Table S4. Full Statistical Outcome Data (Including Disease-Free Analyses)

Analysis	Full Statistical Outcome (Including Disease-Free Analysis)
Overall Aerobic Exercise Training Primary Analysis	**sBP:** 182 effect sizes/measured groups, WMD= 4.492, CI Lower= 3.496, CI Upper=5.488, I2=91.453, Z= 8.843, p<0.001. WMD Eggers p-value: <0.001 **Disease Free Analysis:** ES:137, WMD= 4.603, CI Lower= 3.481, CI Upper=5.725, I2=91.759, Z= 8.042, p<0.001. **dBP:** 176 effect sizes/measured groups, WMD= 2.525, CI Lower= 1.846, CI Upper=3.204, I2=91.538, Z= 7.288, p<0.001. WMD Eggers p-value: <0.001 **Disease Free Analysis:** ES:129, WMD= 2.617, CI Lower= 1.810, CI Upper= 3.423, I2=92.558, Z= 6.360, p<0.001.
Walking Primary Analysis	**sBP:** 89 effect sizes/measured groups, WMD= 2.851, CI Lower= 1.629, CI Upper=4.073, I2=77.387, Z= 4.573, p<0.001. WMD Eggers p-value: 0.20242 **Disease Free Analysis:** ES:70, WMD= 3.174, CI Lower= 1.849, CI Upper=4.498, I2=76.931, Z= 4.697, p<0.001. **dBP:** 83 effect sizes/measured groups, WMD= 1.436, CI Lower= 0.663, CI Upper=2.209, I2=74.118, Z= 3.640, p<0.001. WMD Eggers p-value: 0.53502 **Disease Free Analysis:** ES:64, WMD= 1.690, CI Lower= 0.837, CI Upper=2.543, I2=73.139, Z= 3.883, p<0.001.
Cycling Primary Analysis	**sBP:** 28 effect sizes/measured groups, WMD= 6.876, CI Lower= 3.908, CI Upper=9.845, I2=92.092, Z= 4.540, p<0.001. WMD Eggers p-value: 0.61227 **Disease Free Analysis:** ES:19, WMD= 8.622, CI Lower= 4.896, CI Upper=12.349, I2=94.343, Z= 4.535, p<0.001. **dBP:**

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	28 effect sizes/measured groups, WMD= 3.196, CI Lower= 1.750, CI Upper=4.641, I2=91.392, Z= 4.333, p<0.001. WMD Eggers p-value: 0.92794 **Disease Free Analysis:** ES:19, WMD= 3.747, CI Lower= 1.961, CI Upper=5.532, I2=93.961, Z= 4.113, p<0.001.
Running Primary Analysis	**sBP:** 21 effect sizes/measured groups, WMD= 6.830, CI Lower= 3.958, CI Upper= 9.701, I2= 88.366, Z= 4.662, p<0.001. WMD Eggers p-value: 0.93655 **Disease Free Analysis:** ES:15, WMD= 6.083, CI Lower= 4.582, CI Upper=7.585, I2=34.776, Z= 7.940, p<0.001. **dBP:** 21 effect sizes/measured groups, WMD= 5.670, CI Lower= 3.880, CI Upper= 7.459, I2= 82.829, Z= 6.209, p<0.001. WMD Eggers p-value: 0.65089 **Disease Free Analysis:** ES:15, WMD= 5.038, CI Lower= 2.339, CI Upper=7.736, I2=82.678, Z= 3.659, p<0.001
Resistance Training Primary Analysis	**sBP:** 57 effect sizes/measured groups, WMD= 4.551, CI Lower= 3.202, CI Upper= 5.899, I2= 58.378, Z= 6.613, p<0.001. WMD Eggers p-value: 0.35677 **Disease Free Analysis:** ES:45, WMD= 4.485, CI Lower= 2.807, CI Upper=6.162, I2=62.597, Z= 5.240, p<0.001. **dBP:** 57 effect sizes/measured groups, WMD= 3.036, CI Lower= 2.174, CI Upper= 3.897, I2= 66.609, Z= 6.905, p<0.001. WMD Eggers p-value: 0.14719 **Disease Free Analysis:** ES:45, WMD= 3.318, CI Lower= 2.216, CI Upper=4.421, I2=67.243, Z= 5.899, p<0.001.
Combined Training Primary Analysis	**sBP:** 46 effect sizes/measured groups, WMD= 6.035, CI Lower= 3.157, CI Upper= 8.914, I2= 92.834, Z= 4.110, p<0.001. WMD Eggers p-value: 0.89051 **Disease Free Analysis**: ES:27, WMD= 6.552, CI Lower= 2.527, CI Upper=10.576, I2=95.096, Z= 3.191, p=0.001. **dBP:** 45 effect sizes/measured groups, WMD= 2.540, CI Lower= 1.071, CI Upper= 4.008, I2= 85.452, Z= 3.390, p=0.001.

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	WMD Eggers p-value: 0.24258
	Disease Free Analysis: ES:27, WMD= 3.424, CI Lower= 1.378, CI Upper=5.469, I2=89.465, Z= 3.280, p=0.001.
Overall HIIT Primary Analysis	**sBP:** 49 effect sizes/measured groups, WMD= 4.079, CI Lower= 2.625, CI Upper= 5.534, I2= 82.420, Z= 5.497, p<0.001. WMD Eggers p-value: 0.16285 **Disease Free Analysis:** ES:26, WMD= 5.818, CI Lower= 3.602, CI Upper=8.033, I2=88.331, Z= 5.147, p<0.001. **dBP:** 47 effect sizes/measured groups, WMD= 2.496, CI Lower= 1.218, CI Upper= 3.775, I2= 91.113, Z= 3.827, p<0.001. WMD Eggers p-value: 0.37732 **Disease Free Analysis:** ES:24, WMD= 3.745, CI Lower= 1.927, CI Upper=5.563, I2=92.397, Z= 4.038, p<0.001.
SIT Primary Analysis	**sBP:** 7 effect sizes/measured groups, WMD= 5.261, CI Lower=3.937, CI Upper= 6.584, I2=0, Z= 7.791, p<0.001. WMD Eggers p-value: 0.66940 **Disease Free Analysis:** ES:6, WMD= 5.127, CI Lower= 3.772, CI Upper=6.482, I2=3.005, Z= 7.415, p<0.001. **dBP:** 7 effect sizes/measured groups, WMD= 3.291, CI Lower= 0.108, CI Upper= 6.474, I2= 66.616, Z= 2.026, p=0.043. WMD Eggers p-value: 0.90345 **Disease Free Analysis:** ES:6, WMD= 1.818, CI Lower= -0.298, CI Upper=3.934, I2=13.342, Z= 1.684, p=0.092.
AIT Primary Analysis	**sBP:** 13 effect sizes/measured groups, WMD= 1.972, CI Lower= -1.226, CI Upper= 5.170, I2= 66.901, Z= 1.208, p=0.227. WMD Eggers p-value: 0.59221 **Disease Free Analysis:** ES:4, WMD= 6.415, CI Lower= 0.433, CI Upper=12.397, I2=65.302, Z= 2.102, p<0.001. **dBP:** 12 effect sizes/measured groups, WMD= 2.597, CI Lower= -0.542, CI Upper= 5.737, I2= 83.923, Z= 1.621, p=0.105. WMD Eggers p-value: 0.55983 **Disease Free Analysis:** ES:3, WMD= 6.371, CI Lower= -5.165, CI Upper=17.906, I2=93.368, Z= 1.082, p=0.279.

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IET Primary Analysis	**sBP:** 24 effect sizes/measured groups, WMD= 8.235, CI Lower= 6.450, CI Upper= 10.019, I2= 68.795, Z= 9.045, p<0.001. WMD Eggers p-value: 0.14434 **Disease Free Analysis:** ES:23, WMD= 8.431, CI Lower= 6.628, CI Upper=10.234, I2=68.741, Z= 9.166, p<0.001. **dBP:** 24 effect sizes/measured groups, WMD= 3.977, CI Lower= 2.673, CI Upper= 5.280, I2= 63.674, Z= 5.980, p<0.001. WMD Eggers p-value: <0.001 **Disease Free Analysis:** ES:23, WMD= 4.030, CI Lower= 2.683, CI Upper= 5.377, I2=63.565, Z= 5.864, p<0.001.
IHG IET Primary Analysis	**sBP:** 17 effect sizes/measured groups, WMD= 7.104, CI Lower= 4.694, CI Upper= 9.515, I2= 68.795, Z= 5.777, p<0.001. WMD Eggers p-value: 0.18292 **Disease Free Analysis:** ES:16, WMD= 7.357, CI Lower= 4.874, CI Upper= 9.839, I2=69.206, Z= 5.809, p<0.001. **dBP:** 17 effect sizes/measured groups, WMD= 3.464, CI Lower= 1.715, CI Upper= 5.214, I2= 71.305, Z= 3.881, p<0.001. WMD Eggers p-value: <0.001 **Disease Free Analysis:** ES:16, WMD= 3.489, CI Lower= 1.641, CI Upper= 5.337, I2=71.433, Z= 3.700, p<0.001.
IWS IET Primary Analysis	**sBP:** 4 effect sizes/measured groups, WMD= 10.469, CI Lower= 6.315, CI Upper= 14.623, I2= 81.030, Z= 4.940, p<0.001. WMD Eggers p-value:0.77376 **Disease Free Analysis:** Identical results (no disease groups were analysed) **dBP:** 4 effect sizes/measured groups, WMD= 5.326, CI Lower= 3.605, CI Upper= 7.048, I2= 23.470, Z= 6.065, p<0.001. WMD Eggers p-value:0.62065 **Disease Free Analysis:** Identical results (no disease groups were analysed)
ILE IET Primary Analysis	**sBP:**

	3 effect sizes/measured groups, WMD= 10.047, CI Lower= 7.297, CI Upper= 12.798, I2= 0, Z= 7.159, p<0.001. WMD Eggers p-value: 0.51599 **Disease Free Analysis:** Identical results (no disease groups were analysed) **dBP:** 3 effect sizes/measured groups, WMD= 4.226, CI Lower= 1.409, CI Upper= 7.042, I2= 0, Z= 2.941, p=0.003. WMD Eggers p-value: 0.32533 **Disease Free Analysis:** Identical results (no disease groups were analysed)