

Database: Medline via Ovid

Date: 11.08.23

Records identified: 3699

#	Searches	Results
1	High-Intensity Interval Training/ or plyometric exercise/ or resistance training/	14975
2	((((high-intensity or intens* or plyometric* or tabata or interval*) adj5 (training or fitness or exercise* or rehabilitation or workout)) or hiit or ahiit).tw,kw,kf.	47867
3	1 or 2	58276
4	Water/	192835
5	Hydrotherapy/	2636
6	Swimming/	19969
7	Aquatic Therapy/	21
8	(hydro* or aqua* or water* or swim*).tw,kw,kf.	2611343
9	4 or 5 or 6 or 7 or 8	2650649
10	3 and 9	3699

Database: EMBASE via Ovid

Date: 11.08.23

Records identified: 5305

#	Searches	Results
1	high intensity interval training/	4518
2	high intensity exercise/	1218
3	interval training/	404
4	sprint interval training/	189
5	intermittent hypoxic training/	73
6	plyometrics/	1267
7	resistance training/	27010
8	((((high-intensity or intens* or plyometric* or tabata or interval*) adj5 (training or fitness or exercise* or rehabilitation or workout)) or hiit or ahiit).tw,kw,kf.	62456
9	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8	86067
10	water/	339166
11	hydrotherapy/	4248
12	swimming/	27066
13	(hydro* or aqua* or water* or swim*).tw,kw,kf.	2958888
14	10 or 11 or 12 or 13	3002010
15	9 and 14	5305

Database: PEDro**Date:** 11.08.23**Records identified:** 1130

#	Searches	Results
1	Aquatic exercise	356
2	Aquatic training	285
3	Hydro exercise	1
4	Aquatic high intensity training	17
5	Aquatic high intensity exercise	22
6	High intensity water exercise	46
7	High intensity aquatic exercise	22
8	Plyometric water exercise	6
9	Plyometric aquatic exercise	7
10	Aquatic rehabilitation	133
11	Aquatic exercise intensity	58
12	Aquatic high intensity in water	7
13	High intensity aquatic aerobic	11
14	High intensity aquatic physiotherapy	4
15	Water rehabilitation	155

Database: Cochrane**Date:** 11.08.23**Records identified:** 1894

ID	Search	Hits
#1	MeSH descriptor: [High-Intensity Interval Training] this term only	898
#2	MeSH descriptor: [Plyometric Exercise] this term only	278
#3	MeSH descriptor: [Resistance Training] this term only	5529
#4	(((high-intensity or intens* or plyometric* or tabata or interval*) near/4 (training or fitness or exercise* or rehabilitation or workout)) or hiit or ahiit):ti,ab,kw	21421
#5	#1 OR #2 OR #3 OR #4	25740
#6	MeSH descriptor: [Water] this term only	2458
#7	MeSH descriptor: [Hydrotherapy] this term only	262
#8	MeSH descriptor: [Swimming] this term only	512
#9	MeSH descriptor: [Aquatic Therapy] this term only	9
#10	(hydro* or aqua* or water* or swim*):ti,ab,kw	124169
#11	#6 OR #7 OR #8 OR #9 OR #10	124169
#12	#5 AND #11	1894

Database: Cinahl via EBSCOhost**Date:** 11.08.23**Records identified:** 1203

#	Query	Results
S1	(MH "Plyometrics")	675
S2	(MH "High-Intensity Interval Training")	1,793
S3	(MH "Resistance Training")	6,868
S4	TI ((((high-intensity or intens* or plyometric* or tabata or interval*) N4 (training or fitness or exercise* or rehabilitation or workout)) or hiit or ahiit) OR AB ((((high-intensity or intens* or plyometric* or tabata or interval*) N4 (training or fitness or exercise* or rehabilitation or workout)) or hiit or ahiit)	19,307
S5	S1 OR S2 OR S3 OR S4	25,698
S6	(MH "Water")	10,485
S7	(MH "Aquatic Exercises")	1,380
S8	(MH "Hydrotherapy")	1,704
S9	(MH "Swimming")	4,734
S10	TI ((hydro* or aqua* or water* or swim*) OR AB ((hydro* or aqua* or water* or swim*)	124,648
S11	S6 OR S7 OR S8 OR S9 OR S10	129,796
S12	S5 AND S11	1,203

Database: SPORTSDiscus via EBSCOhost

Date: 11.08.23

Records identified: 2301

#	Query	Results
S1	(DE "PLYOMETRICS") OR (DE "INTERVAL training") OR (DE "HIGH-intensity interval training") OR (DE "RESISTANCE training")	10,783
S2	TI ((((high-intensity or intens* or plyometric* or tabata or interval*) N4 (training or fitness or exercise* or rehabilitation or workout)) or hiit or ahiit) OR AB ((((high-intensity or intens* or plyometric* or tabata or interval*) N4 (training or fitness or exercise* or rehabilitation or workout)) or hiit or ahiit)	26,843
S3	S1 OR S2	33,647
S4	(DE "WATER") OR (DE "SWIMNASTICS") OR (DE "WATER aerobics") OR (DE "HYDROTHERAPY") OR (DE "SWIMMING therapy") OR (DE "SWIMMING training") OR (DE "AQUATIC exercise therapy") OR (DE "AQUATIC sports")	10,954
S5	TI ((hydro* or aqua* or water* or swim*) OR AB ((hydro* or aqua* or water* or swim*)	93,151
S6	S4 OR S5	96,370
S7	S3 AND S6	2,301