

Intention-to-treat	Unique ID	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4
	Andrade_2017	1	AQE	CG	VO2peak (TBM)	54	+	+	+	!
	Assis_2006	2	AQE (DWR)	LBE	VO2peak	60	+	!	+	+
	Carvalho_2020	3	AQE + DWR	AQE	6MWT	54	+	!	!	+
	Chu_2004	4	AQE (leg exercise)	CG (sitting exercise upper)	VO2peak	12	+	!	!	+
	Costa_2018	5	AQE	CG	VO2peak	40	+	+	!	+
	Delevatti_2020	6	AQE (AERO) group vs CO ₂	CG	VO2peak	57	+	+	+	+
	Emtner_1998	7	AQE	LBE	12MWT	32	!	!	+	!
	Felcar_2018	8	AQE	LBE	VO2	70	+	!	-	+
	Gallo-Silva_2019	9	AQE	CG	6MWT	24	+	!	-	+
	Goeman_2019	10	AQE	Robotic treadmill (LBE)	VO2peak	37	+	+	+	+
	Kargarfard_2018	11	AQE	CG	6MWT	32	+	+	!	+
	Mohr_2014	12	AHIIT and MICT	CG	Yo-Yo IE1	62	!	+	+	!
	Munukka_2016	13	AQE	CG	VO2 peak	87	+	+	+	!
	Olkoski_2021	14	AQE + DWR	AQE	kilogram force	48	+	+	+	+
	Park_2019	15	AQE	CG	VO2max	84	+	!	+	+
	Samadi_2019	16	AQE	CG	VO2peak	30	!	!	!	!
	Wadell_2004	17	AQE vs LBE	CG	VO2peak	43	!	+	+	!
	Kanitz 2021	18	AHIIT	AMICT	VO2peak	22	+	!	!	+

