

Supplemental Digital Content 6. Supplemental Table 1. Summary of the Sample, Study, and Intervention Characteristics and the BP Response (Mean±SD) to Exercise Alone (EX_{alone}), Medication Alone (MEDS_{alone}), and Exercise and Antihypertensive Medications Combined (EX+MEDS_{combined}) Compared to Control in the Acute RCTs (K=7)

Author, Year	Sample Characteristics	Study Design	Exercise Intervention FITT	EX _{alone} BP Change (mmHg)	MEDS _{alone} BP Change (mmHg)	EX+MEDS _{combined} BP Change (mmHg)	EX _{alone} vs EX+MEDS _{combined} (mmHg)	MEDS _{alone} vs EX+MEDS _{combined} (mmHg)	EX _{alone} + MEDS _{alone} vs EX+MEDS _{combined} (mmHg)	EX _{alone} vs MEDS _{alone} (mmHg)
Wilcox 1984 (16)	10 healthy men 31-65 yr who may (31%) or may not have been on antihypertensive medications which were discontinued for an 8 wk washout period	Double-blinded randomized crossover with 4 wk of treatment with Placebo, Propranolol (80mg), or Metoprolol (100 mg) with at least a 1 wk washout out period	Acute F Single Bouts I Maintain HR at 120 bpm during placebo=40-70% HRmax ~Light to Moderate T Treadmill T 5, 10 min bouts separated by 3 min rest=50 min	SBP -38.5±NR DBP NR	SBP -19.6±NR DBP NR	SBP -36.7±NR DBP NR	SBP -1.8±NR DBP NR	SBP 17.1±NR DBP NR	SBP -21.4±NR DBP NR	SBP -18.9±NR DBP NR
Wilcox 1987 (17)	8 healthy men 41-61 yr with untreated hypertension resting BP 168±8/104±6 mmHg	Double-blinded randomized crossover with 3 wk of treatment with Placebo, Epanolol (200mg or 400 mg), or Atenolol (100 mg) with 3 wk washout out period	Acute F Single Bouts I Maintain HR at 125 bpm during placebo=66-79% HRmax ~Moderate T Treadmill T 3, 15 min bouts separated by 3 min rest=45 min	SBP -38±NR DBP -13±NR	SBP -14.7±NR DBP -11.7±NR	SBP -30.3±NR DBP -11.3±NR	SBP -7.7±NR DBP -1.7±NR	SBP -15.6±NR DBP -0.4±NR	SBP -22.4±NR DBP -13.4±NR	SBP -23.3±NR DBP -1.3±NR
Cleroux 1992 (18)	10 subjects 43±2 yr with hypertension	Double-blinded, randomized crossover with 4 wk of treatment of Isradipine (5mg slow release Ca	Acute F Single Bouts I 55% VO _{2max} Moderate T Cycle ergometer T 30 min	SBP -17±NR DBP -7±NR	SBP -9±2 DBP -4±2	SBP -15±NR DBP -10±NR	SBP -2±NR DBP 3±NR	SBP 6±NR DBP 6±NR	SBP -9±NR DBP -1±NR	SBP -8±NR DBP -3±NR

		Channel Blocker) or Placebo								
Beaulieu 1993 (19)	10 men with hypertension mean age of 42.8±2 yr with resting BP 146±3/100±4 mmHg	Double-blinded, randomized crossover to Placebo and 20 mg of Fosinopril for 4 wk followed by a 4 wk washout period	Acute <i>F</i> Single Bout <i>I</i> 50% VO _{2max} <i>T</i> Cycle ergometer <i>T</i> 30 min	SBP -4±3.2 DBP -2±NR	SBP -13±NR DBP -8±NR	SBP -4±4.8 DBP -2±NR	SBP 0±4.2 DBP 0±NR	SBP -9±NR DBP -6±NR	SBP -13±NR DBP -8±NR	SBP 9±NR DBP 6±NR
Queiroz 2017 (20)	12 men 50±3 yr with a BMI 27.8±0.8 kg/m ² and resting BP 134±3/94±1 mmHg treated hypertension with a 2 wk washout period before starting the experimental protocol	Double-blinded randomized to Captopril (3X50mg/d) or Placebo for 4 wk with a 2 wk washout period between experiments	Acute <i>F</i> Single Bout <i>I</i> 50% 1RM ~Moderate ~Moderate <i>T</i> Resistance <i>T</i> 7 exercises, 20 reps, 3 sets	SBP -13±2.1 DBP -9.1±1.3	SBP -6±3 DBP -8±2	SBP -12±2.1 DBP -10±0.8	SBP -1±2.1 DBP 0.9±1.1	SBP 6±2.7 DBP 2±1.7	SBP -7±3.7 DBP -7.1±2.5	SBP -7±2.7 DBP -1.1±1.8
Ramirez-Jimenez 2018 (21)	23 physically active subjects 58.5±6.5 yr with a BMI 31±5 kg/m ² and resting BP 135±15/79±9 mmHg all of which were diagnosed with the metabolic syndrome and medicated with an Angiotensin II Type 1 Receptor Blocker during at least the last yr prior to the study.	Double-blinded randomized crossover with 4 trials separated by 2 wk that consisted of: 1) Medication only; 2) Placebo (washout only 48 hr); 3) Placebo+Exercise (washout only 48 hr); and 4)	Acute <i>F</i> Single Bout <i>I</i> 70% and 90% HR _{peak} <i>T</i> Cycle ergometer <i>T</i> 43 min	SBP -4.9±7.6 DBP 0.4±4.3	SBP -5±NR DBP -2±NR	SBP -8.1±8.3 DBP -2.5±5.1	SBP 3.2±8.8 DBP 2.1±4.8	SBP 3±NR DBP 0.5±NR	SBP -1.8±NR DBP 0.1±NR	SBP 0.1±NR DBP 1.6±NR

		Medication+ Exercise								
Ramirez-Jimenez 2019 (22)	12 physically active subjects (12 men, 3 women) 61.1±7.7 yr with a BMI 30.2±3.6 kg/m ² and resting BP 135.6±16.1/79.8±8.6 mmHg all of which were diagnosed with the metabolic syndrome and medicated with an Angiotensin II Type 1 Receptor Blocker for at least 6 months prior to the study.	Double-blinded randomized cross over design with 3 trials separated at least 1 wk that consisted of: 1) Placebo (washout only 48 hr); 1) Placebo+Exercise only (washout only 48 hr); and 3) Medication+ Exercise	Acute <i>F</i> Single Bout <i>I</i> 10x1 min intervals at 110% peak power output as determined on a maximal cardiopulmonary graded exercise test interspersed with 90s at 20% peak power output with a 5 min warm-up and 5 min cool down <i>T</i> Cycle ergometer <i>T</i> 35 min	SBP -9.7±6.0 DBP -3.5±5.1	SBP -4±9.5 DBP -2±5.7	SBP -10.4±7.9 DBP -4.0±6.1	SBP 0.7±8.6 DBP 0.6±6.9	SBP 6.4±8.8 DBP 2± 5.9	SBP -3.3±11.1 DBP -1.5±7.7	SBP -5.7±8.3 DBP -1.5±5.4
Summary (K=7 RCTs)	N=88 Acute (94% men) Resting untreated SBP/DBP of 148.33±14.8/ 92.5±10.6 mmHg	7 double-blinded crossover	6 Aerobic and 1 Resistance Exercise	See Table 2						

BP=Blood Pressure; bpm=Beats per minute; BMI=Body Mass Index; DBP=Diastolic Blood Pressure; FITT=Frequency, Intensity, Time and Type; HR=Heart rate; HR_{peak}= Peak heart rate; HR_{max}= Maximum heart rate; NR=Not reported; 1RM= One repetition maximum; SBP=Systolic Blood Pressure; RCT=Randomized Controlled Trial-; SD=Standard Deviation; VO_{2max}= maximum oxygen consumption.