**Supplementary Table S1.** Details of 12 included studies. and type of exercise/intervention is shown. Unreported study characteristic

is indicated using N/A.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Article** | **Sample size (n) / Time of Gestation tested** | **Age (yrs)** | **Description of participants** | **Intervention** |
| Jones et al. (1985)  | n=4; 12, 24, and 32 wks of gestation, and 10 wks PP | N/AN/A | Physically active (n=4) | Running |
| Clapp et al. (1987) | n=10; PC, 20 and 33 wks of gestation | Range = 27-3630.4 (SD 2.7) | Physically active (n=10) | Running |
| McMurray et al. (1990) | n=12; 15, 25, and 35 wks of gestation, and 8 wks PP | Range = N/AMean = 30 (SE 3) | Physically active (n=12) | Water immersion cycling |
| Tuffnell et al. (1990) | n=70; 35-40 wks of gestation | Range = N/AMean = N/A | N/A | Stair climbing (n=70)Water bath 40˚C (n=42) |
| Clapp (1991) | n=18; PC, 7, 15, 23, 31, and 37wks of gestation | Range = 27-34Mean = N/A | Physically active (n=18) | Running (n=8)Aerobics (n=7)Cycling (n=3) |
| Vähä-Eskeli et al. (1991) | n=15; non-pregnantn=9; 14 wksn=9; 36 wksn=14; 14 and 36wks | Range = 21-35Mean = 27 | Regular sauna use (n=47) | Acute sauna use |
| McMurray et al. (1993) | n=7; 25 wks | Range = 26-35Mean = N/A | Physically active (n=7) | Land and water immersion exercise; cycling |
| O’Neill (1996) | n=11; 34-37 wks of gestation | Range = N/AMean = 30.3 (SD 3.3) | Physically active (n=4)Sedentary (n=7)  | Cycling (different intensities/durations) |
| Lindqvist et al. (2003) | n=14; PC, 8, 15, 22, 29, 36 wks of gestation, and 8 and 24 wks PP | Range = N/AMean = 29 (SD 5) | Physically active (n=14) | Cycling |
| Larsson & Lindqvist (2005) | n=11; non-pregnantn=40; 25 wks  | Range = N/ANon-pregnant : 25.5 (SD 4.0)Pregnant : 30.9 (SD 4.6) | Physically active (n=51) | Low-impact aerobic exercise |
| Brearley et al. (2015) | N=109; 15-39 wks of gestation  | Range = 24-42Mean = 32±4  | Physically active (n=107)Sedentary (n=2) | Water immersion aerobic exercise |
| Petrov Fieril et al. (2016) | n=20; 21 wks of gestation | Range = N/AMean = 32.9 ± 4.3 | N/A | Nordic walkingResistance exercise |

**Supplementary Table S2.** Summary of the Cochrane Collaborative Risk of Bias 2.0 tool and the Oxford Center for Evidence-Based Medicine (CEBM) Levels of Evidence. + low bias; - high bias; ? some concerns.

|  |  |  |
| --- | --- | --- |
|  | **Cochrane Collaborative ROB 2.0 Tool subcategories** | **CEBM Level of evidence** |
| **Randomization** | **Intervention** | **Missing data** | **Outcome measurement** | **Selective reporting** | **Other** |
| **Jones et al. (1985)**  | **-** | **+** | **+** | **+** | **+** | **?** | **3** |
| **Clapp et al. (1987)** | **-** | **+** | **+** | **+** | **+** | **?** | **3** |
| **McMurray et al. (1990)** | **-** | **+** | **+** | **+** | **+** | **+** | **2** |
| **Tuffnell et al. (1990)** | **-** | **?** | **+** | **+** | **+** | **?** | **4** |
| **Vaha-Eskeli et al. (1991)** | **-** | **+** | **+** | **+** | **+** | **+** | **2** |
| **Clapp (1991)** | **-** | **+** | **+** | **+** | **+** | **?** | **3** |
| **McMurray et al. (1993)** | **+** | **+** | **+** | **+** | **+** | **+** | **1** |
| **O’Neill (1996)** | **-** | **-** | **+** | **+** | **+** | **?** | **2** |
| **Lindqvist et al (2003)** | **-** | **-** | **+** | **+** | **?** | **-** | **3** |
| **Larsson & Lindqvist (2005)** | **-** | **+** | **+** | **+** | **+** | **+** | **3** |
| **Brearley et al. (2015)** | **-** | **+** | **+** | **?** | **+** | **?** | **3** |
| **Petrov Fieril et al. (2016)** | **-** | **+** | **+** | **+** | **+** | **+** | **4** |