

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

Table S10. Diastolic Blood Pressure Comparative Network Meta-Analysis for the Secondary Exercise Modes.

	AIT	Control	CT	Cycling	IHG	ILE	IWS	Other_Aerobic	RT	Running	SIT	Walking
AIT	AIT	2.85 (0.67, 5.06)	0.37 (- 2.08, 2.83)	-0.24 (- 2.84, 2.39)	-0.4 (- 3.32, 2.52)	-0.58 (- 5.87, 4.76)	-2.69 (- 7.02, 1.62)	0.04 (-2.37, 2.47)	-0.14 (- 2.53, 2.26)	-2.58 (- 5.33, 0.19)	-0.32 (- 4.08, 3.44)	1.48 (- 0.86, 3.84)
Control	-2.85 (- 5.06, - 0.67)	Control	-2.48 (- 3.63, - 1.33)	-3.09 (- 4.53, - 1.66)	-3.25 (- 5.18, - 1.33)	-3.43 (- 8.3, 1.45)	-5.54 (- 9.3, - 1.84)	-2.81 (-3.94, - 1.68)	-2.99 (- 4.01, - 1.98)	-5.43 (- 7.1, - 3.75)	-3.19 (- 6.28, - 0.1)	-1.37 (- 2.21, - 0.54)
CT	-0.37 (- 2.83, 2.08)	2.48 (1.33, 3.63)	CT	-0.61 (- 2.46, 1.23)	-0.77 (- 3.01, 1.48)	-0.95 (- 5.97, 4.08)	-3.05 (- 6.97, 0.84)	-0.33 (-1.89, 1.23)	-0.51 (- 1.99, 0.97)	-2.95 (- 4.97, - 0.92)	-0.7 (-4, 2.61)	1.11 (-0.3, 2.53)
Cycling	0.24 (- 2.39, 2.84)	3.09 (1.66, 4.53)	0.61 (- 1.23, 2.46)	Cycling	-0.16 (- 2.55, 2.23)	-0.33 (- 5.4, 4.75)	-2.45 (- 6.47, 1.54)	0.29 (-1.54, 2.1)	0.1 (- 1.63, 1.84)	-2.34 (- 4.55, - 0.14)	-0.08 (- 3.51, 3.31)	1.72 (0.06, 3.39)
IHG	0.4 (- 2.52, 3.32)	3.25 (1.33, 5.18)	0.77 (- 1.48, 3.01)	0.16 (- 2.23, 2.55)	IHG	-0.17 (- 5.42, 5.04)	-2.29 (- 6.53, 1.89)	0.44 (-1.79, 2.68)	0.26 (- 1.9, 2.45)	-2.18 (- 4.73, 0.38)	0.07 (- 3.57, 3.67)	1.88 (- 0.22, 3.98)
ILE	0.58 (- 4.76, 5.87)	3.43 (- 1.45, 8.3)	0.95 (- 4.08, 5.97)	0.33 (- 4.75, 5.4)	0.17 (- 5.04, 5.42)	ILE	-2.12 (- 8.23, 4.05)	0.62 (-4.36, 5.61)	0.44 (- 4.56, 5.4)	-2.01 (- 7.18, 3.17)	0.24 (- 5.49, 5.97)	2.06 (- 2.89, 7)
IWS	2.69 (- 1.62, 7.02)	5.54 (1.84, 9.3)	3.05 (- 0.84, 6.97)	2.45 (- 1.54, 6.47)	2.29 (- 1.89, 6.53)	2.12 (- 4.05, 8.23)	IWS	2.72 (-1.13, 6.64)	2.54 (- 1.3, 6.44)	0.1 (- 3.96, 4.24)	2.35 (- 2.48, 7.21)	4.16 (0.37, 8.02)
Other_Aerobic	-0.04 (- 2.47, 2.37)	2.81 (1.68, 3.94)	0.33 (- 1.23, 1.89)	-0.29 (- 2.1, 1.54)	-0.44 (- 2.68, 1.79)	-0.62 (- 5.61, 4.36)	-2.72 (- 6.64, 1.13)	Other_Aerobic	-0.18 (- 1.65, 1.28)	-2.62 (- 4.64, - 0.6)	-0.38 (- 3.65, 2.91)	1.44 (0.03, 2.84)
RT	0.14 (- 2.26, 2.53)	2.99 (1.98, 4.01)	0.51 (- 0.97, 1.99)	-0.1 (- 1.84, 1.63)	-0.26 (- 2.45, 1.9)	-0.44 (- 5.4, 4.56)	-2.54 (- 6.44, 1.3)	0.18 (-1.28, 1.65)	RT	-2.44 (- 4.33, - 0.53)	-0.19 (- 3.44, 3.05)	1.62 (0.33, 2.91)

Running	2.58 (-0.19, 5.33)	5.43 (3.75, 7.1)	2.95 (0.92, 4.97)	2.34 (0.14, 4.55)	2.18 (-0.38, 4.73)	2.01 (-3.17, 7.18)	-0.1 (-4.24, 3.96)	2.62 (0.6, 4.64)	2.44 (0.53, 4.33)	Running	2.24 (-1.24, 5.77)	4.06 (2.19, 5.93)
SIT	0.32 (-3.44, 4.08)	3.19 (0.1, 6.28)	0.7 (-2.61, 4)	0.08 (-3.31, 3.51)	-0.07 (-3.67, 3.57)	-0.24 (-5.97, 5.49)	-2.35 (-7.21, 2.48)	0.38 (-2.91, 3.65)	0.19 (-3.05, 3.44)	-2.24 (-5.77, 1.24)	SIT	1.81 (-1.39, 4.99)
Walking	-1.48 (-3.84, 0.86)	1.37 (0.54, 2.21)	-1.11 (-2.53, 0.3)	-1.72 (-3.39, -0.06)	-1.88 (-3.98, 0.22)	-2.06 (-7, 2.89)	-4.16 (-8.02, -0.37)	-1.44 (-2.84, -0.03)	-1.62 (-2.91, -0.33)	-4.06 (-5.93, -2.19)	-1.81 (-4.99, 1.39)	Walking