

Additional file 5. Number of RCTs that overlapped across the included systematic reviews (n=17)

	Anderson et al., 2017 n= 10/23	B Scapini et al., 2019 n= 14/33	Ferrari et al., 2019 n= 12/50	Fu et al., 2020 n= 36/120	Heiwe et al., 2011 n= 10/45	Herrod et al., 2018 n= 49/53	Jansen et al., 2019 n= 7/28	Kite et al., 2019 n= 4/27	Lee et al., 2021 n= 73/73	Ostman et al., 2017 n= 15/16	Qiu et al., 2014 n= 12/18	Seron et al., 2014 n= 3/4	Shaw et al., 2009 n= 4/41	Smart et al., 2019 n= 12/12	Thomas et al.,2006 n= 5/14	Thompson et al., 2019 n= 11/12	Xie et al., 2017 n= 8/21	Young et al., 2018 n= 5/13
Anderson et al., 2017 (34)		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
B Scapini et al., 2019 (33)	0		6	0	6	0	0	0	1	0	0	0	0	0	0	0	0	3
Ferrari et al., 2019 (35)	0	0		0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Fu et al., 2020 (36)	0	0	0		0	5	0	0	2	0	0	0	1	3	0	0	0	0
Heiwe et al., 2011 (37)	0	0	0	0		0	0	0	0	0	0	0	0	0	0	0	0	0
Herrod et al., 2018 (38)	0	0	0	0	0		0	0	6	0	0	1	0	0	0	0	0	0
jansen et al., 2019 (39)	0	0	0	0	0	0		0	0	0	0	0	0	0	0	0	0	0
Kite et al., 2019 (40)	0	0	0	0	0	0	0		0	0	0	0	0	0	0	0	0	0
Lee et al., 2021 (41)	0	0	0	0	0	0	0	0		0	3	0	0	0	0	1	0	0
Ostman et al., 2017 (42)	0	0	0	0	0	0	0	0	0		0	0	0	0	0	0	0	0
Qiu et al., 2014 (43)	0	0	0	0	0	0	0	0	0	0		0	0	0	0	0	0	0
Seron et al., 2014 (44)	0	0	0	0	0	0	0	0	0	0	0		1	0	0	0	0	0
Shaw et al., 2006 (45)	0	0	0	0	0	0	0	0	0	0	0	0		0	0	0	0	0
Smart et al., 2019 (46)	0	0	0	0	0	0	0	0	0	0	0	0	0		0	0	0	0
Thomas et al.,2006 (47)	0	0	0	0	0	0	0	0	0	0	0	0	0	0		0	0	0
Thompson et al., 2019 (48)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		0	0
Xie et al., 2017 (49)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		0
Young et al., 2018 (32)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

n= number of RCTs included in the review of interest /total number of primary studies; RCT= Randomized controlled trial

References

32. Young HML, March DS, Graham-Brown MPM, Jones AW, Curtis F, Grantham CS, et al. Effects of intradialytic cycling exercise on exercise capacity, quality of life, physical function and cardiovascular measures in adult haemodialysis patients: a systematic review and meta-analysis. *Nephrol Dial Transplant* [Internet]. 2018 Aug;33(8):1436–45. Available from: <http://www.epistemonikos.org/documents/157f3d41b8e79f1e53c7fa96be4da7cb30dd4af6>
33. Scapini KB, Bohlke M, Moraes OA, Rodrigues CG, Inácio JF, Sbruzzi G, et al. Combined training is the most effective training modality to improve aerobic capacity and blood pressure control in people requiring haemodialysis for end-stage renal disease: systematic review and network meta-analysis. *J Physiother* [Internet]. 2019 Jan;65(1):4–15. Available from: <https://pubmed.ncbi.nlm.nih.gov/30581137/>
34. Anderson L, Sharp GA, Norton RJ, Dalal H, Dean SG, Jolly K, et al. Home-based versus centre-based cardiac rehabilitation. *Cochrane Database Syst Rev* [Internet]. 2017 Jun;2017(10). Available from: <https://www.embase.com/search/results?subaction=viewrecord&id=L617010742&from=export>
35. Ferrari F, Helal L, Dipp T, Soares D, Soldatelli Â, Mills AL, et al. Intradialytic training in patients with end-stage renal disease: a systematic review and meta-analysis of randomized clinical trials assessing the effects of five different training interventions. *J Nephrol* [Internet]. 2020 Apr;33(2):251–66. Available from: <https://pubmed.ncbi.nlm.nih.gov/31865607/>
36. Fu J, Liu Y, Zhang L, Zhou L, Li D, Quan H, et al. Nonpharmacologic Interventions for Reducing Blood Pressure in Adults With Prehypertension to Established Hypertension. *J Am Heart Assoc* [Internet]. 2020 Oct;9(19):e016804–e016804. Available from: <http://www.epistemonikos.org/documents/93b5737fa6401f6ac0ed8a66f28f937e3f578873>
37. Heiwe S, Jacobson SH. Exercise training for adults with chronic kidney disease. *Cochrane Database Syst Rev* [Internet]. 2011;(10):CD003236–CD003236. Available from: <http://www.epistemonikos.org/documents/ab91214948e6d26be48a0471f4b91b8895d53068>
38. Herrod PJJ, Doleman B, Blackwell JEM, O’Boyle F, Williams JP, Lund JN, et al. Exercise and other nonpharmacological strategies to reduce blood pressure in older adults: a systematic review and meta-analysis. *J Am Soc Hypertens* [Internet]. 2018 Apr;12(4):248–67. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S1933171118300093>
39. Jansen SCP, Hoorweg BBN, Hoeks SE, van den Houten MML, Scheltinga MRM, Teijink JAW, et al. A systematic review and meta-analysis of the effects of supervised exercise therapy on modifiable cardiovascular risk factors in intermittent claudication. *J Vasc Surg* [Internet]. 2019;69(4):1293-1308.e2. Available from: <https://www.embase.com/search/results?subaction=viewrecord&id=L2001579520&from=export>

40. Kite C, Lahart IM, Afzal I, Broom DR, Randeva H, Kyrou I, et al. Exercise, or exercise and diet for the management of polycystic ovary syndrome: A systematic review and meta-analysis. *Syst Rev* [Internet]. 2019;8(1). Available from: <https://www.embase.com/search/results?subaction=viewrecord&id=L627106281&from=export>
41. Lee LL, Mulvaney CA, Wong YKY, Chan ES, Watson MC, Lin HH. Walking for hypertension. *Cochrane Database Syst Rev* [Internet]. 2021 Feb;2021(3). Available from: <http://doi.wiley.com/10.1002/14651858.CD008823.pub2>
42. Ostman C, Smart NA, Morcos D, Duller A, Ridley W, Jewiss D. The effect of exercise training on clinical outcomes in patients with the metabolic syndrome: a systematic review and meta-analysis. *Cardiovasc Diabetol* [Internet]. 2017 Dec;16(1):110–110. Available from: <http://www.epistemonikos.org/documents/4e55ce9a64bf98baf24200796020656dd8767d77>
43. Qiu S, Cai X, Schumann U, Velders M, Sun Z, Steinacker JM. Impact of Walking on Glycemic Control and Other Cardiovascular Risk Factors in Type 2 Diabetes: A Meta-Analysis. Manzoli L, editor. *PLoS ONE* [Internet]. 2014 Oct;9(10):e109767–e109767. Available from: <http://www.epistemonikos.org/documents/ee6204d672427e712a6691beee980e6779ae9c33>
44. Seron P, Lanas F, Pardo Hernandez H, Bonfill Cosp X. Exercise for people with high cardiovascular risk. *Cochrane Database Syst Rev* [Internet]. 2014 Aug;(8). Available from: <http://dx.doi.org/10.1002/14651858.CD009387.pub2>
45. Shaw KA, Gennat HC, O'Rourke P, Del Mar C. Exercise for overweight or obesity. *Cochrane Database Syst Rev* [Internet]. 2006 Oct;(4). Available from: <https://www.embase.com/search/results?subaction=viewrecord&id=L46841204&from=export>
46. Smart NA, Way D, Carlson D, Millar P, McGowan C, Swaine I, et al. Effects of isometric resistance training on resting blood pressure. *J Hypertens* [Internet]. 2019 Oct;37(10):1927–38. Available from: <https://pubmed.ncbi.nlm.nih.gov/30889048/>
47. Thomas D, Elliott EJ, Naughton GA. Exercise for type 2 diabetes mellitus. *Cochrane Database Syst Rev* [Internet]. 2006 Jul;(3):CD002968–CD002968. Available from: <https://pubmed.ncbi.nlm.nih.gov/16855995/>
48. Thompson S, Wiebe N, Padwal RS, Gyenes G, Headley SAE, Radhakrishnan J, et al. The effect of exercise on blood pressure in chronic kidney disease: A systematic review and meta-analysis of randomized controlled trials. Reboldi G, editor. *PLoS ONE* [Internet]. 2019 Feb;14(2):e0211032–e0211032. Available from: <https://www.embase.com/search/results?subaction=viewrecord&id=L626249886&from=export>

49. Xie B, Yan X, Cai X, Li J. Effects of High-Intensity Interval Training on Aerobic Capacity in Cardiac Patients: A Systematic Review with Meta-Analysis. *BioMed Res Int* [Internet]. 2017;2017:1–16. Available from: <https://www.embase.com/search/results?subaction=viewrecord&id=L615076791&from=export>