

Table S2. Study and Training Characteristics.

Study	Country	Population	Mode	Intensity	Duration weeks	Freq p/w
Walking						
Albright et al., 1991	USA	Healthy	Walking	65-77% Peak Hr from Baseline Test	24	5
Aoike et al., 2015	BRAZIL	Chronic Kidney Disease	Walking	40-60% Minimum Vo2	12	3
Araiza et al., 2006	USA	T2D	Walking	Nr	6	5
Arca et al., 2014	BRAZIL	Hypertensive Postmenopausal	Walking	50-60%Hrr	12	3
Arija et al., 2017	SPAIN	Primary Care	Walking	396Mets/Min/Week	36	2
Arora et al., 2009	INDIA	Type 2 Diabetes	Walking	Nr	8	3
Asikainen et al., 2003	FINLAND	Postmenopausal Women	Walking	Up To 65% Max Aerobic Power	10	5
Baker et al., 2008	UK	Healthy	Walking	12 To 14 On Borg Scale	12	5
Baross et al., 2017	UK	Healthy	Walking	6.5Km/H	6	4
Bell et al., 2010	CANADA	Healthy	Walking	5600-10000 Steps Per Day	24	7
Braith et al., 1994	USA	Normotensives	Walking	50-70% Hrr or 50-85% Hrr	26	3
Brandon & Elliot-Lloyd., 2006	USA	Sedentary Women	Walking	Nr	18	3
Brenner et al., 2019	CANADA	Peripheral Artery Disease	Walking	<40% Hrr	12	5
Brixius et al., 2008	GERMANY	Overweight Men 50-60 Y/O	Walking	2-4 Mmol/L Lactate	24	3
Brown et al., 2014	UK	Healthy	Walking	Nr	8	2
Chiang et al., 2019	TAIWAN	Obese	Walking	12000 Steps/Day, 103Steps/Min ⁻¹	8	5
Coghill et al., 2008	UK	Hypercholesterolemia Men	Walking	12000 Steps Per Day	12	5
Cooper et al., 2000	UK	Hypertension	Walking	150-200Kcal Daily	6	5
Dalleck et al., 2009	USA	Post-Menopausal Women	Walking	50% Vo2R	12	5
Duncan et al., 1991	USA	Sed Premenopausal	Walking	8Kmh	24	5
Foulds et al., 2014	GERMANY	Active Participants	Walking	Nr	13	1-3
Fritz et al., 2013	SWEDEN	T2D	Walking	Pace That Caused Slight Shortness of Breath	16	Nr
Goldie et al., 2012	CANADA	Hypertensives	Walking	Less Than 40%Hrr	12	7

Gradidge & Golele., 2018	SOUTH AFRICA	Healthy Women	Walking	Nr	12	3
Hamdorf et al., 1999	AUSTRALIA	Elderly Women	Walking	40-60%Hrr	24	2
He et al., 2018	CHINA	Elderly Essential Hypertension	Walking	40-50 Vo2Max	12	3
Headley et al., 2017	USA	Chronic Kidney Disease	Walking	50-60% Vo2 Peak	16	3
Herzig et al., 2014	FINLAND	Pre-Diabetes	Walking	3-4Kmh	12	3
Higashi et al., 1999	JAPAN	Hypertension	Walking	Around 50% Vo2Max	12	5-7
Hur et al., 2014	KOREA	Type D Personality	Walking	60-70% Hr Max	40	3
Khalid et al., 2013	LYBIA	Postmenopausal	Walking	60-75%Hrmax	8	3
Koh et al., 2010	AUSTRALIA	Hemodialysis Patients	Walking	12-13 Borg Scale	24	3
Kucio et al., 2017	POLAND	Hypertensive	Walking	40-70 Maximum Hr	4	5
Kurban et al., 2011	TURKEY	T2D	Walking	Nr	12	3
Latosik et al., 2014	POLAND	Hypertensive Postmenopausal	Walking	40-70%	8	nr
Lee et al., 2007	TAIWAN	Hypertensives	Walking	Nr	24	nr
Lim et al., 2015	SOUTH KOREA	Night Shift Workers	Walking	60-79% Maximal Hr	10	3
Murphy et al., 1998	IRELAND	Sed	Walking	70-80%Hrmax	10	5
Murphy et al., 2006	UK	Sedentary Civil Servants	Walking	Nr	8	2
Murtagh et al., 2005	UK	Healthy	Walking	Self-Reported Rpe	12	3
Myslivecek et al., 2002	CANADA	Premenopausal Women	Walking	13 Borg Scale Rpe	12	5
Nemoto et al., 2007	JAPAN	Older Adults	Walking	50%Vo2Peak	20	>4
Neumann et al., 2006	USA	Silent Myocardial Ischemia	Walking	70%Hrr	24	3
Palmer et al., 1995	USA	Healthy	Walking	60-70%Hrmax	8	Nr
Pospieszna et al., 2017	POLAND	Postmenopausal	Walking	90% Ventilators Threshold	12	3
Punia et al., 2022	INDIA	Pre-Hypertensives and Hypertensives	Walking	60-70% Target Hr	8	3
Ready et al., 1996	CANADA	Postmenopausal	Walking	70-80%Hrmax or 60%Vo2Peak	24	3-5
Ruangthai & Phoemsapthawee., 2019	THAILAND	Hypertensives	Walking	60-70%Hrmax	12	3
Saptharishi et al., 2009	INDIA	Prehypertensive And Hypertensives	Walking	Nr	8	4
Serwe et al., 2011	USA	Healthy	Walking	60-70%Hrr	8	5-7

Shenoy et al., 2010	INDIA	T2D	Walking	60-70%Hrr or 50-70%Hrmax	8	5
Simons et al., 2006	USA	Elderly Adults	Walking	Nr	16	2
Sohn et al., 2007	USA	Hypertensive	Walking	Nr	26	5-7
Stutzman et al., 2010	CANADA	Pregnant	Walking	11-13 Rpe	16	5
Tudor-Locke et al., 2004	CANADA	T2D	Walking	Nr	12	4
Tully et al., 2005	IRELAND	Healthy Sed	Walking	Slightly Breathless	12	5
Tully et al., 2007	UK	Healthy Sed	Walking	Self-Paced	12	3-5
Tully et al., 2011	UK	University Students	Walking	15% Vo2 Max	6	7
Venojarvi et al., 2013	FINLAND	Men with Impaired Glucose Regulation	Walking	55-75% Hr Reserve	12	3
Venturelli et al., 2011	ITALY	Alzheimers	Walking	As Fast As Possible	24	4
Wallis et al., 2016	AUSTRALIA	Osteoarthritis, Increased Cardiovascular Risk	Walking	3 Rate of Perceived Exertion Scale	12	2
Wing et al., 1998	USA	Overweight	Walking	60%Vo2Peak or Up To 1500Kcal Per Week	24	5
Cycling						
Abrahin et al., 2022	BRAZIL	Hypertension	Cycling	60-75% Hrmax	12	3
Bouaziz et al., 2019	FRANCE	Old Sed	Cycling	40% Of Pre-Intervention Vt1 Workload	9.5	2
Brixius et al., 2008	GERMANY	Overweight Men 50-60 Y/O	Cycling	2-4 Mmol/L Lactate	24	3
Connolly et al., 2017	UK	Premenopausal Women	Cycling	Nr	12	3
Davoodi et al., 2022	IRAN	Type 2 Diabetes	Cycling	70% Hrmax	12	3
Eguchi et al., 2012	JAPAN	20-65Y/O Healthy Adults	Cycling	50% Vo2Max	12	3
Fairey et al., 2005	CANADA	Post-Menopausal Women Cancer Survivors	Cycling	70-75%	15	3
Finucane et al., 2010	UK	Healthy Older People	Cycling	50-70 W Max	12	3
Fujie et al., 2014	JAPAN	Increasing Plasma Apelin Level	Cycling	40 % Peak O2 Uptake	8	3
Georgiades et al., 2000	USA	Stage 1 Or 2 Hypertension	Cycling	70-85% Heart Rate Reserve	24	3
Goldberg et al., 2012	AUSTRALIA	Family History of Hypertension	Cycling	65% Of Subjects Pre-Determined Load	4	3
Jabbour et al., 2017	CANADA	Obese Adults	Cycling	40-50%	6	3

Lamina et al., 2013	NIGERIA	Mild Hypertension	Cycling	60-79% Hr Max	8	nr
Lamina., 2011	NIGERIA	Hypertensive	Cycling	60-79% Hr Max Reserve	8	3
Li et al., 2022	China	Type 2 Diabetes	Cycling	50-70% Hrmax	12	5
Maeda et al., 2004	JAPAN	Elderly Women	Cycling	85% Age Predicated Hr	12	5
Magalhães et al., 2019	PORTUGAL	Type 2 Diabetes	Cycling	40-60% Hrr	52	3
Mora-Rodriguez et al., 2017	SPAIN	Metabolic Syndrome	Cycling	70% Mhr- 90%Mhr	24	3
Oue et al., 2019	JAPAN	Young Healthy	Cycling	60%Hrr	8	3
Pereira Jorge et al., 2011	BRAZIL	Type 2 Diabetes	Cycling	Nr	12	3
Pitsavos et al., 2011	GREECE	Mild Hypertension	Cycling	60-80%Hrmax	16	3
Poptempa et al., 1995		Hemiparetic Stroke	Cycling	30-50% Max Effort	10	3
Sakai et al., 1998	JAPAN	Mild Hypertensive	Cycling	40-60% Maximum Oxygen Consumption	4	3
Sandberg et al., 2021	SWEDEN	Stroke	Cycling	60% Hrmax	3	5
Sikiru., 2013	NIGERIA	Mild To Moderate Hypertension	Cycling	60-79%	8	3
Van Craenenbroeck et al., 2015	BELGIUM	CKD Stage 3-4	Cycling	>90% Max Hr For 10 Mins in a Session	12	4
Yoshizama et al., 2008	JAPAN	Women	Cycling	60-70% Vo2Max	12	2
Running						
Abdelaal & Mohamad, 2015	EGYPT	Diabetic Hypertensives	Running	12-14 Borg Scale	12	3
Amin-Shokravi et al., 2011	USA	45-55Y/O Iranian Women With CVD/ Risk Factors	Running	70-80% Hrmax	12	3
Anderssen et al., 1995	NORWAY	Mild Hypertension	Running	60-80%Hrpeak	52	3
Anshel., 1996	AUSTRALIA	Healthy	Running	170Bpm	10	3
Boeno et al., 2020	BRAZIL	Hypertensives	Running	60-80%Hrr	12	3
Chung et al., 2017	KOREA	Middle Aged Obese Women	Running	85 Mhr	12	3
Ezema et al., 2014	NIGERIA	HIV	Running	60-79% Hrr	8	3
Foulds et al., 2014	GERMANY	Active Participants	Running	Nr	13	3
Krustrup et al., 2009	DENMARK	Healthy Men	Running	82% Mhr	12	2
Krustrup et al., 2010	DENMARK	Premenopausal	Running	80-84%	16	2
Nybo et al., 2010	DENMARK	Untrained Men	Running	65% Vo Max	12	2.5

Pascoalino et al., 2015	BRAZIL	Heart Transplant	Running	69%Vo2Max	12	3
Patterson et al., 2017	UK	Untrained Premenopausal Women	Running	75% Max Hr	8	3
Ramos et al., 2018	BRAZIL	Hypertensive Overweight	Running	60%Hrmax	12	3
Ribeiro et al., 2012	PORTUGAL	Acute Myocardial Infarction	Running	60-75%Hrmax	8	3
Richter et al., 2009	BRAZIL	Hyper-Reactive Individuals	Running	Nr	8	3
Roberson et al., 2018	CANADA	Older Adults	Running	55%Hrr	12	3
Suter et al., 1990	SWITZERLAND	Sed Men	Running	85%Hrmax	16	2-6
Tsai et al., 2002	TAIWAN	Mild Hypertension	Running	6-7 Mets	12	3
Tsai et al., 2002	TAIWAN	White Coat Hypertension	Running	6-7 Mets	12	3
Tsai et al., 2004	TAIWAN	Hypertension	Running	6-7 Mets	10	3
‘Other Aerobic’						
Amaro-Gahete et al., 2019	SPAIN	Sedentary Adults	Other Aerobic	60-65% Hr Reserve	12	3
Amozadeh et al., 2018	IRAN	Overweight And Obese Females	Other Aerobic	40-50% Target Hr	8	3
Ballesta-García et al., 2020	SPAIN	Middle Aged - Older Women with Controlled Hypertension	Other Aerobic	Nr	18	2
Beck et al., 2013	USA	Young Pre-Hypertensive	Other Aerobic	60-85% Perceived Max Hr	8	3
Blumenthal et al., 1991	USA	Mild Hypertension	Other Aerobic	70%Hrpeak	16	3
Calders et al., 2011	BELGIUM	Intellectual Disability	Other Aerobic	90% Voluntary Anabolic Threshold	20	2
Dureja et al., 2014	INDIA	Healthy	Other Aerobic	5-10Kmh, 1-6% Incline	4	6
Eriksson et al., 1998	USA	Impaired Glucose Tolerance	Other Aerobic	60%Hrmax	24	3
Faulkner et al., 2014	UK	Transient Ischemic Attack	Other Aerobic	Nr	8	2
Fenkci et al., 2006	TURKEY	Obese Women with Severe Eating Disorders	Other Aerobic	50-80% Max Hr	12	3

Guimaraes et al., 2010	BRAZIL	Treated Hypertension	Other Aerobic	60% Hr Reserve	16	3
Hanssen et al., 2017	GERMANY	Migraine	Other Aerobic	70%Hrmax	12	2
Headley et al., 2014	USA	CKD Stage 3	Other Aerobic	50-60% Vo2 Peak	16	3
Hellénus et al., 1993	SWEDEN	CV Risk Factors	Other Aerobic	60-80% Hrmax	24	3
Hinderliter et al., 2002	USA	Overweight	Other Aerobic	75%-85% Max Heart Rate Reserve	24	3-4
Hofgaard et al., 2019	FAROE ISLANDS	Older Adults	Other Aerobic	Nr	6	2
Irving et al., 2008	USA	Women With Metabolic Syndrome	Other Aerobic	Nr	16	5
Kadoglou et al., 2007	GREECE	Type 2 Diabetes	Other Aerobic	50-75% Vo2 Max	24	4
Kim et al., 2012	KOREA	Obese Postmenopausal Women	Other Aerobic	55%-80% Hr Max	16	3
King et al., 1991	USA	Healthy	Other Aerobic	73-88% Hrpeak	52	3
Lopes et al., 2021	PORTUGAL	Resistant Hypertension	Other Aerobic	50-70%Vo2Max	12	3
Mouodi et al., 2019	IRAN	Healthy	Other Aerobic	Nr	16	nr
Saremi et al., 2010	IRAN	Overweight/Obese Males	Other Aerobic	60-65% Max Hr	12	5
Schroeder et al., 2019	USA	Elevated Blood Pressure/ Hypertension	Other Aerobic	40-70% Max Hr	8	3
Seo et al., 2010	KOREA	Middle Aged Women	Other Aerobic	60-80% Max Hr	12	3
Sigla et al., 2007	CANADA	Type 2 Diabetes	Other Aerobic	60-75% Max HR	4	3
Skow et al., 2021	CANADA	Gestational Hypertension	Other Aerobic	50-70% Heart Rate Reserve	36	3

Sousa et al., 2013	PORTUGAL	Older Men	Other Aerobic	Less Than 80% Hrmax	32	3
Staffileno et al., 2001	USA	Hypertensive Postmenopausal Women	Other Aerobic	50-60% Vo2 Max	8	5
Stefanick et al., 1998	USA	Postmenopausal Men	Other Aerobic	Nr	52	3
Swift et al., 2012	USA	Obese Postmenopausal Women	Other Aerobic	At Least 50% Baseline Vo2	24	3-4
Tanaka et al., 1997	USA	Stage 1 And 2 Hypertensive	Other Aerobic	60% Maximal Hr Reserve	10	3
Wanderley et al., 2013	PORTUGAL	Older Adults	Other Aerobic	50-80% Hr Reserve	32	3
Watkins et al., 2003	USA	Cardiac Risk Factors	Other Aerobic	70-85% Heart Rate Reserve	26	4
Westhoff et al., 2008	GERMANY	Hypertensive	Other Aerobic	Cycling Rate Of 80-90 Cycles P/ Min	12	3
Williamson et al., 2022	UK	Young Adults	Other Aerobic	60-80% peakHR	16	3
Wong et al., 2018	USA	Menopausal Hypertension	Other Aerobic	11-13 Rpe	12	4
Wong et al., 2019	SOUTH KOREA	Stage 2 Hypertensives	Other Aerobic	60%Hrmax	20	3-4
Yavari et al., 2010	IRAN	Type 2 Diabetes	Other Aerobic	50-70% Max Hr	16	3
Yavari et al., 2012	IRAN	Type 2 Diabetes	Other Aerobic	60-75% Max Hr	52	3
Resistance Training						
Abrahin et al., 2022	BRAZIL	Hypertension	Resistance Training	ACSM Guidelines increasing 2-10% upon 10 repetition completion	12	3
Abdelaal & Mohamad, 2015	EGYPT	Diabetic Hypertensives	Resistance Training	75%1Rm	12	3
Arora et al., 2009	INDIA	Type 2 Diabetes	Resistance Training	60% - 100% 1Rm	8	2

Beck et al., 2013	USA	Young Pre-Hypertensive	Resistance Training	60-85% Perceived Max Hr	8	3
Beltran Valls et al., 2013	ITALY	Older People	Resistance Training	> 85% Max Hr	12	nr
Boeno et al., 2020	BRAZIL	Hypertensives	Resistance Training	Nr	12	3
Castaneda et al., 2002	USA	Type 2 Diabetes	Resistance Training	70.2%1Rm	16	3
Choi et al., 2020	SOUTH KOREA	Healthy	Resistance Training	12-14 Rpe	12	3
Conceicao et al., 2013	BRAZIL	Postmenopausal Women	Resistance Training	10 Rep Max	16	3
Dantas et al., 2016	BRAZIL	Hypertensives	Resistance Training	5-7 On the Omni Scale	10	2
Dantas et al., 2023	BRAZIL	>60 Years of Age	Resistance Training	50-70% 1Rm or 70-85% 1Rm	12	2
DeVallance et al., 2016	USA	Metabolic Syndrome and A Normal Group	Resistance Training	60-85% 1 Rm	8	3
Elliot et al., 2002	UK	Postmenopausal Women	Resistance Training	80% 10 Rep Max	8	nr
Fenkci et al., 2006	TURKEY	Obese Women with Severe Eating Disorders	Resistance Training	40-80%1Rm	12	3
Franklin et al., 2015	USA	Obese Premenopausal Women	Resistance Training	80-90%10Rm	8	2
Gelecek et al., 2012	TURKEY	Postmenopausal Women	Resistance Training	60% Of 1 Rm	12	3
Gerage et al., 2013	BRAZIL	Elderly Postmenopausal Women	Resistance Training	Nr	12	3
Heffernan et al., 2012	USA	Prehypertension/Hypertension	Resistance Training	40-60% 1Rm	12	3
Hsieh et al., 2018	TAIWAN	T2DM	Resistance Training	50-70%1Rm	12	3
Hu et al., 2009	FINLAND	Healthy Men	Resistance Training	75% 1Rm	10	2-3

Jaime et al., 2019	USA	Postmenopausal Women	Resistance Training	40%1Rm	12	nr
Kanegusuku et al., 2011	BRAZIL	Elderly	Resistance Training	70-90%1Rm	16	2
Kawano et al., 2006	USA	Healthy Men	Resistance Training	50-80% 1Rm	16	3
Lin et al., 2022	TAIWAN	Middle-Age to Older Hypertensives	Resistance Training	50% 1Rm or 80% 1Rm	24	2
Lovell et al., 2009	AUSTRALIA	Healthy	Resistance Training	70-90% 1Rm	16	3
Miyachi et al., 2004	JAPAN	Healthy	Resistance Training	80% 1Rm	16	2
Nybo et al., 2010	DENMARK	Untrained Men	Resistance Training	12-15 Rep Max	12	2
Okamoto et al., 2006	JAPAN	Healthy Women	Resistance Training	80-100% 1Rm	8	3
Okamoto et al., 2008	JAPAN	Sedentary Healthy Males	Resistance Training	80-100% 1Rm	8	3
Olson et al., 2006	USA	Overweight Women	Resistance Training	Nr	52	2
Park et al., 2011	SOUTH KOREA	Hypertensives	Resistance Training	‘Red Resistance Band’	12	2
Plotnikoff et al., 2010	AUSTRALIA	Obese Adults with Type 2 Diabetes	Resistance Training	50-80% 1Rm	16	3
Polito et al., 2020	BRAZIL	Hypertensives	Resistance Training	5-7 On the Omni Scale	12	3
Queiroz et al., 2011	BRAZIL	Normotensive Older Adults	Resistance Training	30-50% 1Rm or 70-90% 1Rm	16	2
Ruangthai & Phoemsapthawee., 2019	THAILAND	Hypertensives	Resistance Training	50-80%1Rm	12	3
Schroeder et al., 2019	USA	Elevated Blood Pressure/ Hypertension	Resistance Training	Nr	8	3
Sigla et al., 2007	CANADA	T2D	Resistance Training	60-75%Hrmax	4	3

Simons et al., 2006	USA	Elderly Adults	Resistance Training	75% 1 Rm	16	2
Stensvold et al., 2010	NORWAY	Metabolic Syndrome	Resistance Training	70-95% Peak Hr And > 80% 1 Rm	12	3
Tomeleri et al., 2017	BRAZIL	Older Women	Resistance Training	Nr	12	3
Van Hoof et al., 1996	BELGIUM	Sedentary Men	Resistance Training	70-90%1Rm	16	3
Venojarvi et al., 2013	FINLAND	Men with Impaired Glucose Regulation	Resistance Training	50-85% Rm	12	3
Vincent et al., 2003	USA	Older Adults	Resistance Training	50%1Rm or 80%1Rm	24	3
Wanderley et al., 2013	PORTUGAL	Older Adults	Resistance Training	50-60% Up To 80% 1Rm	32	3
Werner et al., 2021	USA	Healthy Inactive Males	Resistance Training	50-70%1RM or 80-90% 1RM	12	3-5
Yavari et al., 2012	IRAN	Type 2 Diabetes	Resistance Training	60-80% 1Rm	52	3
Yoshizama et al., 2008	JAPAN	Women	Resistance Training	60%1Rm	12	2
Zanetti et al., 2017	BRAZIL	HIV	Resistance Training	Nr	12	3
Combined Training						
Badicci et al., 2012	ITALY	Overweight w/ T2Dm	Combined Training	Nr	48	2
Calders et al., 2011	BELGIUM	Intellectual Disability	Combined Training	90% Voluntary Anabolic Threshold	20	2
Do Amaral et al., 2022	BRAZIL	Patients Previously Hospitalized due to COVID-19	Combined Training	14-17 RPE for Resistance Training and 11-13 for Aerobic Training	12	5-7
Dos Santos et al., 2014	BRAZIL	Hypertensive	Combined Training	100-120% 10Rep Max And 65-75% Target Hr Or 70% Of 10 Rep Max And 65-75% Target Hr	16	3
Ehlken et al., 2015	GERMANY	PAH, Chronic Thromboembolic, Hypertension	Combined Training	Nr	12	5-7

Figuerola et al., 2011	SOUTH KOREA	Postmenopausal Women	Combined Training	60% 1Rm & 60% Hrmax	12	3
Frih et al., 2017	TUNISA	Chronic Kidney Disease	Combined Training	50% Initial 1Rm	16	4
Garnaes et al., 2016	NORWAY	Obese Pregnant	Combined Training	80% Max Capacity, 12-15 Borg Scale	~24	3
Greenwood et al., 2015	UK	CKD	Combined Training	80% 1Rm	52	3
Jeon et al., 2020	KOREA	Postmenopausal Diabetic	Combined Training	11-15 Rpe Scale And 70% 1Rm	12	3
Jones et al., 2020	NEW ZEALAND	Breast Cancer Survivors	Combined Training	60% 1Rm	12	2
Jung et al., 2022	SOUTH KOREA	Elderly Obese Women with Sarcopenia	Combined Training	60-80%Hrr	12	3
Kagioglou et al., 2021	GREECE	Pulmonary Hypertension	Combined Training	60-80% Hr	24	3
Karelis et al., 2016	CANADA	Post Kidney Transplant	Combined Training	80% 1Rm	16	3
Kawano et al., 2006	USA	Healthy Men	Combined Training	60% Max Hr	16	3
Martins et al., 2011	PORTUGAL	Sedentary	Combined Training	40-85% Hr Reserve	16	3
Masroor et al., 2018	INDIA	Sedentary Hypertensive Women	Combined Training	50-80% Hrmax, 50-80% 1Rm	4	3
McGavock et al., 2004	CANADA	Type 2 Diabetes	Combined Training	65-75% Hr Reserve And 50-65% 1 Rm	10	3
McGuigan et al., 2001	AUSTRALIA	Peripheral Arterial Disease	Combined Training	100% 10 Rep Max	24	3
Miura et al., 2015	JAPAN	Hypertensives	Combined Training	Nr	12	nr
Ohkubo et al., 2001	JAPAN	Older Adults	Combined Training	Started At 50-60Rpm At Less Than 25% Hrr, Made Way Up To 60% Hrr by The End	25	3

Okamoto et al., 2007	JAPAN	Healthy	Combined Training	80% Rep Max And 60 % Target Hr	8	2
Park & Park, 2017	SOUTH KOREA	Sarcopenic Obesity	Combined Training	13-17Rpe	24	5
Park & Park., 2017	SOUTH KOREA	Overweight Obese Women	Combined Training	5 To 6 Out Of 10Rpe	24	5
Park et al., 2020	S KOREA	Obese Older Men	Combined Training	6–7 On the Omni-Resistance Exercise Scale of Perceived Exertion, 60-70% 1Rm & 60-70% Hrmax	12	3
Ruangthai & Phoemsapthawee., 2019	THAILAND	Hypertensives	Combined Training	50-80%1Rm, 60-70% Hrmax	12	3
Saghebjoos et al., 2021	IRAN	Hypertensive Men	Combined Training	60-80%1Rm, 40-60%Hrr	10	4
Sardeli et al., 2022	BRAZIL	Hypertensive Older Adults	Combined Training	63% VO2max	16	3
Schroeder et al., 2019	USA	Elevated Blood Pressure/ Hypertension	Combined Training	40-70% Hrmax, Resistance Intensity Nr	8	3
Seo et al., 2010	KOREA	Middle Aged Women	Combined Training	60-80% Max Hr And 50-70% 1 Rm	12	3
Seo et al., 2011	USA	Obese Middle Age Women	Combined Training	60-70% Hr Reserve And 10 Rep Max	12	3
Shiotsu et al., 2018	JAPAN	Older Men	Combined Training	60% Hrr, 70-80%1Rm	10	2
Sigla et al., 2007	CANADA	T2D	Combined Training	60-75%Hrmax	4	3
Siu et al., 2021	HONG KONG	Obese	Combined Training	Nr	12	3
Son et al., 2017	KOREA	Postmenopausal With Hypertension	Combined Training	40-70% Hr Reserve	12	3
Songcharern et al., 2022	THAILAND	Prehypertensive Males	Combined Training	50-80%1Rm, 60-70%Hrr	8	3
Sousa et al., 2013	PORTUGAL	Older Men	Combined Training	Less Than 80% Hrmax, Between 65-75% 1Rm	32	3

Stensvold et al., 2010	NORWAY	Metabolic Syndrome	Combined Training	6--80% 1 Rm	12	3
Stewart et al., 2005	USA	Untreated Hypertension	Combined Training	50% 1 Rm And 60--90% Max Hr Reserve	26	3
Tan et al., 2012	AUSTRALIA	Elderly T2D	Combined Training	55-75% Max Hr And 50-70% 1Rm	24	3
Yavari et al., 2012	IRAN	Type 2 Diabetes	Combined Training	60-75% Max Hr And 60-80% 1Rm	52	3
Yen et al., 2019	TAIWAN	Neck Cancer	Combined Training	60-70% Hrpeak, RPE Scale Of Between Somewhat Heavy To Heavy	8	3
High Intensity Interval Training						
Allen et al., 2017	AUSTRALIA	Sedentary Adults	HIIT	Maximal Sprint	9	3
Alvarez et al., 2016	CHILE	Type 2 Diabetes	HIIT	90-100% Age Predicted Heart Rate Reserve	16	3
Atan & Karavelioglu., 2020	TURKEY	Adult Women with Fibromyalgia	HIIT	80-95% Peak Hr	6	5
Atashak et al., 2021	IRAN	Obese Men	HIIT	85-95% Hrmax	12	3
Bahmanbeglou et al., 2019	IRAN	Stage 1 Hypertensive Adults	HIIT	75-90% Vo2Max Or 80-100% Vo2Max	8	3
Blackwell et al., 2020	UK	Patients Before Surgery with Urological Cancer	HIIT	100-115% Max Watts	4	3-4
Boutcher et al., 2019	AUSTRALIA	Postmenopausal	HIIT	80-85% Hrmax	8	3
Cassidy et al., 2015	UK	T2D	HIIT	Rpe 16-17	12	3
Cassidy et al., 2019	UK	Adults With Type 2 Diabetes	HIIT	16-17 Rpe	12	3
Chidnok et al., 2020	THAILAND	Sed	HIIT	80% Hrmax	6	3
Chin. et al., 2020	HONG KONG	Obese / Overweight Men	HIIT	90% Hrr	8	1-3
Connolly et al., 2017	UK	Premenopausal Women	HIIT	90 Maximum Effort	12	3
Connolly et al., 2020	UK	Inactive Premenopausal	HIIT	Low/Moderate/High	12	3
Davoodi et al., 2022	IRAN	Type 2 Diabetes	HIIT	85-90% Hrmax	12	3
Edwards et al., 2021	UK	Healthy	HIIT	7.5% Bw Maximal Effort	2	3
Engel et al., 2019	GERMANY	Healthy	HIIT	Nr	8	4
Garcia-Suarez et al., 2020	MEXICO	College Students	HIIT	100% Vo2 Peak	4	3

Ghardashi Afousi et al., 2018	IRAN	Coronary Bypass Graft Recipients	HIIT	70%Hrmax	6	3
Gjellesvik et al., 2020	NORWAY	Previous Stroke	HIIT	85-95% Hrpeak	8	3
Hallsworth et al., 2015	UK	Fatty Liver Disease	HIIT	Rpe 16-17	12	3
Hanssen et al., 2017	GERMANY	Episodic Migraine	HIIT	90-95% Hrmax	12	2
Heydari et al., 2013	AUSTRALIA	Healthy Adult Males	HIIT	80-90% Age Predicted Max Hr	12	3
Ho et al., 2019	AUSTRALIA	Post-Menopausal Women	HIIT	Maximal Effort	8	3
Karstoft et al., 2013	DENMARK	T2D	HIIT	70%Peak Expenditure	16	5
Kiel et al., 2018	NORWAY	Healthy	HIIT	85-95% Hrmax	10	3
Lee et al., 2020	AUSTRALIA	Overweight Or Obese Adults with Type 1 Diabetes	HIIT	85-95% Hrpeak	12	3
Li et al., 2022	China	Type 2 Diabetes	HIIT	80-95% Hrmax	12	5
Madssen et al., 2014	NORWAY	Individuals After Cardiac Rehab	HIIT	85-95% Hrmax	52	3
May et al., 2018	USA	Healthy	HIIT	90%Hrmax	4	3
Mohr et al., 2014	EXETER/FAROE ISLANDS	Mildly Hypertensive Women	HIIT	Maximal	15	3
Nytroen et al., 2012	NORWAY	Heart Transplant	HIIT	85-95% Hrmax	24	3
O'Driscoll et al., 2018	UK	Sedentary Males	HIIT	7.5% Bw Maximal Effort	2	3
Rentería et al., 2019	MEXICO	Healthy Adult Women	HIIT	80% Map	4	3
Romain et al., 2019	CANADA	Overweight Adults With Psychotic Disorders	HIIT	80-90% Max Hr	26	2
Rustad et al., 2012	NORWAY	Heart Transplant	HIIT	85-95% Hrpeak	8	3
Sandstad et al., 2015	NORWAY	Rheumatic Disease	HIIT	85-95% Hrmax	10	2
Soltani et al., 2019	IRAN	Hypertensives	HIIT	75-90%Vo2Peak Or 80-90%Vo2Peak	8	3
Stensvold et al., 2010	NORWAY	Metabolic Syndrome	HIIT	90-95% Hrpeak	12	3
Streese et al., 2019	SWITZERLAND	Adults At Risk Of Cardiovascular Disease	HIIT	75-90% Hrmax	12	3
Tambrus et al., 2018	BRASIL	Coronary Artery Disease Patients	HIIT	100-110 Of Power Output Reached at VAT	16	3
Tew et al., 2019	UK	Adults With Crohns Disease	HIIT	90% Wpeak	12	3

Tjonna et al., 2008	NORWAY	Metabolic Syndrome	HIIT	90% Hf Max	16	3
Winding et al., 2018	DENMARK	Type 2 Diabetes	HIIT	95% Wpeak	11	3
Isometric Exercise Training						
Baddeley-White et al., 2019	UK	Healthy	IET	4 X 2 Min, 1 Min Rest Interval, 30%MVC.	4	3
Badrov et al., 2013a	CANADA	Normotensive Women	IET	4 X 2 Min, 4 Min Rest Intervals, 30% MVC.	8	3-5
Badrov et al., 2013b	CANADA	Hypertensives	IET	4 X 2 Min Bilateral, 1 Min Rest Interval, 30% MVC.	10	3
Baross et al., 2012	UK	Middle Aged Men	IET	4 X 2 Min, 2 Min Rest Intervals, 14%Mvc, 85%Hrpeak, 75%Hrpeak.	8	3
Baross et al., 2013	UK	Sedentary Older Men	IET	4 X 2 Min, 2 Min Rest Intervals, 85%Hrpeak.	8	3
Cahu Rodrigues et al., 2019	BRAZIL	Hypertensives	IET	4 X 2 Min, 1 Min Rest Interval, 30%MVC.	12	3
Correia et al., 2020	BRAZIL	Peripheral Artery Disease	IET	4 X 2 Min, 4 Min Rest Intervals, 30%MVC.	8	3
Decaux et al., 2021	UK	Healthy	IET	4 X 2 Min, 2 Min Rest Intervals, 95% Hrpeak.	4	3
Farah et al., 2018	BRAZIL	Hypertensives	IET	4 X 2 Min, 1 Min Rest Interval, 30%MVC.	12	3
Gordan et al., 2018	USA	Hypertensives	IET	4 X 2 Min, 1 Min Rest Interval, 30%MVC.	12	2
Nemoto et al., 2021	JAPAN	Hypertensives	IET	4 X 2 Min, 1 Min Rest Intervals, 30% MVC	8	3
O'Driscoll et al., 2022	UK	Healthy Prehypertensive	IET	4 X 2 Min, 2 Min Rest Intervals, 95% Hrpeak.	52	3
Okamoto et al., 2020	JAPAN	Middle Aged and Older Adults	IET	4 X 2 Min, 1 Min Rest Interval, 30% MVC.	8	3
Punia et al., 2019	INDIA	Hypertensives	IET	4 X 2 Min, 4 Min Rest Intervals, 30%MVC.	8	3

Taylor et al., 2003	CANADA	Hypertensives	IET	4 X 2 Min, 1 Min Rest Intervals, 30%MVC.	10	3
Taylor et al., 2018	UK	Hypertensives	IET	4 X 2 Min, 2 Min Rest Intervals, 95% Hrpeak.	4	3
Wiles et al., 2009	UK	Healthy	IET	4 X 2 Min, 2 Min Rest Intervals, Hi-95%Hrpeak.	8	3
Wiles et al., 2016	UK	Healthy Young Males	IET	4 X 2 Min, 1 Min Rest Interval, 95%Hrpeak).	4	3
Yamagata et al., 2020	JAPAN	Young Women	IET	4 X 2 Min, 3 Min Rest Intervals, 25% MVC Handgrip.	8	3

Note: *Multi-intervention trials are duplicated in different categories based on exercise mode.*