

Additional file 4.

Table 1. Reviews ongoing and awaiting classification.

Reference	Review status (PROSPERO)
1. Harrison Hansford Matthew Jones BP. The Mechanism and Safety of Isometric Exercise for Blood Pressure Reduction in Adults with High Blood Pressure: A Systematic Review and Meta-Analysis of Individual Participant Data. PROSPERO 2020 CRD42020201888 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020201888	Review Ongoing
2. Abigail Mae Saunders Joanna Richards RJ. The impact of resistance training on cardiac structure and function: a systematic review and meta-analysis. PROSPERO 2020 CRD42020197272 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020197272	Review Ongoing
3. Domingo Jesus Ramos-Campo Jacobo Angel Rubio-Arias AM-RPAO. The efficacy of resistance training on blood pressure in a hypertensive population: systematic review and meta-analysis. PROSPERO 2019 CRD42019122421 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42019122421	Review Ongoing
4. Robson Borges Gerson Cipriano Júnior WM. The effect of resistance training on blood pressure in prehypertensive and hypertensive individuals: A systematic review and meta-analysis. PROSPERO 2020 CRD42020196906 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020196906	Review Ongoing
5. Marzieh Saeidi RR. The effect of resistance training on autonomic function in cardiac patients (systematic review and meta-analysis). PROSPERO 2020 CRD42020191945 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020191945	Review Ongoing
6. Huihui Xi, Yayu He, Yirou Niu, Xin Sui, Wei Zhou, Shuang Zhang, Yang Li, Zhigang Huai, Chunyan Zhang, Boyu Liu, Lirong Guo. The effect of aerobic and resistance exercise on blood pressure in postmenopausal women: a systematic review and meta-analysis of randomized controlled trials. PROSPERO 2021 CRD42021225546 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021225546	Review Ongoing
7. Kelly McLeod, Belinda Parmenter JT. The effects of resistance training and high-intensity interval training in older adults with moderate cardiometabolic risk. PROSPERO 2019 CRD42019128527 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42019128527 *McLeod KA, Jones MD, Thom JM, Parmenter BJ. Resistance Training and High-intensity Interval Training Improve Cardiometabolic Health in High Risk Older Adults: A Systematic Review and Meta-analysis. Int J Sports Med [Internet]. Germany; 2021; Available from: http://www.thieme-connect.de/DOI/DOI?10.1055/a-1560-6183	Review Completed not published

<p>8. Xindong Qin, Jinjin Xia, Xusheng Liu, Jueyao Liang, Yifan Wu. The effects of exercise training on non-dialysis patients with chronic kidney disease: a systematic review and meta-analysis. PROSPERO 2015 CRD42015026468 Available from: https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42015026468</p>	<p>Review Ongoing</p>
<p>9. Mukesh Kumar Sinha, Vaishali K, G. Arun Maiya, Shivashankar KN, Ravishankar N, Ana Maria Moga, Jill Boruff Boruff. Exercise dose-response relationship with heart rate variability among individuals with overweight and obesity: a systematic review with meta-analysis. PROSPERO 2019 CRD42019104154 Available from: https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42019104154</p>	<p>Review Ongoing</p>
<p>10. Ge Z. Effect of aerobic training on patients with heart failure: a systematic review and meta-analysis. PROSPERO 2019 CRD42019117769 Available from: https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42019117769</p>	<p>Review Ongoing</p>
<p>11. Karla Goessler Bruno Cavalcante NC. Effect of acute and chronic exercise on cardiovascular function and hemodynamics parameters in peripheral artery disease patients: a systematic review and meta-analysis. PROSPERO 2017 CRD42017059917 Available from: https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42017059917</p>	<p>Review Ongoing</p>
<p>12. Miguel Ramírez Jiménez, Karla Goessler, Nils Cornelis, Roselien Buys, Veronique Cornelissen. Comparison of the efficacy of training modes on blood pressure: a systematic review and meta-analysis. PROSPERO 2016 CRD42016045240 Available from: https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42016045240</p>	<p>Review Ongoing</p>
<p>13. Geovana de Almeida Righi, Tainara Tolves, Angélica Trevisan De Nardi, Felipe Barreto Schuch, Antônio Marcos Vargas da Silva A combination of endurance and resistance training in patients with heart failure: a systematic review of clinical trials. PROSPERO 2018 CRD42018105764 Available from: https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42018105764</p>	<p>Review Ongoing</p>
<p>14. Kylie Simpson, Maria Fiatarone Singh. A systematic review of the effects of resistance training on cardiovascular outcomes in type 2 diabetes. PROSPERO 2016 CRD42016027063 Available from: https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42016027063</p>	<p>Review Ongoing</p>
<p>15. Yutaka Igarashi, Nobuhiko Akazawa, Seiji Maeda. The volume of physical activity to decrease resting blood pressure in older adults: A systematic review and meta-analysis. PROSPERO 2018 CRD42018115986 Available from: https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42018115986</p> <p>*Igarashi Y, Akazawa N, Maeda S. The form of exercise to decrease resting blood pressure in older adults: A systematic review and meta-analysis. Arch Gerontol Geriatr [Internet]. 2021;96:104431. Available from: https://www.sciencedirect.com/science/article/pii/S0167494321000947</p>	<p>Review Completed not published</p>
<p>16. Rodriguez RA, Shea B, Hae R, Burns KD. The impact of intervention strategies that target arterial stiffness in end-stage renal disease: a systematic review protocol. Syst Rev [Internet]. 2016;5:118. Available from: https://doi.org/10.1186/s13643-016-0286-5</p>	<p>Review Ongoing</p>
<p>17. Marina Bersaoui, Se-Sergio Baldew, Jerry Toelsie, Roselien Buys, Veronique Cornelissen. Postexercise hypotension in African and Asian populations: a systematic review and meta-analysis of randomized controlled</p>	<p>Review Ongoing</p>

trials. PROSPERO 2020 CRD42020200834 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020200834	
18. Rodolfo Augusto Miranda, Aryane Flauzino Machado, Carlos Iván Castrillón, Ítalo Ribeiro Lemes, Stephanie Nogueira Linares, Carlos Marcelo Pastre, Jayme Netto Júnior. Effects of aerobic versus resistance training on inflammation status among patients with cardiometabolic diseases: a systematic review and meta-analysis. PROSPERO 2016 CRD42016049214 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42016049214	Review Ongoing
*Awaiting classification	