

Additional file 6. Characteristics of the exercise training (Frequency, Intensity, Type, Time, volume, progression - FITT-VP in the included reviews (n=17)

Anderson et al., 2017

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| Frequency | 1 to 5 times per week |
| Intensity | 50% to 95% HR peak 65% to 75% HR max 60% to 85% aerobic capacity 3-4 to 11-13 Borg scale |
| Time (Length (weeks)) | 6 to 25 weeks |
| Modality (type) | Aerobic training |
| Volume (minutes/sessions/sets/reps) | 20 to 60 minutes/session |
| Volume (minutes/weeks) | 100 to 300 minutes/week |
| Progression | Not reported |
| Adherence (%) | 67% to 100% intervention |
| Setting | Hospital, University, community setting |
| Supervised | Partially |
| Abbreviations: HR: heart rate; HR max: heart rate maximum. | |

B Scapini et al., 2019

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| Frequency | 2 to 4 times per week |
| Intensity | DRT: 50 to 125% 1RM, 1 to 5 RM AET: 5-6 RPE to 12-17 RPE |
| Time (Length (weeks)) | 12 to 40 weeks |
| Modality (type) | Dynamic resistance training Aerobic training Combined training |
| Volume (minutes/sessions/sets/reps) | DRT: 3 sets x 10 to 15 reps, 20 to 30 minutes/session AET: 20 to 60 minutes/session |
| Volume (minutes/weeks) | DRT: 60 to 90 minutes/week AET: 60 to 180 minutes/week |
| Progression | Not reported |
| Adherence (%) | 74% interventions |
| Setting | Not reported |
| Supervised | Partially |
| Abbreviations: AET: aerobic training; DRT: dynamic resistance training; RM: repetition maximum; reps: repetitions; RPE, Borg Rating of Perceived Exertion scale. | |

Ferrari et al., 2019

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| Frequency | 2 to 3 times per week |
| Intensity | DRT: 12-17 RPE AET: 50-70% HRmax, 60% VO ₂ peak |

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| Time (Length (weeks)) | 8 to 40 weeks |
| Modality (type) | Dynamic resistance training Aerobic training Combined training |
| Volume (minutes/sessions/sets/reps) | DRT: 30 reps AET: 30 to 60 minutes/session |
| Volume (minutes/weeks) | DRT: 90 minutes/week AET: 90 – 180 minutes/week |
| Progression | Not reported |
| Adherence (%) | 86% interventions |
| Setting | Mixed (Rehabilitation and home) |
| Supervised | Partially |
| Abbreviations: AET: aerobic training; DRT: dynamic resistance training; HR max: heart rate maximum; VO ₂ peak: Peak oxygen uptake | |

Fu et al., 2020

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| Frequency | 3 times per week |
| Intensity | DRT: Not reported IRT: 30% MVC AET: 60% to 90% HR max, 60-85% VO ₂ max CT: Not reported |
| Time (Length (weeks)) | 6 to 64 weeks |
| Modality (type) | Dynamic resistance training Isometric resistance training Aerobic training Combined training |
| Volume (minutes/sessions/sets/reps) | Not reported |
| Volume (minutes/weeks) | Not reported |
| Progression | Not reported |
| Adherence (%) | 86% interventions |
| Setting | Mixed (clinic and home) |
| Supervised | Yes |
| Abbreviations: AET: aerobic training; CT: combined training; DRT: dynamic resistance training; HR max: heart rate maximum; IRT: isometric resistance training; MVC: maximal voluntary contraction; VO ₂ max: maximum oxygen uptake. | |

Heiwe et al., 2011

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| Frequency | 2-3 to 7 times per week |
| Intensity | Low intensity <60% VO ₂ max, VO ₂ peak, HR max, Borg RPE-scale High intensity > 60% VO ₂ max, VO ₂ peak, HR max, Borg RPE-scale |
| Time (Length (weeks)) | 8 to 70 weeks |
| Modality (type) | Dynamic resistance training Aerobic training Combined training |
| Volume (minutes/sessions/sets/reps) | 20 to 110 minutes/session |

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| Volume (minutes/weeks) | 60 to 330 minutes/week |
| Progression | Not reported |
| Adherence (%) | > 70% intervention |
| Setting | Home |
| Supervised | Partially |
| Abbreviations: HR max: heart rate maximum; RPE: Borg Rating of Perceived Exertion scale; VO ₂ max: maximum oxygen uptake; VO ₂ peak: Peak oxygen uptake | |

Herrod et al., 2018

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| Frequency | 2 to 3-4 times per week |
| Intensity | AET: 50%–90% HRmax, 50% VO ₂ max DRT: 50%–90% 1RM, 30%–40% MVC |
| Time (Length (weeks)) | 8 to 48 weeks |
| Modality (type) | Dynamic resistance training Aerobic training Combined training Isometric resistance training |
| Volume (minutes/sessions/sets/reps) | DRT: 6 to 13 exercises, 2 to 3 sets at 6 to 15 AET: 12 to 90 minutes IRT: 4 set x 2 minutes, 12 to 16 minutes/session |
| Volume (minutes/weeks) | 90-300 minutes/week |
| Progression | Not reported |
| Adherence (%) | Not reported |
| Setting | Home |
| Supervised | Partially |
| Abbreviations: AET: aerobic training; CT: combined training; DRT: dynamic resistance training; HR max: heart rate maximum; IRT: isometric resistance training; MVC: maximal voluntary contraction; RM: repetition maximum; reps: repetitions; RPE: Borg Rating of Perceived Exertion scale; VO ₂ max: maximum oxygen uptake. | |

Janssen et al., 2019

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| Frequency | 1 to 3 times per week |
| Intensity | Not Reported |
| Time (Length (weeks)) | 6 to 48 weeks |
| Modality (type) | Aerobic training |
| Volume (minutes/sessions/sets/reps) | 15 to 60 min/session |
| Volume (minutes/weeks) | 45 to 180 minutes/week |
| Progression | Not reported |
| Adherence (%) | Not reported |
| Setting | Home, hospital, community |
| Supervised | Partially |
| Abbreviations: | |

Kite et al., 2019

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| Frequency | 3 times per week |
| Intensity | AET: 60 - 85% HRmax, 60-70 VO ₂ max, HR higher or equal to 120 BPM. DRT: 5-6 RPE-scale |
| Time (Length (weeks)) | 12 to 32 weeks |
| Modality (type) | Aerobic training Combined training |
| Volume (minutes/sessions/sets/reps) | AET: 30 to 60 min/session DRT: 1 set x 15 reps |
| Volume (minutes/weeks) | AT 90 to 180 minutes/week DRT: Not reported |
| Progression | Not reported |
| Adherence (%) | Not reported |
| Setting | Not reported |
| Supervised | Partially |

Abbreviations: AET: aerobic training; BPM: beat per minute; DRT: dynamic resistance training; HR max: heart rate maximum; RM: repetition maximum; reps: repetitions; RPE: Borg Rating of Perceived Exertion scale; VO₂ max: maximum oxygen uptake.

Lee et al., 2021

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| Frequency | 3 to 5 times per week |
| Intensity | Moderate intensity Low intensity Self-paced |
| Time (Length weeks) | 4 to 64 weeks |
| Modality (type) | Walking aerobic training |
| Volume (minutes/sessions/sets/reps) | 20 to 40 minutes/session |
| Volume (minutes/weeks) | 90 to 180 minutes/week |
| Progression | Not reported |
| Adherence (%) | 63% to 100% intervention |
| Setting | Mixed (laboratory and home) |
| Supervised | Yes |

Abbreviations:

Ostman et al., 2017

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| Frequency | 2 to 5 times per week |
| Intensity | Moderate to vigorous |
| Time (Length (weeks)) | 52 weeks |
| Modality (type) | Aerobic training Combined training |
| Volume (minutes/sessions/sets/reps) | 30 to 75 minutes/session |
| Volume (minutes/weeks) | 60 to 375 minutes/week |
| Progression | Not reported |

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| Adherence (%) | Not reported |
| Setting | Mixed (clinic and home) |
| Supervised | Not reported |
| Abbreviations: | |

Qiu et al., 2014

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| Frequency | 3 to 7 times per week |
| Intensity | Moderate |
| Time (Length (weeks)) | 36 weeks |
| Modality (type) | Aerobic training |
| Volume (minutes/sessions/sets/reps) | 20 to 120 minutes/session |
| Volume (minutes/weeks) | 60-140 to 360- 840 minutes/week |
| Progression | Not reported |
| Adherence (%) | > 60% intervention |
| Setting | Not reported |
| Supervised | Partially |
| Abbreviations: | |

Seron et al., 2014

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| Frequency | 2-3 to 5 times per week |
| Intensity | AET: 50% to 80% HR max, 40% VO ₂ peak CT: Not reported |
| Time (Length (weeks)) | 24 weeks |
| Modality (type) | Aerobic training Combined training |
| Volume (minutes/sessions/sets/reps) | 30 to 90 minutes/session |
| Volume (minutes/weeks) | 90-150 to 270 - 450 minutes/week |
| Progression | Not reported |
| Adherence (%) | Not reported |
| Setting | Not reported |
| Supervised | Partially |
| Abbreviations: HR max: heart rate maximum; peak: Peak oxygen uptake | |

Shaw et al., 2006

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|-------------------------------------|-----------------------------|
| Frequency | 2-3 to 5 times per week |
| Intensity | 60 to 85% HR max |
| Time (Length (weeks)) | 52 weeks |
| Modality (type) | Aerobic training |
| Volume (minutes/sessions/sets/reps) | 30 to 45-60 minutes/session |
| Volume (minutes/weeks) | 90 to 300 minutes/week |

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| Progression | Not reported |
| Adherence (%) | Not reported |
| Setting | Clinic, hospital, university campuses, and workplace |
| Supervised | Partially |

Abbreviations: HR max: heart rate maximum.

Smart et al., 2019

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|-------------------------------------|---|
| Frequency | 3 times per week |
| Intensity | 8% to 30% MVC |
| Time (Length (weeks)) | 12 weeks |
| Modality (type) | Isometric resistance training |
| Volume (minutes/sessions/sets/reps) | 4 set x 2 minutes x 1 to 3 minutes rest between sets, 12 to 16 minutes/session |
| Volume (minutes/weeks) | 36 to 48 minutes/week |
| Progression | Not reported |
| Adherence (%) | Not reported |
| Setting | Home |
| Supervised | Partially |

Abbreviations: MVC: maximal voluntary contraction

Thomas et al., 2006

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| Frequency | 3 times per week |
| Intensity | AET 65-75% VO ₂ max DRT 70-80% MVC |
| Time (Length (weeks)) | 48 weeks |
| Modality (type) | Dynamic resistance training Aerobic training Combined training |
| Volume (minutes/sessions/sets/reps) | AET 30-60 min/session DRT 3 sets x 10-12 reps |
| Volume (minutes/weeks) | AT: 90 – 180 minutes/week |
| Progression | Not reported |
| Adherence (%) | Not reported |
| Setting | Community |
| Supervised | Partially |

Abbreviations: AET: aerobic training; DRT: dynamic resistance training; MVC: maximal voluntary contraction; reps: repetitions; VO₂ max: maximum oxygen uptake

Thompson et al., 2019

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| Frequency | 3 to 6 times per week |
| Intensity | 40 to 80 VO ₂ max 40 to 60 VO ₂ peak |

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| | 55 to 85% HR max 90% HR achieved the anaerobic threshold |
| Time (Length (weeks)) | 21 weeks |
| Modality (type) | Aerobic training |
| Volume (minutes/sessions/sets/reps) | 5-30 to 60 minutes/session |
| Volume (minutes/weeks) | 90 to 360 minutes/week |
| Progression | Not reported |
| Adherence (%) | > 70% intervention |
| Setting | Mixed (center and home) |
| Supervised | Partially |
| Abbreviations: HR max: heart rate maximum; VO ₂ max: maximum oxygen uptake; VO ₂ peak: Peak oxygen uptake | |

Xie et al., 2017

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| Frequency | 3 times per week |
| Intensity | HIIT: 80% to 95% peak HR, 80% to 95% VO ₂ peak, MICT: 70-75% Peak HR, 60% VO ₂ peak |
| Time (Length (weeks)) | 12 weeks |
| Modality (type) | Aerobic training |
| Volume (minutes/sessions/sets/reps) | HIIT: 10 to 21 minutes/session MICT: 15 to 60 minutes/session |
| Volume (minutes/weeks) | MICT: 90 to 180 minutes/week HIIT: 15 to 180 minutes/week |
| Progression | Not reported |
| Adherence (%) | Not reported |
| Setting | Not reported |
| Supervised | Not reported |
| Abbreviations: HIIT: high-intensity interval training; MICT: moderate-intensity continuous training; HR: heart rate; VO ₂ peak: Peak oxygen uptake | |

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