

Table S1. Risk of bias TESTEX scoring.

Study name	Eligibility criteria specified	Randomisati on specified	Allocation concealment	Groups similar at baseline	Assessors blinded	Outcome measures assessed >85% of participants	Intention to treat analysis	Between group statistical comparisons reported	Point estimates reported	Activity monitoring in control group	Relative exercise intensity review	Exercise volume & energy expended	Overall TESTEX
Albright et al., 1991	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Aoike et al., 2015	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Brandon & Elliot-Lloyd., 2006	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Brenner et al., 2019	YES	NO	NO	YES	NO	YES (3)	NO	YES (2)	YES	NO	YES	YES	10
Sohn et al., 2007	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	NO	NO	7
Wallis et al., 2016	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Goldberg et al., 2012	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Magalhães et al., 2019	YES	YES	NO	YES	YES	YES (2)	NO	YES (2)	YES	NO	YES	YES	11
Mora-Rodriguez et al., 2017	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Foulds et al., 2014	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	NO	NO	7

Tsai et al., 2004	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	NO	YES	8
Blumenthal et al., 1991	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Fenkci et al., 2006	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Guimaraes et al., 2010	YES	YES	NO	YES	YES	YES (2)	NO	YES (2)	YES	NO	YES	YES	11
Yavari et al., 2012	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Beltran Valls et al., 2013	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Conceicao et al., 2013	YES	NO	NO	YES	NO	YES (1)	NO	YES (2)	YES	NO	YES	YES	8
DeVallance et al., 2016	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Olson et al., 2006	YES	YES	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	10
Venojarvi et al., 2013	YES	NO	NO	YES	NO	YES (1)	NO	YES (2)	YES	NO	YES	YES	8
Figueroa et al., 2011	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Seo et al., 2010	YES	NO	NO	YES	NO	YES	NO	YES (2)	YES	NO	YES	YES	8
Park et al., 2020	YES	YES	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	10
Shiotsu et al., 2018	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9

Taylor (2018)	YES	NO	NO	YES	NO	YES (1)	NO	YES (2)	YES	NO	YES	NO	7
Yamagata et al (2020)	YES	YES	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	NO	9
O'Driscoll (2018)	YES	NO	NO	YES	YES	YES (1)	NO	YES (2)	YES	NO	NO	YES	8
Edwards et al (2020)	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	NO	YES	8
Sandstad et al (2015)	YES	YES	NO	YES	NO	NO	NO	YES (2)	YES	NO	YES	YES	8
May (2018)	YES	NO	YES	YES	NO	YES (1)	NO	YES (2)	YES	NO	NO	YES	8

Note: Black= Walking trials, Gold= Cycling, Dark Blue= Running, Orange= 'Other' Aerobic, Purple= Resistance Training, Green= Combined Training, Red= Isometric Exercise Training, Light Blue= High intensity Interval Training