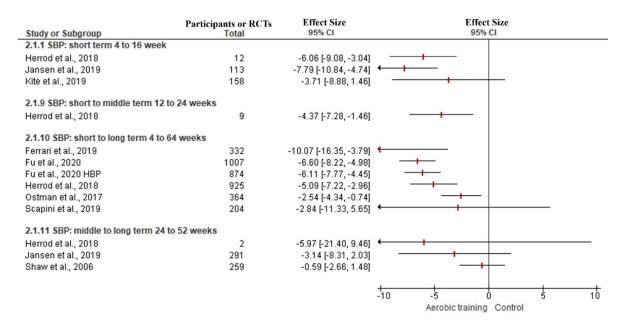
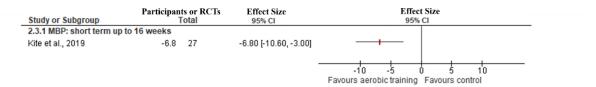
- 1 Additional file 9. Effect estimates according to follow-up period in the included
- 2 reviews
- **Outcomes** SBP: Any aerobic training versus Control.



Outcomes – DBP: Any aerobic training versus Control.

	Participants or RCTs	Effect Size	Effect Size
Study or Subgroup	Total	95% CI	95% CI
2.2.8 DBP: short term 4 to 16 week			
Heiwe et al., 2011	19	-4.40 [-11.31, 2.51]	
Herrod et al., 2018	12	-2.60 [-3.89, -1.31]	
Kite et al., 2019	128	-2.67 [-6.50, 1.16]	+
2.2.9 DBP: short to middle term 16 to	24 weeks		
Heiwe et al., 2011	62	-0.12 [-4.35, 4.11]	
Herrod et al., 2018	10	-2.08 [-3.54, -0.62]	
2.2.10 DBP: short to long term 4 to 64	weeks		
Ferrari et al., 2019	334	-2.96 [-7.71, 1.79]	
Fu et al., 2020	1029	-4.44 [-5.57, -3.31]	
Fu et al., 2020 HBP	848	-4.01 [-5.28, -2.74]	
Heiwe et al., 2011	202	-0.11 [-2.88, 2.66]	
Herrod et al., 2018	925	-2.20 [-3.08, -1.32]	+
Ostman et al., 2017	337	-2.27 [-3.47, -1.07]	
Scapini et al., 2019	204	0.68 [-4.01, 5.37]	
2.2.11 DBP: middle to long term 24 to	52 weeks		
Heiwe et al., 2011	121	-1.58 [-5.90, 2.74]	
Herrod et al., 2018	2	-0.95 [-2.28, 0.38]	
Shaw et al., 2006	259	-2.09 [-3.68, -0.50]	
			-4 -2 0 2 4 Favours aerobic training Favours control

Outcomes – MBP: Any aerobic training versus Control.



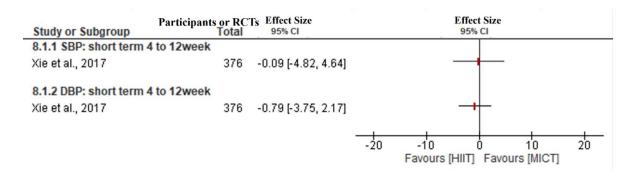
Outcomes – SBP: Walking aerobic training versus Control.

Par	ticipants or RCTs	Effect Size	Effect Size
Study or Subgroup	Total	95% CI	95% CI
17.1.1 SBP: short long term 4 to 64 weeks	1		
Lee et al., 2021	5060	-4.11 [-5.22, -3.00]	+
Qiu et al., 2014	497	-1.69 [-5.22, 1.84]	
17.1.2 SBP: participants with ≤ 40 years			
Lee et al., 2021	491	-4.41 [-6.17, -2.65]	
200 014, 2021		[0, 2.00]	
17.1.3 SBP: participants with 41-60 years			
Lee et al., 2021	1959	-3.79 [-5.64, -1.94]	
•			
17.1.4 SBP: participants with >60 years			
Lee et al., 2021	2610	-4.30 [-6.17, -2.43]	
17.1.5 SBP: female participants			
Lee et al., 2021	1149	-5.65 [-7.89, -3.41]	
47.4.C.CDDI			
17.1.6 SBP: male participants			
Lee et al., 2021	203	-4.64 [-8.69, -0.59]	
17.1.7 SBP: normotensive participants			
	2057	2601542 2241	
Lee et al., 2021	2057	-3.68 [-5.12, -2.24]	•
17.1.8 SBP: high normal participants			
Lee et al., 2021	2991	-4.54 [-6.23, -2.85]	<u> </u>
Lee et al., 2021	2001	-4.54 [-0.25, -2.05]	·
17.1.9 SBP: high blood pressure participal	nts		
Lee et al., 2021	1573	-5.21 [-7.66, -2.76]	
		5.2. [oo, 2oj	
			-10 -5 0 5 10
			Walking aerobic training Control

Outcomes – DBP: Walking aerobic training versus Control.

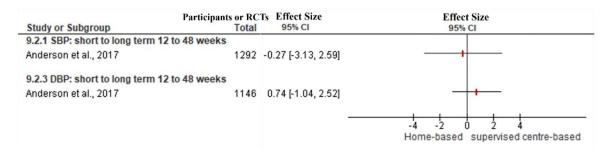
	Participants or RCTs	Effect Size	Effect Size
Study or Subgroup	Total	95% CI	95% CI
17.2.1 DBP: short long term 4 to 64 v			
Lee et al., 2021	4711	-1.79 [-2.51, -1.07]	l l
Qiu et al., 2014	497	-1.97 [-3.94, -0.00]	
17.2.2 DBP: participants with ≤ 40 y	ears		
Lee et al., 2021	491	-3.01 [-4.44, -1.58]	
17.2.3 DBP: participants with 41-60	voare		
Lee et al., 2021	1730	1741205 050	<u> </u>
Lee et al., 2021	1730	-1.74 [-2.95, -0.53]	·
17.2.4 DBP: participants with >60 ye	ars		
Lee et al., 2021	2490	-1.33 [-2.40, -0.26]	
	2.00		
17.2.5 DBP: female participants			
Lee et al., 2021	1000	-2.69 [-4.16, -1.22]	
17.2.6 DBP: male participants			
Lee et al., 2021	203	-2.54 [-4.84, -0.24]	
47.07.000	-4-		
17.2.7 DBP: normotensive participar			
Lee et al., 2021	3920	-3.91 [-5.26, -2.56]	-
17.2.8 DBP: high normal participants			
Lee et al., 2021	, 779	-4.57 [-7.07, -2.07]	
Lee et al., 2021	779	-4.57 [-7.07,-2.07]	·
17.2.9 DBP: high blood pressure par	ticipants		
•	•	-7.82 [-11.164.48]	- + -
200 01 011 202	000		
Lee et al., 2021	303	-7.82 [-11.16, -4.48]	-10 -5 0 5 10 Walking aerobic training Control

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



Outcomes – SBP and DBP: Home-based versus supervised centre-based cardiac

18 rehabilitation.



Outcomes – SBP: Combined training versus Control

	Participants or RCTs	Effect Size	Effect Size
Study or Subgroup	Total	95% CI	95% CI
11.1.1 SBP: short term 4 to 12 weeks			
Heiwe et al., 2011	125	-6.38 [-14.75, 1.99]	+
Herrod et al., 2018	0	-5.47 [-7.56, -3.38]	
11.1.2 SBP: short to middle term 10 to	24 weeks		
Heiwe et al., 2011	28	-8.00 [-16.89, 0.89]	+ +
Herrod et al., 2018	0	-4.48 [-6.81, -2.15]	
Kite et al., 2019	30	-0.20 [-6.51, 6.11]	
11.1.3 SBP: short to long term 4 to 52 v	veeks		
Heiwe et al., 2011	186	-5.80 [-10.41, -1.19]	
Herrod et al., 2018	237	-5.86 [-8.27, -3.45]	
Ostman et al., 2017	652	-3.79 [-6.18, -1.40]	
Scapini et al., 2019	292	-8.53 [-13.29, -3.77]	
11.1.4 SBP: middle term 24 to 25 week	s		
Fu et al., 2020	169	-2.72 [-8.06, 2.62]	
11.1.5 SBP: middle to long term 24 to 4	8 weeks		
Ferrari et al., 2019	76	-4.33 [-9.75, 1.09]	
Heiwe et al., 2011	33	-4.00 [-11.07, 3.07]	+
Herrod et al., 2018	0	-9.93 [-24.85, 4.99]	+
			-10 -5 0 5 10
			10 0 0 10
			Favours [Combined training] Favours [control]

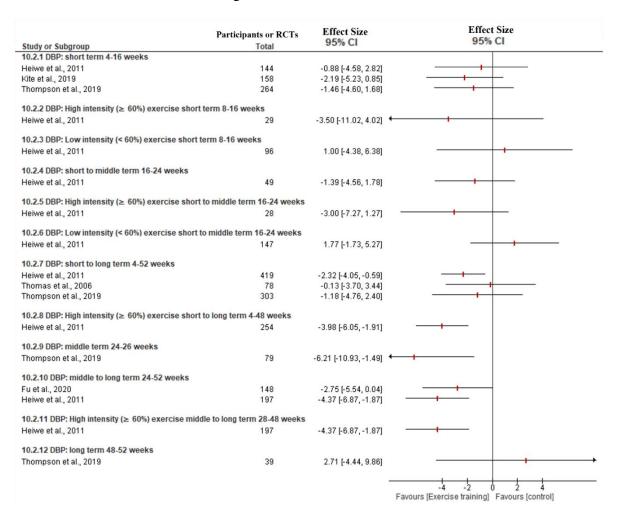
Outcomes – DBP: Combined training versus Control

Study or Subgroup	Participants or RCTs Total	Effect Size 95% Cl	Effect Size 95% CI
11.2.1 DBP: short term 4 to 1.	2 weeks		
Heiwe et al., 2011	125	-2.67 [-3.73, -1.61]	
Herrod et al., 2018	4	-0.52 [-4.90, 3.86]	+
11.2.2 DBP: short to middle to	erm 10 to 24 weeks		
Heiwe et al., 2011	28	-3.00 [-7.27, 1.27]	
Herrod et al., 2018	5	-3.80 [-5.16, -2.44]	
Kite et al., 2019	30	-0.20 [-7.23, 6.83]	
11.2.3 DBP: short to long terr	n 4 to 52 weeks		
Heiwe et al., 2011	229	-3.77 [-5.94, -1.60]	
Herrod et al., 2018	1237	-3.51 [-4.43, -2.59]	+
Ostman et al., 2017	652	-0.23 [-3.53, 3.07]	
Scapini et al., 2019	292	-4.57 [-6.24, -2.90]	
11.2.4 DBP: middle term 24 to	o 25 weeks		
Fu et al., 2020	169	-3.15 [-6.75, 0.45]	
11.2.6 DBP: middle to long te	rm 24 to 48 weeks		
Ferrari et al., 2019	76	-5.76 [-8.83, -2.69]	
Heiwe et al., 2011	76	-5.76 [-8.83, -2.69]	
Herrod et al., 2018	3	-5.10 [-9.06, -1.14]	
			Favours [Combined training] Favours [control]

Outcome – SBP: Exercise training versus Control

Study or Subgroup	Participants or RCTs Total	Effect Size 95% CI	Effect Size 95% CI
10.1.1 SBP: short term 4-16 weeks			
Heiwe et al., 2011	144	-6.38 [-13.84, 1.08]	+ +
Kite et al., 2019	158	-2.93 [-7.06, 1.20]	
Thompson et al., 2019	296	-4.93 [-8.83, -1.03]	
10.1.2 SBP: High intensity (≥ 60%) exercise short	t term 9 16 weeks		
Heiwe et al., 2011	29	-7.10 [-21.40, 7.20]	
10.1.3 SBP: Low intensity (< 60%) exercise short			
Heiwe et al., 2011	96	-6.00 [-16.30, 4.30]	
10.1.4 SBP: short to middle term 16-24 weeks			
Heiwe et al., 2011	49	-10.46 [-17.39, -3.53]	
10.1.5 SBP: High intensity (≥ 60%) exercise short			
Heiwe et al., 2011	28	-8.00 [-16.89, 0.89]	
10.1.6 SBP: Low intensity (< 60%) exercise short	to middle term 16-24 weeks		
Heiwe et al., 2011	51	3.43 [-6.00, 12.86]	
		,	
10.1.7 SBP: short to long term 4-52 weeks			
Heiwe et al., 2011	347	-5.88 [-9.48, -2.28]	
Thomas et al., 2006	127	-4.16 [-9.46, 1.14]	
Thompson et al., 2019	335	-4.33 [-9.04, 0.38]	
10.1.8 SBP: High intensity (≥ 60%) exercise short	t to long term 4-48 weeks		
Heiwe et al., 2011	211	-4.60 [-8.83, -0.37]	
10.1.9 SBP: Low intensity (< 60%) exercise short	-		
Heiwe et al., 2011	147	-0.86 [-7.82, 6.10]	
10.1.10 SBP: middle term 24-26 weeks			
Thompson et al., 2019	79	-10.94 [-15.83, -6.05]	
10.1.11 SBP: middle to long term 24-52 weeks			
Fu et al., 2020	148	-1.14 [-5.32, 3.04]	
Heiwe et al., 2011	154	-3.16 [-8.26, 1.94]	
10.1.12 SBP: High intensity (≥ 60%) exercise mid	dle to long term 28-48 weeks		
Heiwe et al., 2011	154	-3.16 [-8.27, 1.95]	
·			
10.1.13 SBP: Low intensity (< 60%) exercise midd	_		
Heiwe et al., 2011	147	-0.86 [-7.82, 6.10]	
10.1.14 SBP: long term 48-52 weeks			
Thompson et al., 2019	71	1.07 [-6.62, 8.76]	
		[0.02, 0.10]	
			-10 -5 0 5 10

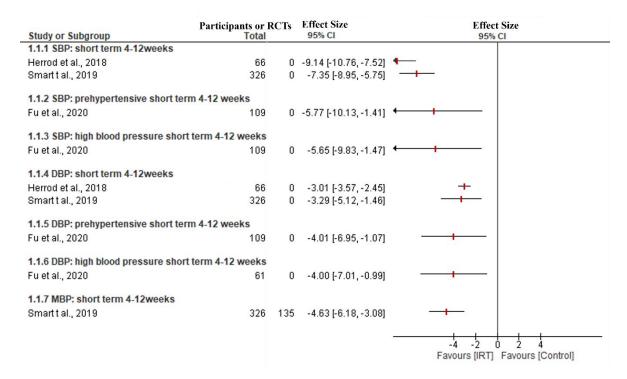
26 Outcome – DBP: Exercise training versus Control



28 Outcome – MBP: Exercise training versus Control

Study or Subgroup	Participant T	s or RCTs otal	Effect Size 95% CI		ct Size 6 Cl
10.3.1 MBP: short term up	to 12 weeks				
Thompson et al., 2019	-12.11	27	0 -12.11 [-15.98, -8.24]		
					1 1 1
				-10 -5 Favours exercise training	0 5 10 Favours control

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



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

Participants of Study or Subgroup	r RCTs Total	Effect Size		Effect Size 95% CI	
12.1.1 SBP: short term 0-12 weeks	rotar				
Herrod et al., 2018	5	-3.50 [-10.53, 3.53]			
12.1.2 SBP: short to middle term >12-24 weeks					
Fu et al., 2020	64	-1.74 [-6.98, 3.50]			
Fu et al., 2020	64	-2.32 [-6.71, 2.07]			
Herrod et al., 2018	6	-6.65 [-10.65, -2.65]			
12.1.3 SBP: Short to long term 0-12 weeks					
Herrod et al., 2018	514	-5.46 [-8.61, -2.31]			
12.1.4 SBP: middle to long term >24-48 weeks					
Herrod et al., 2018	1	-4.90 [-10.76, 0.96]		- + 	
12.1.5 DBP: short term 0-12 weeks					
Herrod et al., 2018	5	-2.54 [-4.25, -0.83]		+	
12.1.6 DBP: short to middle term >12-24 weeks					
Fu et al., 2020	64	-1.84 [-4.83, 1.15]		-++	
Fu et al., 2020	64	-0.83 [-4.95, 3.29]			
Herrod et al., 2018	6	-2.00 [-3.87, -0.13]		+	
12.1.7 DBP: short to long term 12-48 weeks					
Herrod et al., 2018	514	-2.02 [-3.31, -0.73]		+	
12.1.8 DBP: middle to long term >24.48 weeks					
Herrod et al., 2018	1	-1.20 [-4.04, 1.64]		+	
			-20	-10 0 10	20
				Favours [DRT] Favours [control]	

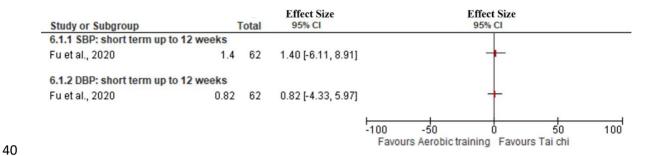
Outcomes – SBP and DBP: Aerobic training versus Yoga

Participants or RCTs Total	Effect Size 95% CI		ect Size 5% CI
to 8 weeks			
48	5.06 [-3.33, 13.45]		+
to 8 weeks			
48	3.65 [-1.93, 9.23]		+
		1.00	<u> </u>
		-100 -50 Favours Aerobic trainin	Ó 50 10
	Total to 8 weeks 48	Total 95% CI to 8 weeks 48 5.06 [-3.33, 13.45] to 8 weeks	Total 95% CI 95 to 8 weeks 48 5.06 [-3.33, 13.45] to 8 weeks 48 3.65 [-1.93, 9.23]

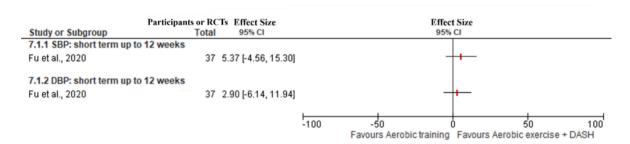
Outcomes – SBP and DBP: Aerobic training versus Salt restriction

Study or Subgroup	Participants or RCT Total	S Effect Size 95% CI	Effect Size 95% CI
4.1.1 SBP: short term up	to 8 weeks		
Fu et al., 2020	44	2.85 [-6.18, 11.88]	+
4.1.2 DBP: short term up	to 8 weeks		
Fu et al., 2020	44	4.11 [-2.12, 10.34]	+
			-100 -50 0 50 100
			Favours Aerobic training Favours Salt restriction

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



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



Outcomes – SBP: Exercise training versus no intervention.

F Study or Subgroup	Participants or RCTs Total	Effect Size 95% CI	Effect Size 95% CI
10.4.1 24h ambulatory SBP: short term up to 16 weeks			
Thompson et al., 2019	46	-4.38 [-13.25, 4.49]	
10.4.2 Day ambulatory SBP: short term up to 16 weeks			
Thompson et al., 2019	46	-3.80 [-11.98, 4.38]	
10.4.3 Night ambulatory SBP: short term up to 16 week	S		
Thompson et al., 2019	46	-6.30 [-16.35, 3.75]	
10.4.4 24h ambulatory SBP: short to long term 16-48 we	eeks		
Thompson et al., 2019	67	-5.40 [-12.67, 1.87]	
10.4.5 24h ambulatory SBP: middle term up to 24 week	s		
Thompson et al., 2019	21	-18.00 [-29.92, -6.08]	+
10.4.6 24h ambulatory SBP: long term up to 48 weeks			
Thompson et al., 2019	21	-7.50 [-20.21, 5.21]	
			-20 -10 0 10 20 Favours Exercise training Favours control

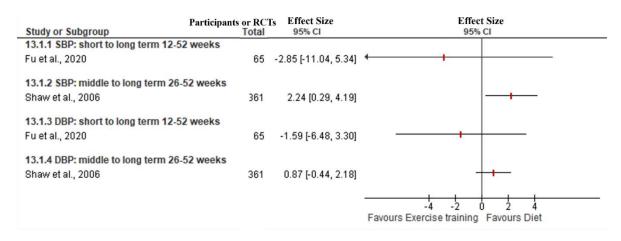
Outcomes – DBP: Exercise training versus no intervention.

rticipants or RCTs Total	Effect Size 95% CI	Effect Size 95% CI
46	3.40 [-27.13, 33.93]	· · · · · · · · · · · · · · · · · · ·
46	3.30 [-2.78, 9.38]	
46	1.80 [-4.42, 8.02]	
eks		
67	1.61 [-10.10, 13.32]	+
21	-9.00 [-17.71, -0.29]	
21	1.30 [-11.38, 13.98]	+
		-10 -5 0 5 10 Favours Exercise training Favours control
	46 46 46 eks 67	46 3.40 [-27.13, 33.93] 46 3.30 [-2.78, 9.38] 46 1.80 [-4.42, 8.02] eks 67 1.61 [-10.10, 13.32] 21 -9.00 [-17.71, -0.29]

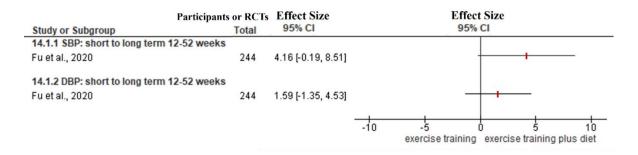
Outcomes – MBP: Exercise training versus no intervention.

Study or Subgroup	articipants or RCTs Total	Effect Size 95% CI	Effect Size 95% CI			
10.6.1 24h ambulatory MBP: short term up to 16 weeks	1					
Γhompson et al., 2019	46	0.30 [-6.29, 6.89]				
10.6.2 Day ambulatory MBP: short term up to 16 weeks	;					
Γhompson et al., 2019	46	0.40 [-5.87, 6.67]				
10.6.3 Night ambulatory MBP: short term up to 16 week	(S					
Γhompson et al., 2019	46	-1.20 [-7.97, 5.57]				
						
			-10 -5 0 5 10 Favours Exercise training Favours control			

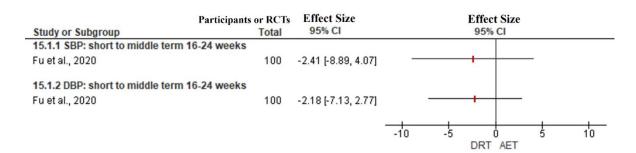
Outcomes – SBP and DBP: Exercise training versus Diet



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

	Participants or RCTs	Effect Size			Effect Size		
Study or Subgroup	Total	95% CI			95% CI		
16.1.1 SBP: up to 12 weeks	3						
Fu et al., 2020	68	-4.41 [-13.75, 4.93	l		++		
16.1.2 DBP: up to 12 weeks	3						
Fu et al., 2020	68	-3.53 [-9.38, 2.32	l		+		
			-100	-50		50	100
			-100	-30	DRT yoga	30	100