

Excluded studies, with reason:

	Author	Title	Reason
1	Beana-Beato et al (2014) (1)	Disability predictors in chronic low back pain after aquatic exercise.	The intensity was too low, only Borg RPE 12-15, the two last weeks of totally 6 weeks of exercise
2	Binkley et al 2002 (2)	Effects of water exercise on cardiovascular responses of hypertensive elderly inner-city women.	Wrong design. No control group
3	Bressel et al (2014) (3)	High-intensity interval training on an aquatic treadmill in adults with osteoarthritis: effect on pain, balance, function, and mobility.	Wrong design. No control group, wrong outcome
4	Cuesta Vargas et al (2011) (4)	Exercise, manual therapy, and education with or without high-intensity deep-water running for nonspecific chronic low back pain: a pragmatic randomized controlled trial	Wrong outcome
5	De Castro et al (2020) (5)	Effects of land- and water-based exercise programmes on postural balance in individuals with COPD: additional results from a randomised clinical trial.	Wrong outcome (TUG)
6	Han et al (2018) (6)	Effects of a 6-Week Aquatic Treadmill Exercise Program on Cardiorespiratory Fitness and Walking Endurance in Subacute Stroke Patients: A PILOT TRIAL.	Wrong outcome
5	Herala et al (1996) (7)	High-intensity physical training in adults with asthma. A 10-week rehabilitation program	Wrong design. No control group (subgroup of own controls)
6	Hinman et al (2007) (8)	Aquatic physical therapy for hip and knee osteoarthritis: results of a single-blind randomized controlled trial.	No description of intensity or how it was monitored

7	Hinman et al (2007) (8)	Aquatic physical therapy for hip and knee osteoarthritis: results of a single-blind randomized controlled trial.	No description of intensity or how it was monitored
8	Kanitz et al (2015) (9)	Effects of two deep water training programs on cardiorespiratory and muscular strength responses in older adults	Wrong population
9	Moreira et al (2013) (10)	High-intensity aquatic exercises (HydrOS) improve physical function and reduce falls among postmenopausal women.	Wrong population
10	Munguia- Izquierdo et al (2007) (11)	Exercise in warm water decreases pain and improves cognitive function in middle-aged women with fibromyalgia.	Wrong outcome
12	Munukka et al (2020) (12)	Effects of progressive aquatic resistance training on symptoms and quality of life in women with knee osteoarthritis: A secondary analysis.	Wrong outcome
13	Murtezani et al (2014) (13)	The effect of land versus aquatic exercise program on bone mineral density and physical function in postmenopausal women with osteoporosis: a randomized controlled trial.	Not high intensity
14	Palmara et al (2017) (14)	Land Plus Aquatic Therapy Versus Land-Based Rehabilitation Alone for the Treatment of Balance Dysfunction in Parkinson Disease: A Randomized Controlled Study With 6-Month Follow-Up.	Wrong outcome
15	Reichert et al (2016) (15)	Continuous and interval training programs using deep water running improves functional fitness and blood pressure in the older adults.	Wrong population.
16	Reizapour et al (2021) (16)	Effects of two water-based exercise programs on body	Wrong outcome

		weight and blood lipid parameters in elderly obese males with a sedentary lifestyle.	
17	Roque Marcal et al (2022) (17)	Acute high-intensity interval exercise versus moderate-intensity continuous exercise in heated water-based on hemodynamic, cardiac autonomic, and vascular responses in older individuals with hypertension.	Wrong outcome
18	Ruangthai et al (2020) (18)	Comparative effects of water- and land-based combined exercise training in hypertensive older adults.	Not high enough intensity throughout the study/ in total. Participants only encouraged to exercise at 6-7 on CR10 scale.
19	Sevimli et al (2015) (19)	The effects of aquatic, isometric strength-stretching and aerobic exercise on physical and psychological parameters of female patients with fibromyalgia syndrome.	Not high intensity
20	Sukkee et al (2016) (20)	Effects of Aquatic Interval Training on Peak Oxygen Uptake, Lung Volumes, Body Composition and Quality of Life in Obesity.	Wrong population? (BMI 31 ± 4.03) Wrong design. Not published? Masterthesis
21	Valtonen et al (2010) (21)	Effects of aquatic resistance training on mobility limitation and lower-limb impairments after knee replacement.	Wrong outcome (TUG) (physical function)
22	Volakis et al (2007) (22)	Land versus water exercise in patients with coronary artery disease: effects on body composition, blood lipids, and physical fitness.	Not high intensity
23	Waller et al (2017) (23)	Effects of high intensity resistance aquatic training on body composition and walking speed in women with mild knee osteoarthritis: a 4-month RCT with 12-month follow-up.	Wrong outcome, another article from this study is included

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