |
| **d.CT.Walking** | 0.999675 | NA |
| **-> direct** | NA | 3.0 (-10., 16.) |
| **-> indirect** | NA | 3.0 (0.77, 5.3) |
| **-> network** | NA | 3.1 (0.88, 5.3) |
| **d.Cycling.RT** | 0.59955 | NA |
| **-> direct** | NA | -0.22 (-10., 9.7) |
| **-> indirect** | NA | 2.5 (-0.44, 5.5) |
| **-> network** | NA | 2.3 (-0.54, 5.1) |
| **d.Other_Aerobic.RT** | 0.457825 | NA |
| **-> direct** | NA | -1.6 (-6.7, 3.5) |
| **-> indirect** | NA | 0.59 (-2.1, 3.3) |
| **-> network** | NA | 0.12 (-2.2, 2.5) |
| **d.RT.Running** | 0.663025 | NA |
| **-> direct** | NA | -0.47 (-7.7, 6.7) |
| **-> indirect** | NA | -2.3 (-5.6, 1.2) |
| **-> network** | NA | -2.0 (-5.0, 1.0) |
| **d.RT.Walking** | 0.576075 | NA |
| **-> direct** | NA | 0.075 (-6.3, 6.4) |
| **-> indirect** | NA | 2.0 (-0.22, 4.2) |
| **-> network** | NA | 1.8 (-0.26, 3.8) |

**Table S13.** Diastolic Blood Pressure Primary Exercise Mode Inconsistency Test with Notesplitting Model.

| Comparison | P-value | CrI |
|---|---|---|
| **d.AET.CT** | 0.365925 | NA |
| **-> direct** | NA | -1.4 (-4.7, 2.0) |
| **-> indirect** | NA | 0.33 (-1.1, 1.8) |
| **-> network** | NA | 0.0077 (-1.3, 1.3) |
| **d.AET.HIIT** | 0.663325 | NA |
| **-> direct** | NA | 0.71 (-3.2, 4.6) |
| **-> indirect** | NA | -0.20 (-1.6, 1.1) |
| **-> network** | NA | -0.10 (-1.4, 1.2) |
| **d.AET.RT** | 0.889375 | NA |
| **-> direct** | NA | -0.29 (-2.4, 1.8) |
| **-> indirect** | NA | -0.47 (-1.9, 0.95) |
| **-> network** | NA | -0.44 (-1.6, 0.70) |
| **d.CT.HIIT** | 0.246975 | NA |
| **-> direct** | NA | -4.8 (-13., 3.3) |
| **-> indirect** | NA | 0.10 (-1.6, 1.8) |
| **-> network** | NA | -0.11 (-1.7, 1.5) |
| **d.CT.RT** | 0.779825 | NA |
| **-> direct** | NA | -0.84 (-4.1, 2.4) |
| **-> indirect** | NA | -0.31 (-2.0, 1.4) |
| **-> network** | NA | -0.45 (-2.0, 1.1) |
| **d.HIIT.RT** | 0.5527 | NA |
| **-> direct** | NA | 2.2 (-6.5, 11.) |
| **-> indirect** | NA | -0.44 (-2.0, 1.1) |
| **-> network** | NA | -0.34 (-1.9, 1.2) |

**Table S14.** Diastolic Blood Pressure Secondary Exercise Mode Inconsistency Test with Notesplitting Model.

| Comparison | P-value | CrI |
|---|---|---|
| **d.AIT.CT** | 0.2482 | NA |
| **-> direct** | NA | 4.8 (-3.1, 13.) |
| **-> indirect** | NA | -0.089 (-2.7, 2.5) |
| **-> network** | NA | 0.36 (-2.1, 2.8) |
| **d.AIT.Other_Aerobic** | 0.648475 | NA |
| **-> direct** | NA | -1.6 (-9.2, 6.0) |
| **-> indirect** | NA | 0.26 (-2.3, 2.9) |
| **-> network** | NA | 0.036 (-2.4, 2.5) |
| **d.AIT.RT** | 0.552525 | NA |
| **-> direct** | NA | 2.2 (-6.2, 11.) |
| **-> indirect** | NA | -0.48 (-3.0, 2.0) |
| **-> network** | NA | -0.14 (-2.5, 2.3) |
| **d.CT.Other_Aerobic** | 0.490925 | NA |
| **-> direct** | NA | 0.81 (-2.8, 4.4) |
| **-> indirect** | NA | -0.59 (-2.4, 1.2) |
| **-> network** | NA | -0.33 (-1.9, 1.2) |
| **d.CT.RT** | 0.8048 | NA |
| **-> direct** | NA | -0.85 (-4.1, 2.4) |
| **-> indirect** | NA | -0.40 (-2.1, 1.3) |
| **-> network** | NA | -0.51 (-2.0, 0.97) |
| **d.CT.Walking** | 0.4723 | NA |
| **-> direct** | NA | 4.0 (-4.1, 12.) |
| **-> indirect** | NA | 1.0 (-0.46, 2.4) |
| **-> network** | NA | 1.1 (-0.30, 2.5) |
| **d.Cycling.RT** | 0.96225 | NA |
| **-> direct** | NA | -0.015 (-6.5, 6.5) |
| **-> indirect** | NA | 0.15 (-1.7, 2.0) |
| **-> network** | NA | 0.10 (-1.6, 1.8) |
| **d.Other_Aerobic.RT** | 0.592525 | NA |
| **-> direct** | NA | 0.55 (-2.6, 3.7) |
| **-> indirect** | NA | -0.42 (-2.1, 1.3) |
| **-> network** | NA | -0.17 (-1.6, 1.3) |
| **d.RT.Running** | 0.321075 | NA |
| **-> direct** | NA | -0.36 (-4.9, 4.2) |
| **-> indirect** | NA | -2.9 (-5.0, -0.70) |
| **-> network** | NA | -2.4 (-4.3, -0.53) |
| **d.RT.Walking** | 0.995175 | NA |
| **-> direct** | NA | 1.6 (-2.2, 5.4) |
| **-> indirect** | NA | 1.6 (0.25, 3.0) |
| **-> network** | NA | 1.6 (0.32, 2.9) |
| **d.AIT.CT** | 0.2482 | NA |
| **-> direct** | NA | 4.8 (-3.1, 13.) |
| **-> indirect** | NA | -0.089 (-2.7, 2.5) |
| **-> network** | NA | 0.36 (-2.1, 2.8) |