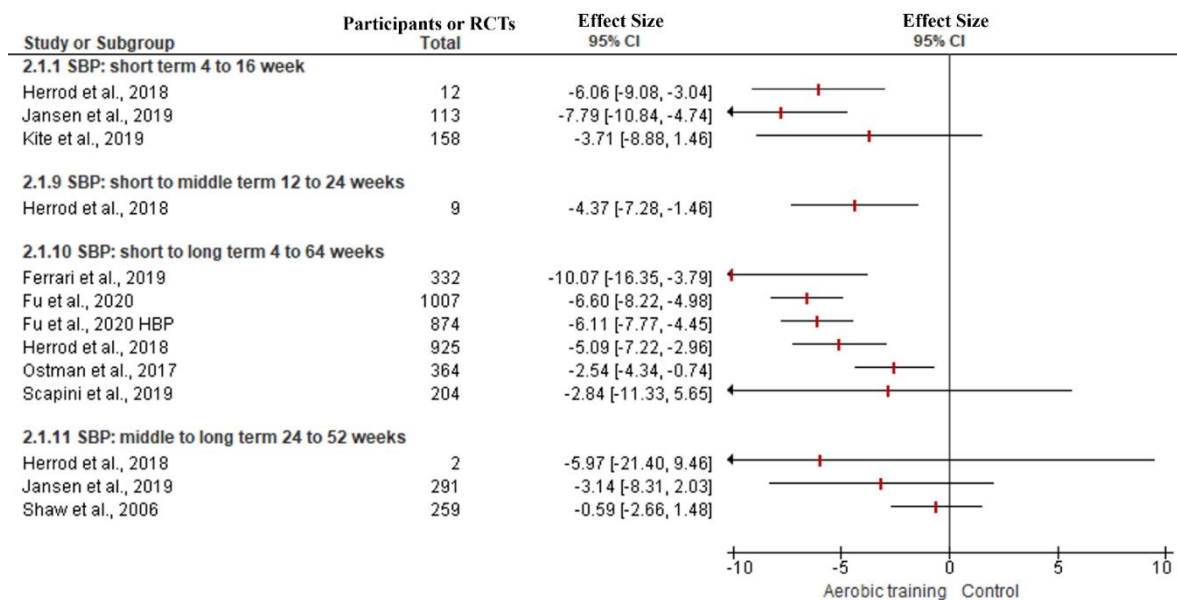
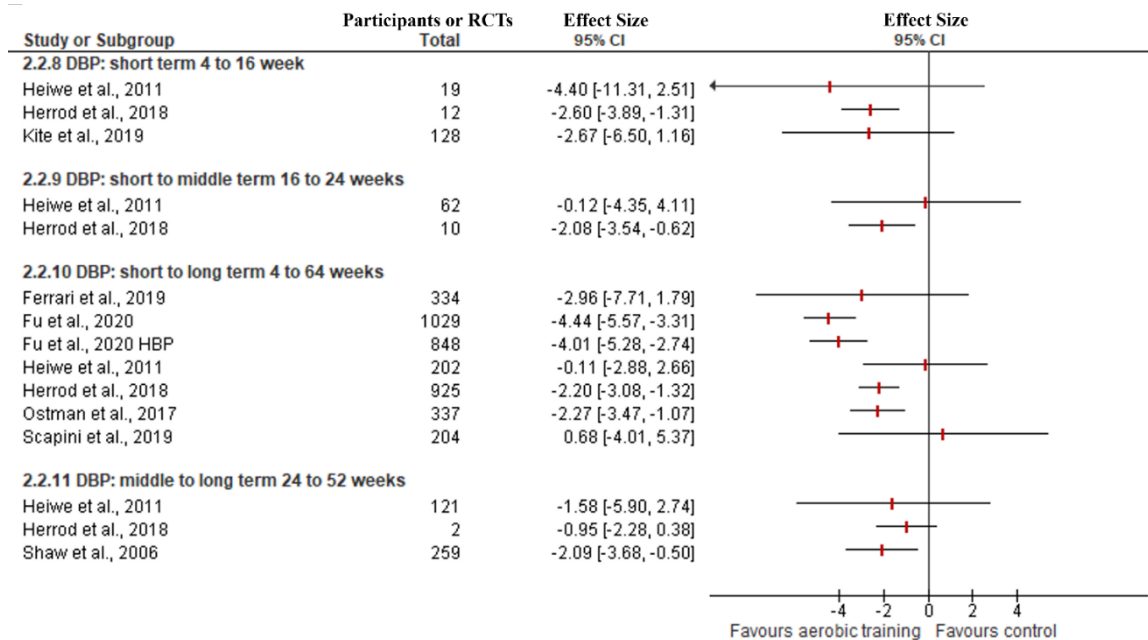


- 1 **Additional file 9.** Effect estimates according to follow-up period in the included
- 2 reviews
- 3 **Outcomes – SBP: Any aerobic training versus Control.**

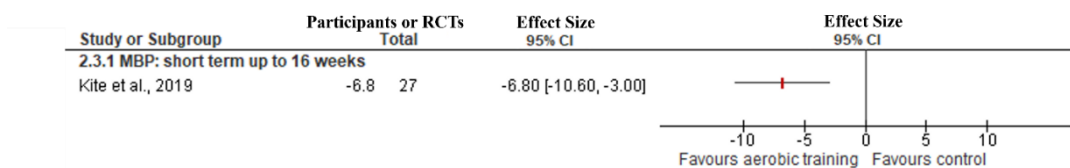


- 4
- 5 **Outcomes – DBP: Any aerobic training versus Control.**



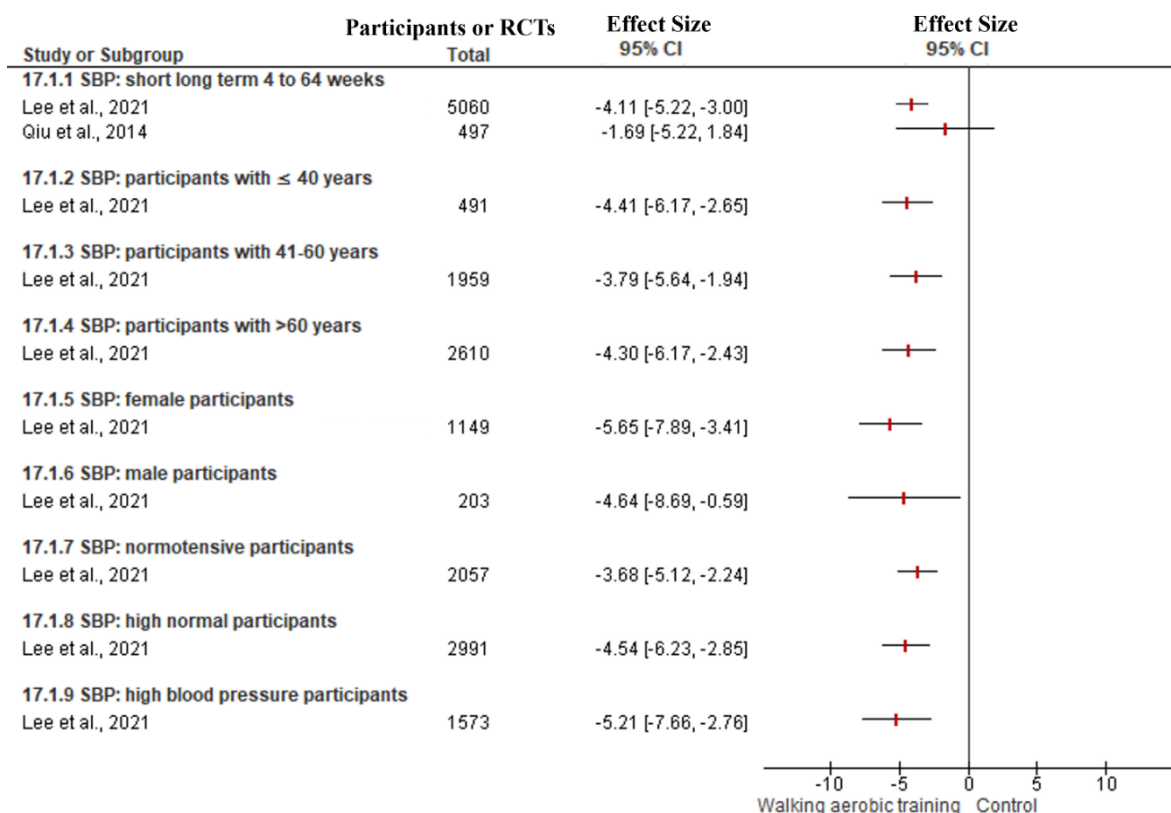
- 6

7 **Outcomes – MBP: Any aerobic training versus Control.**



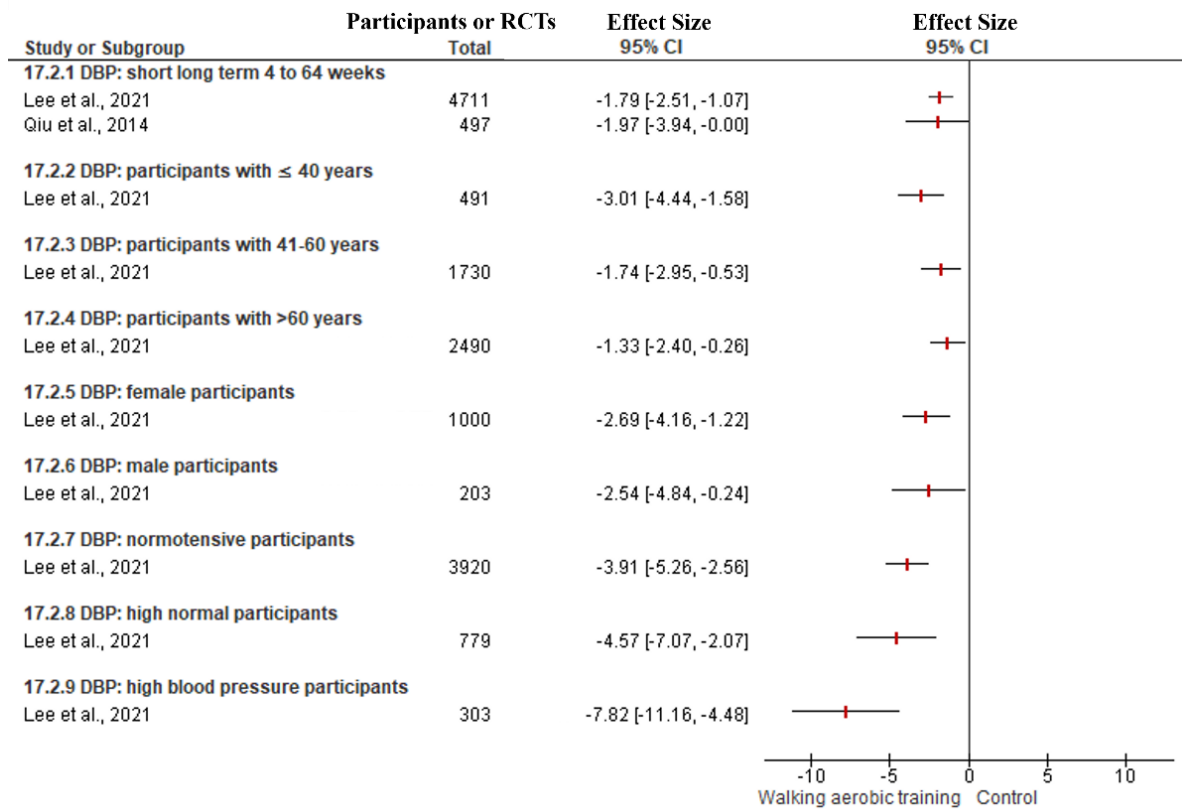
8

9 **Outcomes – SBP: Walking aerobic training versus Control.**



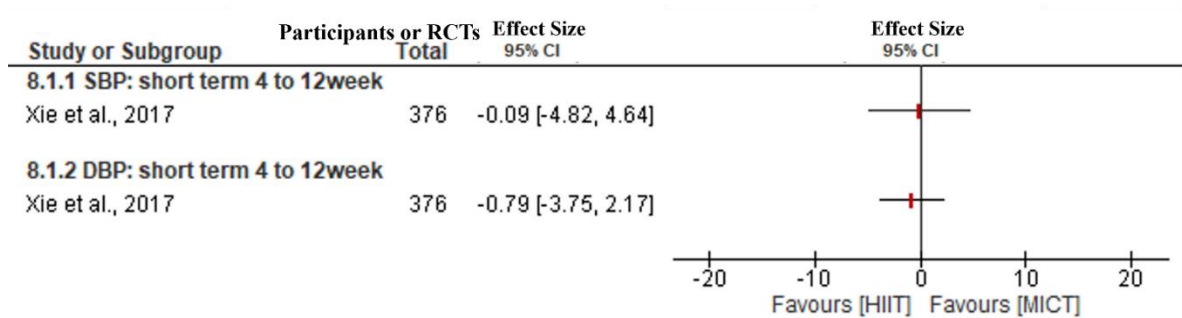
10

11 **Outcomes** – DBP: Walking aerobic training versus Control.



12

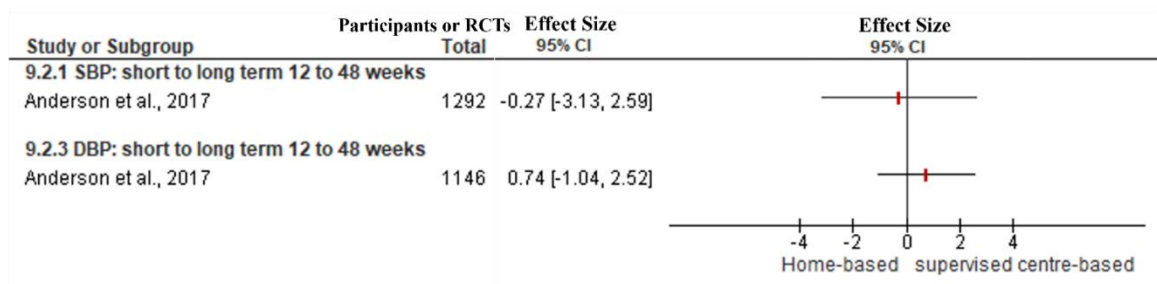
13 **Outcomes** – SBP and DBP: High-intensity interval training (HIIT) versus moderate-
14 intensity continuous training (MICT).



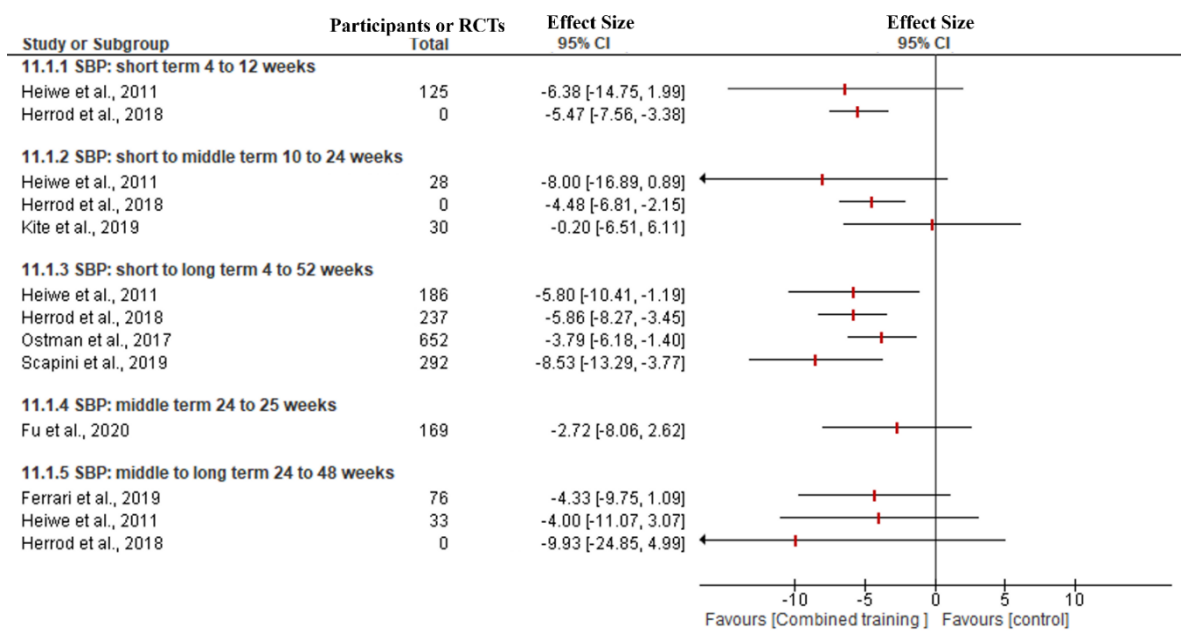
15

16

17 **Outcomes** – SBP and DBP: Home-based versus supervised centre-based
 18 rehabilitation.

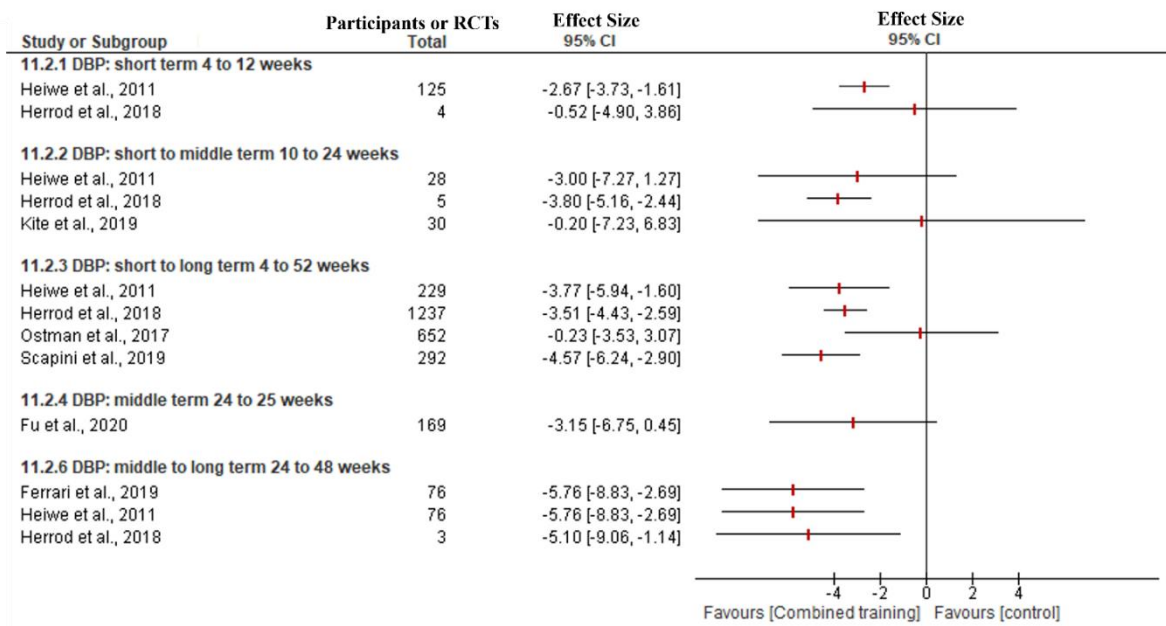


19
 20 **Outcomes** – SBP: Combined training versus Control

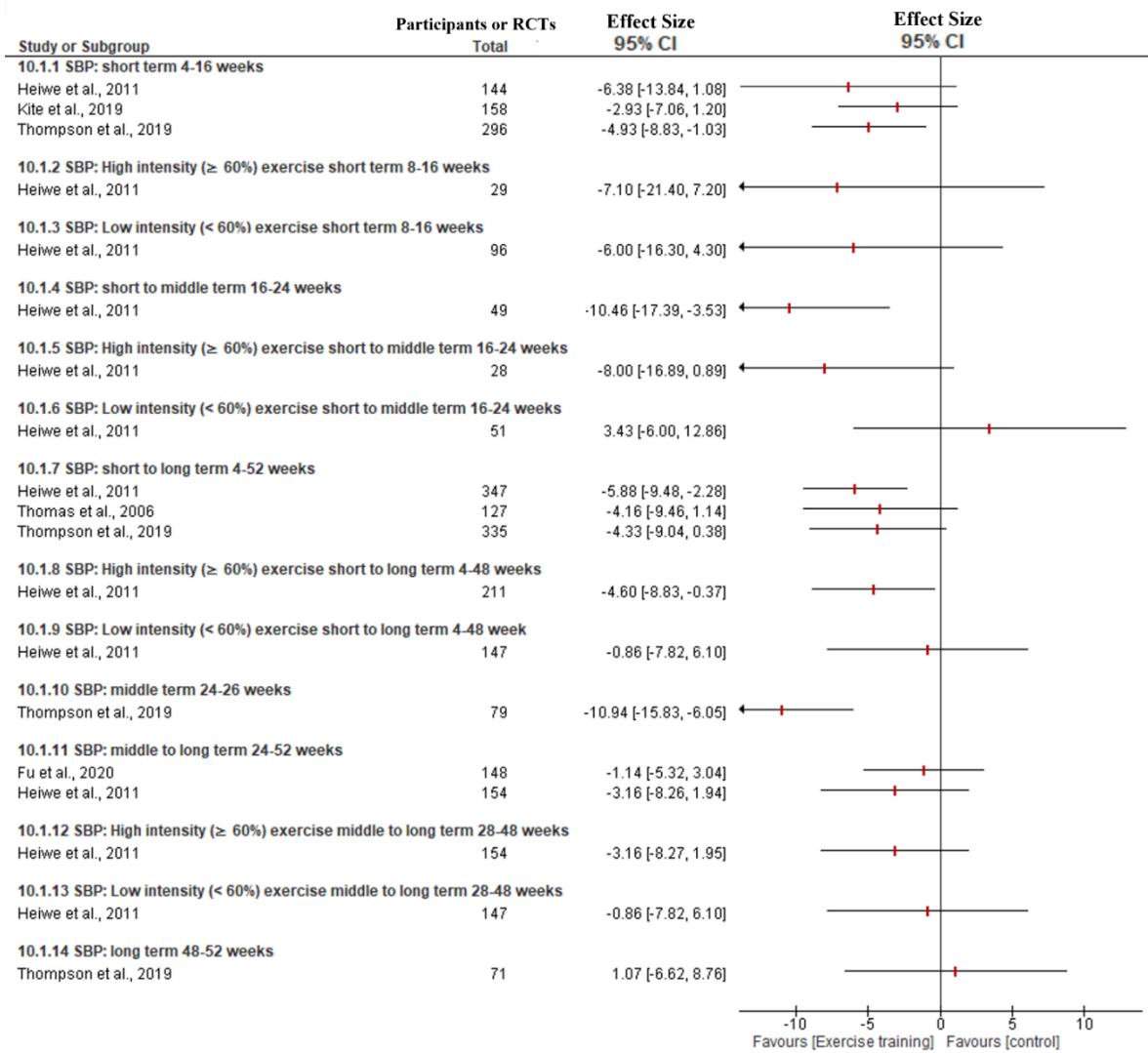


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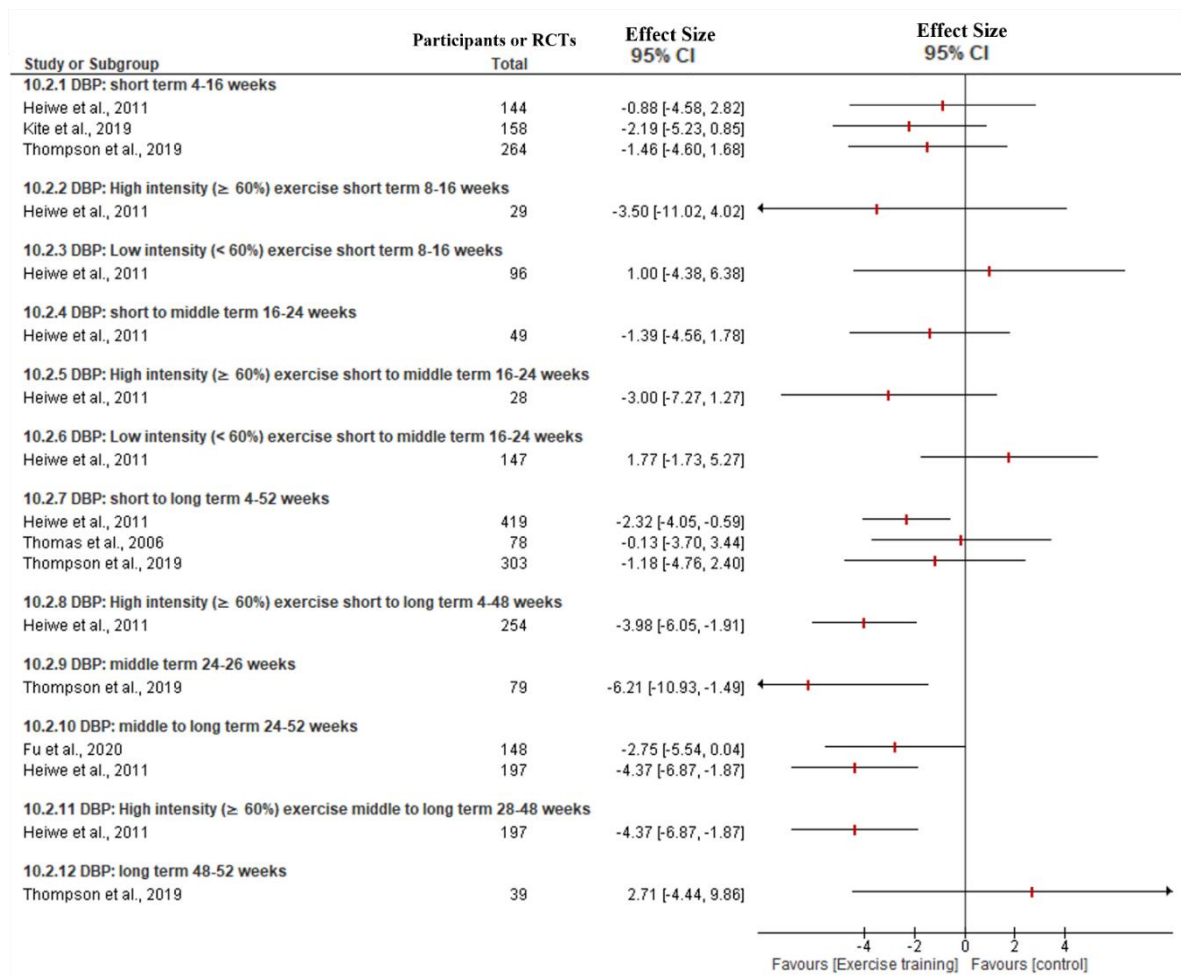
22 **Outcomes – DBP: Combined training versus Control**



24 **Outcome – SBP: Exercise training versus Control**

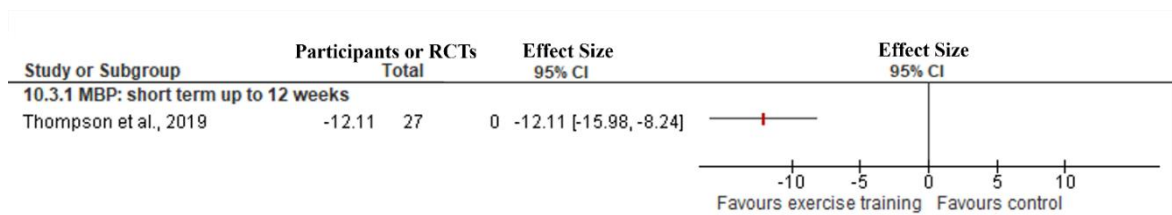


26 **Outcome – DBP: Exercise training versus Control**



27

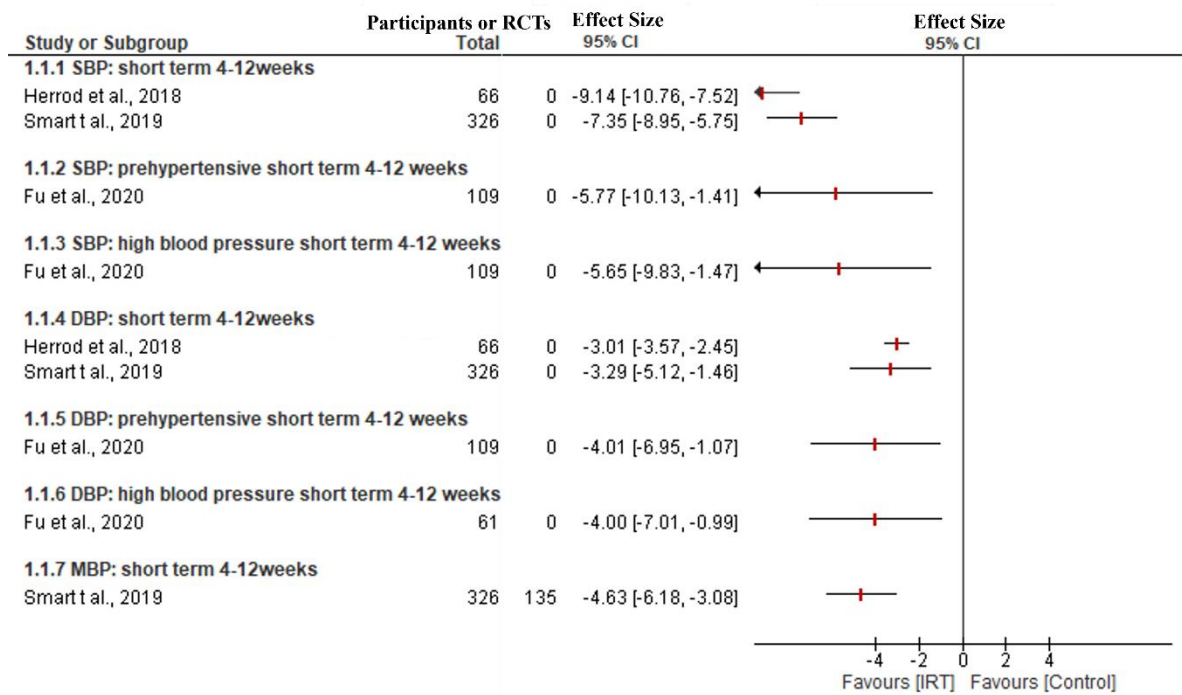
28 **Outcome – MBP: Exercise training versus Control**



29

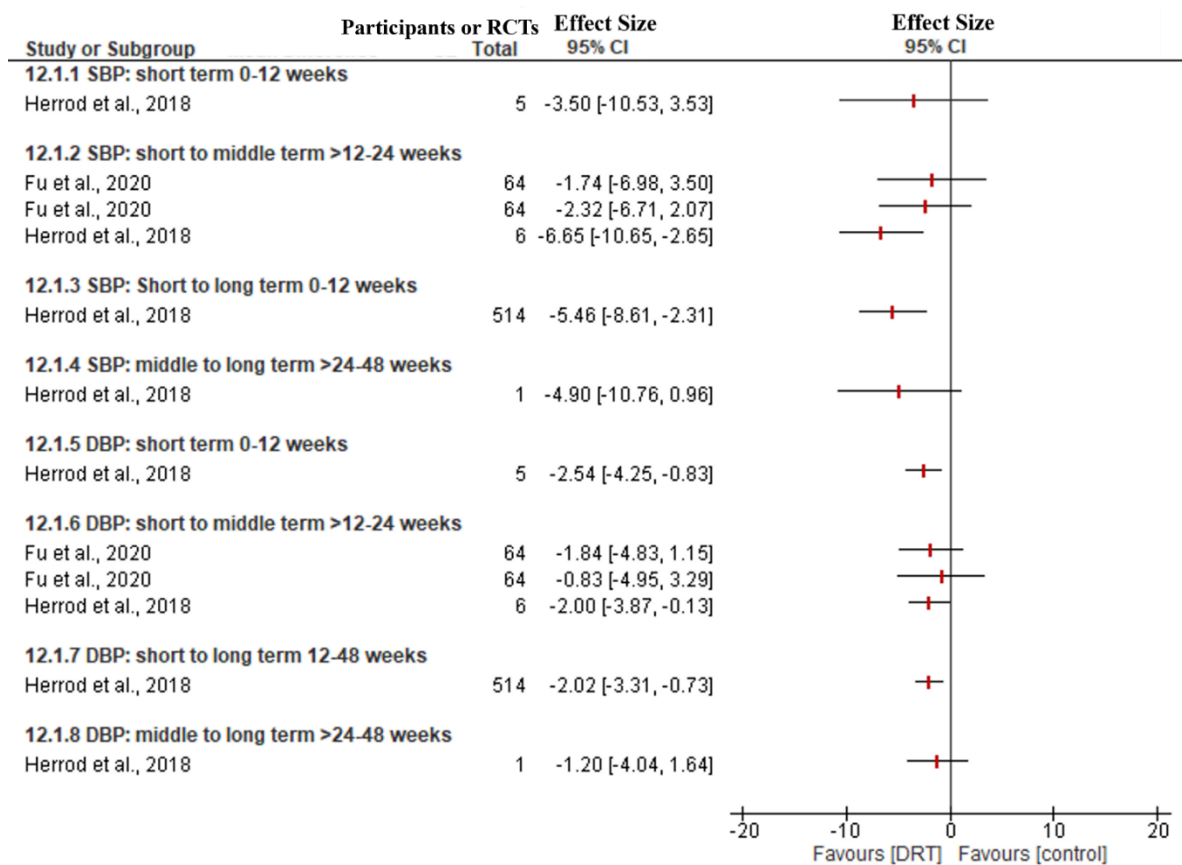
30

31 **Outcomes** – SBP, DBP, and MBP: Isometric resistance training versus control.



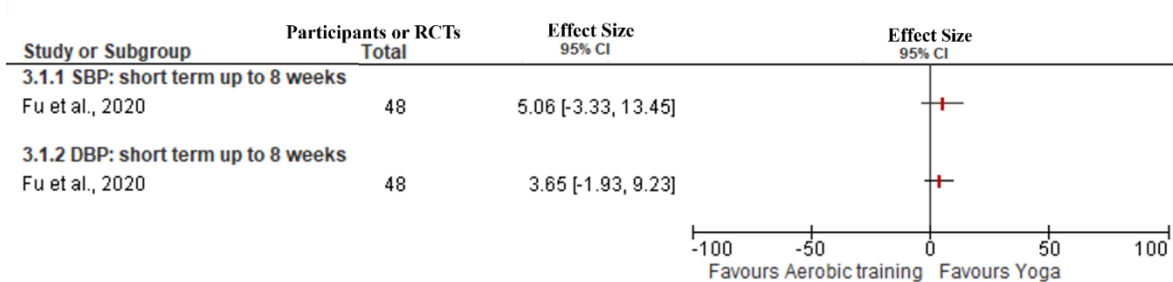
32

33 **Outcomes** – SBP and DBP: Dynamic resistance training versus control.



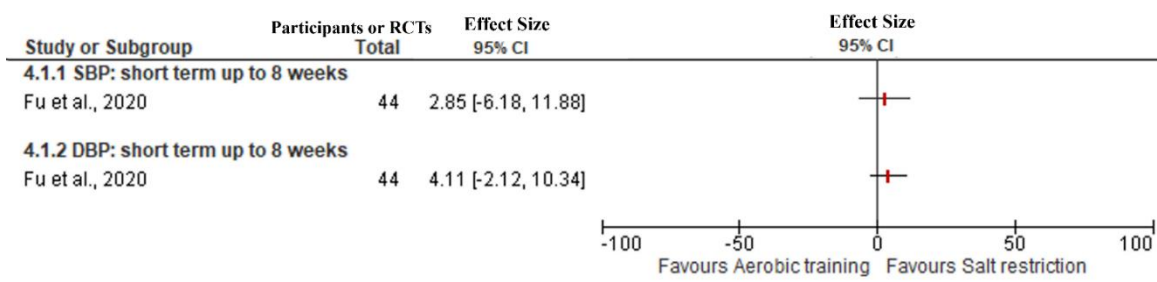
34

35 **Outcomes – SBP and DBP: Aerobic training versus Yoga**



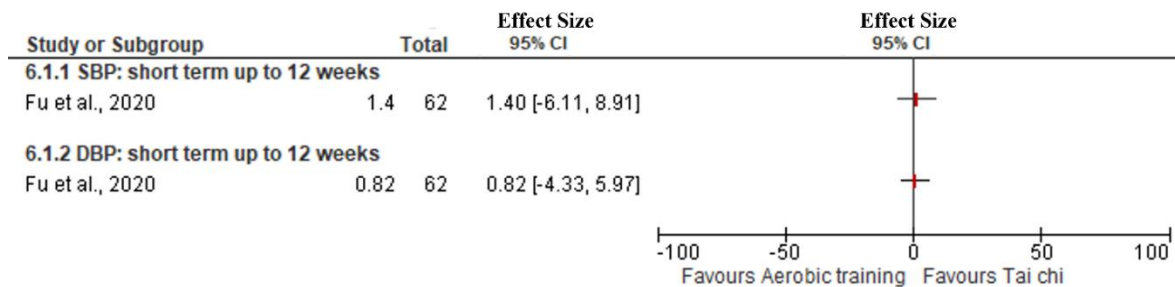
36

37 **Outcomes – SBP and DBP: Aerobic training versus Salt restriction**



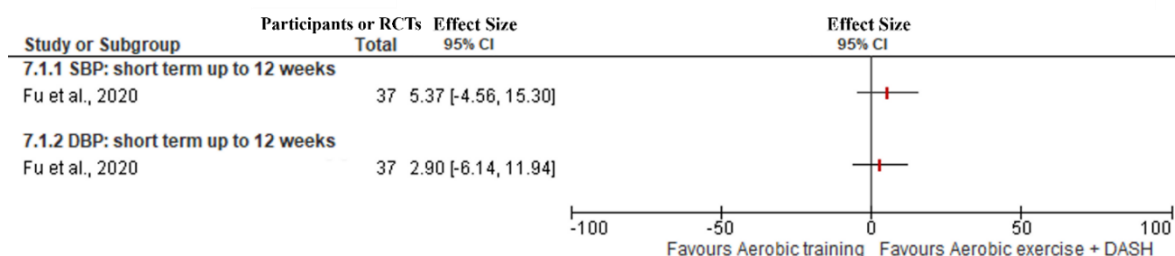
38

39 **Outcomes – SBP and DBP: Aerobic training versus Tai chi.**



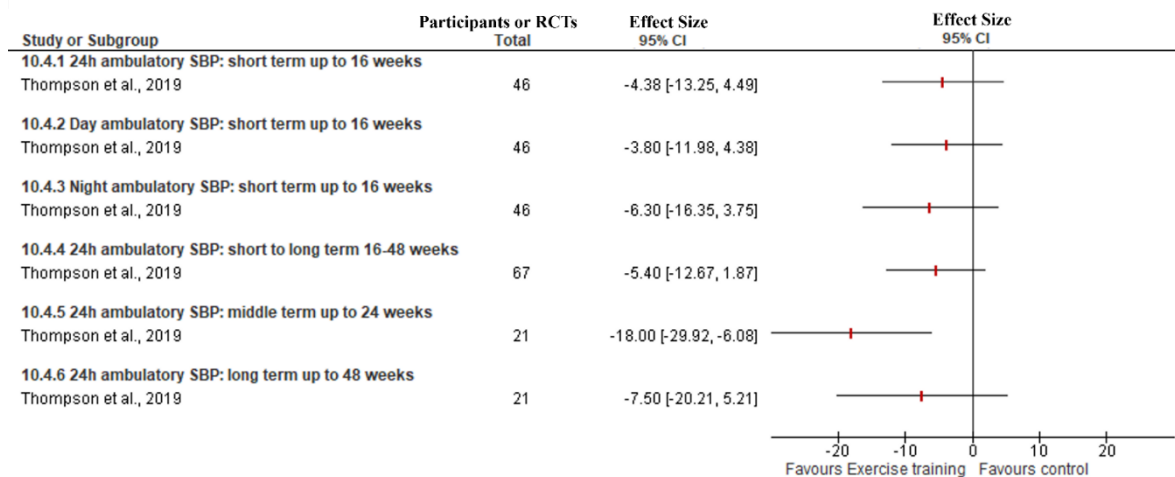
40

41 **Outcomes – SBP and DBP: Aerobic exercise versus aerobic exercise plus DASH**



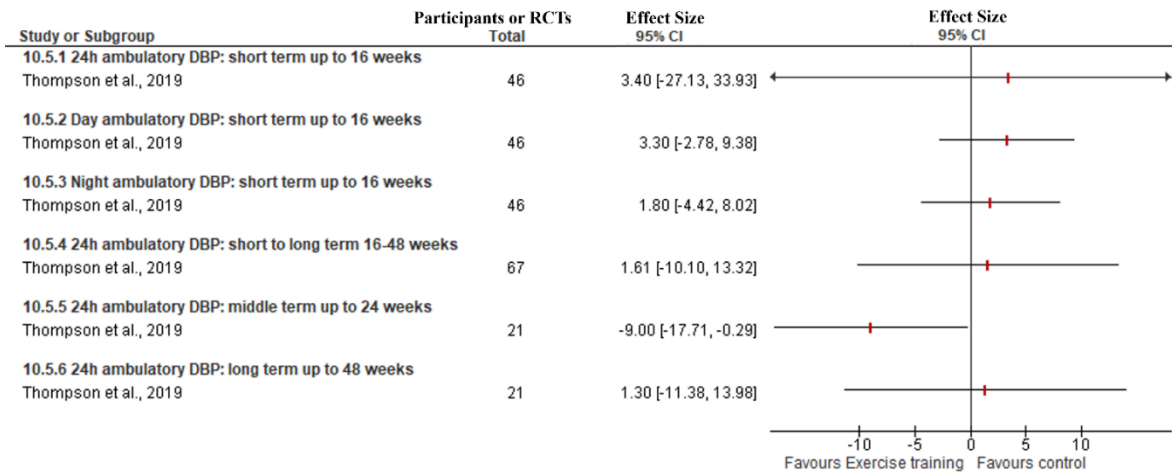
42

43 **Outcomes – SBP: Exercise training versus no intervention.**



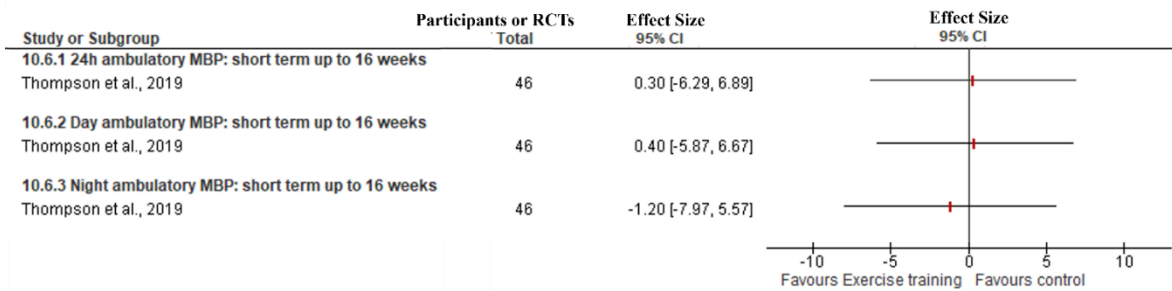
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45 **Outcomes – DBP: Exercise training versus no intervention.**



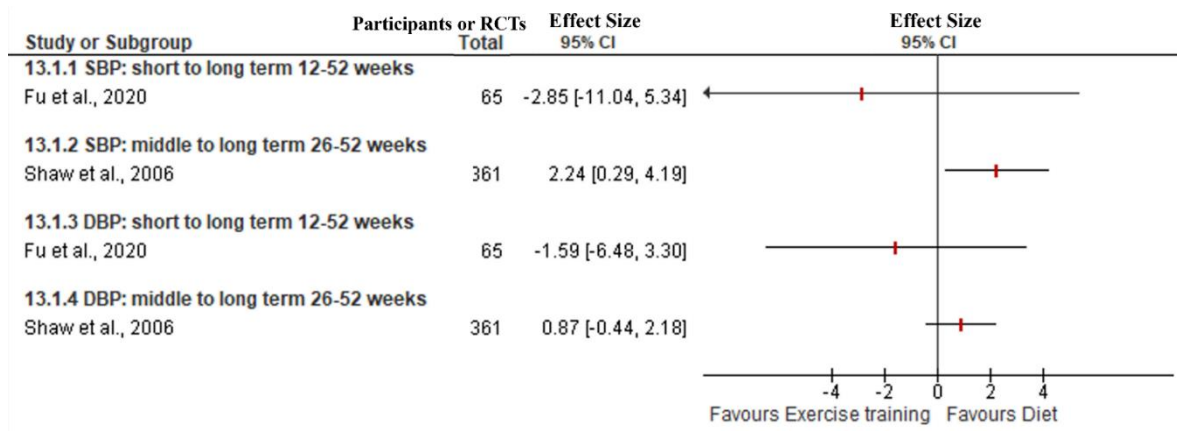
46

47 **Outcomes – MBP: Exercise training versus no intervention.**

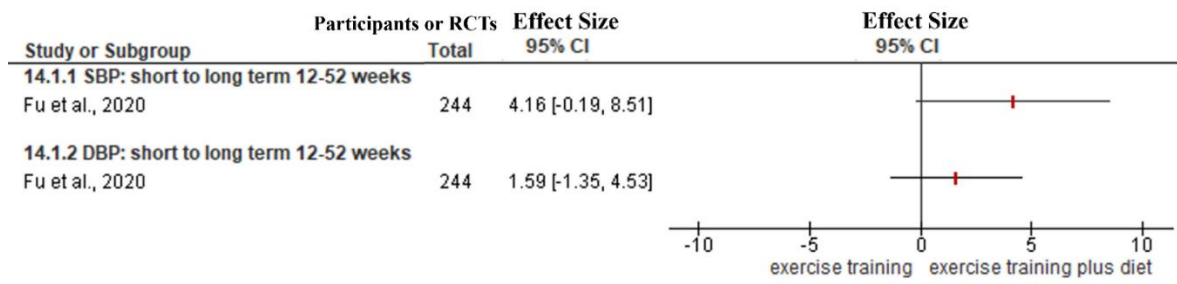


48

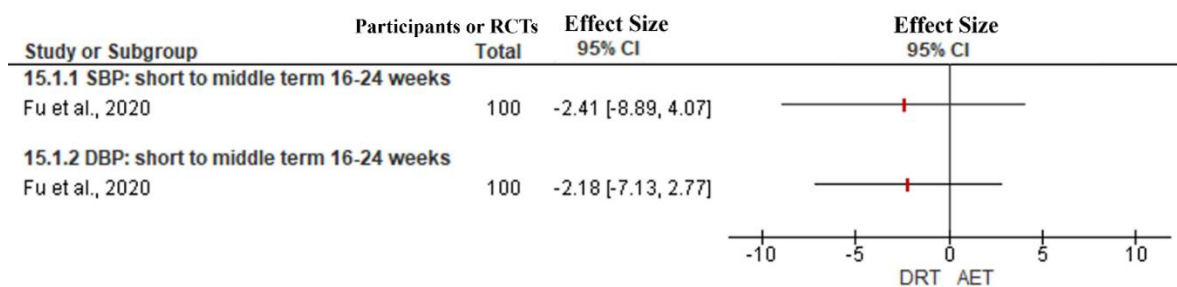
Outcomes – SBP and DBP: Exercise training versus Diet



Outcomes – SBP and DBP: Exercise training versus exercise training plus diet



Outcomes – SBP and DBP: Dynamic resistance training versus aerobic training.



Outcomes- SBP and DBP: Dynamic resistance training versus Yoga

