Table S3. Moderator Analysis Results

Mode	Intervention Duration	Training Frequency	Training Compliance %
Aerobic Exercise Training	B= -0.0898, R^2= 0, p=0.0774	B= -1.0596, R^2= 0.05, p=0.0193	B= 0.0764, R^2= 0.02, p=0.3257
Dynamic Resistance Training	B= 0.0886, R^2= 0, p=0.3026	B= -0.7858, R^2= 0, p=0.5743	B= 0.0750, R^2= 0, p=0.5503
Combined Training	B= 0.0288, R^2= 0, p=0.8412	B= -0.5001, R^2= 0, p=0.8490	B= 0.3482, R^2= 0, p=0.3160
High Intensity Interval Training	B= -0.1617, R^2= 0, p=0.1071	B= -0.5124, R^2= 0, p=0.6537	B= 0.0715, R^2= 0.09, p=0.4251
Isometric Exercise Training	B= -0.0176, R^2= 0, p=0.8447	B= 0.1787, R^2= 0, p=0.9296	B= 0.1068, R^2= 0, p=0.2337

Note: Minus indicates a higher sBP reduction with a decreasing duration/frequency (i.e. There was a significant moderator interaction on sBP for Aerobic Training, with a lower training frequency associated with a greater BP reduction).