

**Additional file 8. Certainty of the evidence and directions of the effects for comparisons**

Compared to control groups at short term follow-up (up to 16 weeks)				
Any Aerobic training	⬆️↑	⬆️=	⬆️↑	-
Aerobic training (versus yoga)	⬆️=	⬆️=	-	-
Aerobic training (versus Salt restriction)	⬆️=	⬆️=	-	-
Aerobic training (versus Tai Chi)	⬆️=	⬆️=	-	-
Aerobic training (aerobic training plus DASH)	⬆️=	⬆️=	-	-
Combined training	⬆️↑	⬆️=	-	-
Exercise training	⬆️=	⬆️=	⬆️↑	-
Exercise training: high intensity (≥ 60%)	⬆️=	⬆️=	-	-
Exercise training: low intensity (< 60%)	⬆️=	⬆️=	-	-
Exercise training: 24h ambulatory BP	⬆️=	⬆️=	⬆️=	-
Exercise training: Day ambulatory BP	⬆️=	⬆️=	⬆️=	-
Exercise training: Night ambulatory BP	⬆️=	⬆️=	⬆️=	-
Isometric resistance training	⬆️↑	⬆️↑	⬆️↑	-
HIIT (versus MICT)	⬆️=	⬆️=	-	-
Dynamic resistance training	⬆️=	⬆️↑	-	-
Dynamic resistance training (versus yoga)	⬆️=	⬆️=	-	-
	SBP	DBP	MBP	Adverse events
Compared to control groups short to long term follow-up (4 to 64 weeks)				
Any aerobic training	⬆️↑	⬆️↑	-	-
Walking aerobic training	⬆️↑	⬆️=	-	-
Walking aerobic training: ≤ 40 years	⬆️↑	⬆️↑	-	-
Walking aerobic training: 41-60 years	⬆️↑	⬆️↑	-	-
Walking aerobic training: >60 years	⬆️↑	⬆️↑	-	-
Walking aerobic training: Female	⬆️↑	⬆️↑	-	-
Walking aerobic training: Male	⬆️↑	⬆️↑	-	-
Walking aerobic training: Normotensive SBP <130 mm Hg – DBP <85 mm Hg	⬆️↑	⬆️↑	-	-
Walking aerobic training: High normal and high blood pressure SBP ≥130 mm Hg – ≥85 mm Hg	⬆️↑	⬆️↑	-	-
Walking aerobic training: High blood pressure ≥140 mm Hg – DBP ≥90 mm Hg	⬆️↑	⬆️↑	-	-
Combined training	⬆️↑	⬆️↑	-	-
Exercise training	⬆️↑	⬆️↑	-	-
Exercise training: 24h ambulatory BP	⬆️=	⬆️=	-	-
Exercise training (versus diet)	⬆️=	⬆️=	-	-
Exercise training (versus diet plus exercise training)	⬆️=	⬆️=	-	-
Dynamic resistance training	⬆️↑	⬆️↑	-	-
Home-based cardiac rehabilitation (versus supervised centre-based cardiac rehabilitation)	⬆️=	⬆️=	-	-
	SBP	DBP	MBP	Adverse events
Compared to control groups at short to middle term follow-up (12 to 28 weeks)				
Any Aerobic training	⬆️↑	⬆️↑	-	-
Combined training	⬆️=	⬆️=	-	-
Exercise training	⬆️↑	⬆️=	-	-
Exercise training: high intensity (≥ 60%)	⬆️=	⬆️=	-	-
Exercise training: low intensity (< 60%)	⬆️=	⬆️=	-	-
Dynamic resistance training	⬆️=	⬆️=	-	-
Compared to control groups at middle term (up to 24-28 weeks)				
Combined training	⬆️=	⬆️=	-	-
Exercise training	⬆️↑	⬆️↑	-	-
Exercise training: 24h ambulatory BP	⬆️↑	⬆️↑	-	-
Dynamic resistance training (versus aerobic training)	⬆️=	⬆️=	-	-
	SBP	DBP	MBP	Adverse events
Compared to control groups at middle to long term (24 to 64 weeks)				
Any Aerobic training	⬆️↑	⬆️↑	-	-
Combined training	⬆️=	⬆️↑	-	-
Exercise training	⬆️=	⬆️↑	-	-
Exercise training: high intensity (≥ 60%)	⬆️=	⬆️↑	-	-
Exercise training (versus diet)	⬆️↓	⬆️=	-	-
Dynamic resistance training	⬆️=	⬆️=	-	-
	SBP	DBP	MBP	Adverse events
Compared to control groups at long term (48 to 64 weeks)				
Exercise training	⬆️=	⬆️=	-	-
Exercise training: 24h ambulatory BP	⬆️=	⬆️=	-	-
	SBP	DBP	MBP	Adverse events

**Abbreviations:** BP: Blood pressure; DBP: diastolic blood pressure; HIIT: High-intensity interval training; MICT: moderate-intensity continuous training; SBP: Systolic blood pressure.

- ⬆️: Moderate certainty of the evidence.
- ⬆️: Low certainty of the evidence.
- ⬆️: Very low certainty of the evidence.

- ↑: Effect estimates to favor interventions.
- ↓: Effect estimates to favor interventions.
- =: Not differences between groups.