

Supplementary Material

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Supplementary Material 1. Search Strategy for MEDLINE Database

	Keywords	MeSH headings
Population set (OR)	Myocardial infarct* Heart attack* MI AMI Myocardial revasculari#ation* Coronary artery bypass* CABG CABS Coronary adj2 angioplast* Percutaneous coronary intervention* Percutaneous coronary revasculari#ation* PCI PTCA STEMI NSTEMI STEACS NSTEMI	Myocardial infarction Myocardial revascularization Coronary artery bypass Myocardial reperfusion Angioplasty, Balloon, Coronary Percutaneous coronary intervention
(AND)		
Intervention set (OR)	Rehab* Exercise* Aerobic* Train*	Rehabilitation Exercise therapy Exercise movement techniques "recovery of function" Physical conditioning, human
(AND)		
Outcome set (OR)	Fitness Exercise tolerance Max* oxygen uptake Peak oxygen uptake Max* oxygen consumption Peak oxygen consumption VO2max VO2peak	Physical fitness Exercise tolerance Oxygen consumption

Supplementary Material 2. McMaster Critical Appraisal Tool (modified).

Domain	Question(s)	Outcome (points awarded)
1. Study purpose	Was the purpose of the study clearly described in terms of population, intervention, comparison and outcome?	0 No / Unsure 1 Yes
2. Study design	Was the study a randomised controlled trial (RCT)?	0 No / Unsure 1 Controlled 2 Controlled AND randomised
3. Sample	Was the sample described in detail?	0 No / Unsure 1 Yes
4. Reliability/validity of outcome measures	a) Were the outcome measures indicated as reliable b) Were the outcome measures validated?	0 No / Unsure 1 Yes
5. Intervention	a) Intervention was described in detail? b) Was contamination and co-intervention addressed?	0 No / Unsure 1 Yes
6. Compliance	a) Was compliance with attendance reported or controlled for? b) Was compliance with exercise intensity reported or controlled for?	0 No / Unsure 1 Attendance OR compliance 2 Attendance AND compliance
7. Statistical analysis	a) Results were reported in terms of statistical significance, confidence intervals or effect sizes? b) Were the analysis method(s) appropriate? c) Drop-outs were reported?	0 No / Unsure 1 Yes
8. Conclusions	Were the interpretation and conclusions of the results relevant to the strength of the study?	0 No / Unsure 1 Yes
Total points:		/ 10

Supplementary Material 3. Summary of Study Characteristics.

Study	Year	Participant characteristics			Rehabilitation protocols							Outcomes					
		n (men)	Age	Conditions	Length	Freq.	Exercise duration	Intensity	Mode	Type	Sup.	Prog.	Res.	Comp.	$\Delta\text{VO}_2\text{R}$	$\Delta\text{VO}_2\text{A}$	
Aamot et al. ¹	2014	(1)	34 (28)	56 ± 9	MI CABG ACS	12	2	W:10; A:4x4 (R:4); C:5	l:85-95 (R:70) %HRp	TM	Int	CL	N	N	N	4.30	0.33
		(2)	28 (25)	58 ± 8	MI CABG ACS	12	2	W:10; A:4x4 (R:4); C:5	l:85-95 (R:70) %HRp	Circuit	Int	CL	N	N	N	3.30	0.27
		(3)	28 (27)	58 ± 8	MI CABG ACS	12	2	W:10; A:4x4 (R:4); C:5	l:85-95 (R:70) %HRp	Walk	Int	H	N	N	N	2.90	0.25
Aamot et al. ²	2010		20 (15)	61 ± 11	MI	4	2	W10; A:30-35; C:10	'light-moderate'	NS	Cont	CL	N	Y	N	0.10	0.00
Ades et al. ³	1989	(1)	12 (NS)	51 ± 3	MI CABG	12	3	A:50	70-85 %HRp	TM, CE, RW	Cont	CL	N	N	N	2.40	
		(2)	28 (NS)	52 ± 6	MI CABG											6.50	
Ades et al. ⁴	1992	(1)	37 (37)	68 ± 5	MI CABG	12	3	A:50	75-90 %HRp	TM, CE, RW	Cont	CL	N	N	N	3.00	
		(2)	17 (0)	70 ± 6	MI CABG											3.00	
Ades et al. ⁵	1995		60 (41)	68 ± 5	MI CABG	12	3	A:60	wk1-2:75-85, wk3-12:85-90 %HRp	TM, CE, RW	Cont	CL	Y	N	N	3.00	
Ades et al. ⁶	1999		303 (227)	61 ± 12	ACE	12	3	A:30-45	70-85 %HRp	TM, CE, RW	Cont	CL	N	Y	N	3.30	
Akashi et al. ⁷	2002		21 (17)	61 ± 9	MI CABG VR	2	5	A:30	100 %VT	CE	Cont	CL	N	N	N	2.10	
Arak-Luckmann et al. ⁸	2002		35 (NS)	61 ± 9	CABG PCI	12	3	W:10; A:30; C:10	80 %VT	CE	Cont	CL	N	N	Y	2.40	
Arthur et al. ⁹	2002	(1)	122 (96)	63 ± 9	CABG	26	3	W:10; A:40; C:10	wk1-12:60, wk13-26:70 %VO2p	TM, CE, AE, Steps	Cont	CL	Y	N	Y	3.19	0.28
		(2)	120 (101)	64 ± 9	CABG	26	5	A:40	wk1-12:60, wk13-26:70 %VO2p	Walk	Cont	H	Y	N	Y	2.17	0.17
Arvan ¹⁰	1988		40 (29)	62 ± 9	MI	12	3	W:10; A:30-45; C:10	wk1-2:50-75, wk3-12:75-85 %VO2p	TM, CE, AE	Cont	CL	Y	N	N	13.00	
Balsam et al. ¹¹	2013		52 (46)	54 ± 7	MI	6	3-5	W:1; A:30; C:1.5	100 %VT, 50 %HRR	CE	Cont	CL	N	N	N	7.00	
Belardinelli et al. ¹²	2001		59 (49)	53 ± 11	PCI	26	3	W:15; A:30; C:5	60 %VO2p	CE	Cont	CL	N	N	N	5.10	0.38
Benetti et al. ¹³	2010	(1)	29 (29)	NS	MI	12	5	W:3; A:45; C:5	85 %HRp	TM	Cont	CL	N	N	Y	12.40	
		(2)	29 (29)	NS	MI	12	5	W:3; A:45; C:5	75 %HRp	TM	Cont	CL	N	N	Y	5.90	
Bilinska et al. ¹⁴	2010		60 (60)	54 ± 5	CABG	6	3	A: NSx4 (R:2)	l:70-80 (R:NS) %HRp	CE	Int	CL	N	N	N	1.80	
Bilinska et al. ¹⁵	2013		50 (50)	57 ± 6	CABG	6	3	A: NSx4 (R:2)	l:70-80 (R:NS) %HRp	CE	Int	CL	N	N	N	2.40	
Blumenthal et al. ¹⁶	1988	(1)	23 (23)	52 ± 8	MI	12	3	W:10; A:30-45; C:10	75 %VO2p	TM	Cont	CL	N	N	N	3.10	0.20
		(2)	23 (23)	53 ± 8	MI	12	3	W:10; A:30-45; C:10	<45 %VO2p	TM	Cont	CL	N	N	N	3.30	0.30
Cesari et al. ¹⁷	2013		112 (92)	58 ± 10	ACS	4	3	W:5; A:30; C:5	60-70 %VO2p	CE	Cont	CL	N	N	N	2.00	
Choo et al. ¹⁸	2007		31 (27)	54 ± 11	MI	8	3	A:60	40-55 (↑0.5MET p/wk) 70-85 %VO2p	TM, CE, AE, Steps	Cont	CL	Y	N	Y	4.30	

Study	Year	Participant characteristics			Rehabilitation protocols								Outcomes				
		n (men)	Age	Conditions	Length	Freq.	Exercise duration	Intensity	Mode	Type	Sup.	Prog.	Res.	Comp.	Δ VO ₂ R	Δ VO ₂ A	
Chuang et al. ¹⁹	2005	(1)	17 (15)	64 ± 8	CABG	12	2	A:30	70-80 %HRp, 60-70 %VO ₂ p, RPE 11-15	TM	Cont	CL	N	N	N	4.76	
		(2)	15 (13)	69 ± 12	CABG											1.72	
Chudilova et al. ²⁰	2007		10 (10)	64 ± 7	CABG	12	3	W:10; A:wk1-2:40, wk3-12:25; C:10	100 %AT	CE	Cont	CL	N	N	N	3.80	0.34
Chung et al. ²¹	2010		42 (39)	56 ± 13	MI	8	3	A:50	50-60 %HRR (BB:RPE13)	TM, CE	Cont	CL	N	N	N	5.60	
Ciske et al. ²²	1986	(1)	24 (NS)	53 ± 2	MI CABG	4	3	A:30-40; C:5	60-80 %VO ₂ p	TM, CE, AE, RW	Cont	CL	N	N	N	3.40	0.25
		(2)	15 (NS)	54 ± 2	MI CABG											4.30	0.34
Cottin et al. ²³	1996		17 (14)	52 ± 16	MI	7	3	A:60	75-85 %HRp	TM, CE, AE	Cont	CL	N	N	Y	5.00	
Cottin et al. ²⁴	2000		15 (12)	56 ± 12	MI	7	3	A:60	75-85 %HRp	TM, CE, AE	Cont	CL	Y	N	Y	5.00	
Currie et al. ²⁵	2015	(1)	10 (9)	66 ± 8	MI PCI CABG	12	2	W:10; A:wk1-4:30, wk5-8:40, wk9-12:50; C:10	57 %WRp	CE	Cont	CL	Y	N	N	3.40	
		(2)	9 (9)	63 ± 8	MI PCI CABG	12	2	W:10; A:10x1 (R:1); C:10	l:wk1-4:85, 5-8:100, 9-12:108 (R:10) %WRp	CE	Int	CL	Y	N	N	5.30	
Degre et al. ²⁶	1997		10 (10)	51 ± NS	MI	8	3	A:25	70-90 'capacity'	CE	Mix	CL	N	N	N		0.38
Detry et al. ²⁷	1975		7 (NS)	48 ± 8	MI	12	3	A:45	70-80 %VO ₂ p	NS	Cont	CL	N	N	N	4.43	0.33
DeWitt et al. ²⁸	1986	(1)	16 (12)	56 ± NS	MI	6	4-6	A:20-60	70 %VO ₂ p	TM, CE, AE, RW	Cont	CL	N	N	N	2.70	0.21
		(2)	11 (8)	53 ± NS	MI											1.90	0.16
Dobra.-Wasil. et al. ²⁹	2009	(1)	90 (90)	52 ± NS	MI	5	3	A:20	80 %HRR	CE	Cont	CL	N	N	N	2.10	0.10
		(2)	61 (61)	55 ± NS	CABG											2.20	0.20
Dressendorfer et al. ³⁰	1990	(1)	45 (45)	54 ± NS	MI	4.5	2-3	A:20-30	60-80 %VO ₂ p	TM, CE, AE, RW, Tramp	Cont	CL	N	N	N	3.70	
		(2)	27 (27)	55 ± NS	MI											3.80	
Dressendorfer et al. ³¹	1993		17 (17)	53 ± 2	MI	4.5	3	A:30-35	Stage 4 of modified Bruce	TM, CE, AE, RW, Tramp	Cont	CL	N	N	N	3.80	
Dressendorfer et al. ³²	1995	(1)	13 (13)	55 ± 2	MI CABG	4.5	2	W:5-10; A:30-35	70 %VO ₂ p	TM, CE, AE, RW	Cont	CL	N	N	N	3.60	
		(2)	12 (12)	56 ± 3	MI CABG	4.5	3	W:5-10; A:30-35	70 %VO ₂ p	TM, CE, AE, RW	Cont	CL	N	N	N	3.90	
Fontes-Carvalho et al. ³³	2015		89 (76)	55 ± 10	MI	8	3	W:10; A+R:50; C:10	70-85 %HRp	TM, CE	Cont	CL	N	N	N	1.90	0.12
Fujimoto et al. ³⁴	1999		20 (20)	NS	MI	2	14	A:10	80 %AT	CE	Cont	CL	N	N	N	3.40	
Ghroubi et al. ³⁵	2013		16 (NS)	59 ± 6	CABG	8	3	A:20	70 %HRR	CE	Cont	CL	N	N	N	1.70	
Giallauria et al. ³⁶	2006		20 (16)	69 ± 2	MI	12	3	W:5; A:30; C:5	60 %VO ₂ p	CE	Cont	CL	N	N	N	4.50	
Giallauria et al. ³⁷	2006		104 (81)	69 ± 3	MI	12	3	W:5; A:30; C:5	60 %VO ₂ p	CE	Cont	CL	N	N	N	2.90	
Giallauria et al. ³⁸	2009	(1)	26 (22)	58 ± 8	MI	12	3	W:5; A:30; C:5	60-70 %VO ₂ p	CE	Cont	CL	N	N	N	3.20	
		(2)	26 (22)	57 ± 10	MI											3.50	

Study	Year	Participant characteristics			Rehabilitation protocols								Outcomes				
		n (men)	Age	Conditions	Length	Freq.	Exercise duration	Intensity	Mode	Type	Sup.	Prog.	Res.	Comp.	Δ VO ₂ R	Δ VO ₂ A	
Giallauria et al. ³⁹	2009	30 (23)	59 ± 3	MI	26	3	W:5; A:30; C:5	60-70 %VO ₂ p	CE	Cont	CL	N	N	N	5.20		
Giallauria et al. ⁴⁰	2011	37 (28)	61 ± 7	MI	26	3	W:5; A:30; C:5	60-70 %VO ₂ p	CE	Cont	CL	N	N	Y	4.60		
Giallauria et al. ⁴¹	2013	25 (22)	54 ± 7	MI	26	3	W:5; A:30; C:5	60-70 %VO ₂ p	CE	Cont	CL	N	N	N	4.00		
Goodman et al. ⁴²	1999	31 (NS)	53 ± 1	CABG	12	5	W A C:45-60	wk1-5:60, wk6-12:75-80 %VO ₂ p	Walk	Cont	CL/H	Y	N	N	2.00	0.19	
Gremeaux et al. ⁴³	2010	(1)	7 (7)	45 ± 5	PCI	5	3	A:60	100 %VT	CE AE	Cont	CL	N	Y	N	1.20	
		(2)	7 (7)	53 ± 1	PCI	5	3	A:60	100 %VT	AE+CE	Cont	CL	N	Y	N	3.50	
Haennel et al. ⁴⁴	1991	8 (8)	52 ± 4	CABG	8	3	W:5; A:24; C:10	70 %HRR	CE	Cont	CL	N	N	N	4.30	0.33	
Han et al. ⁴⁵	2017	29 (26)	56 ± 11	MI	14.5	2-3	W:5; A:30; C:5	55-70 %VO ₂ p, 100% VT, RPE 12-13	CR	Cont	CL	N	Y	N	4.5	0.32	
Hansen et al. ⁴⁶	2007	(1)	21 (17)	64 ± 9	PCI CABG	7	3	A:40	65 %VO ₂ p	Walk, CE, AE	Cont	CL	N	N	N	NS	
		(2)	21 (16)	67 ± 8	PCI CABG											NS	
Hansen et al. ⁴⁷	2008	(1)	67 (55)	63 ± 9	AMI CABG PCI	7	3	A:40	65 %VO ₂ p	Walk, CE, AE	Cont	CL	N	N	Y	NS	
		(2)	67 (54)	63 ± 10	AMI CABG PCI	7	3	A:60	65 %VO ₂ p	Walk, CE, AE	Cont	CL	N	N	Y	NS	
Hermes et al. ⁴⁸	2015	(1)	12 (10)	60 ± 9	CABG	12	2	A:30	55-65 %HRR	TM, CE	Cont	CL	N	Y	N	NS	
		(2)	12 (7)	55 ± 8	CABG											NS	
Hsu et al. ⁴⁹	2011	34 (27)	57 ± 13	CABG	26	3	W:10; A:25-30; C:10	50-80 %VO ₂ p	TM, CE	Cont	CL	N	N	N	3.60		
Iwanaga et al. ⁵⁰	2005	(1)	74 (64)	59 ± 1	MI	3	4-5	A:60	50-60 %HRR	Walk, CE, Dance	Cont	CL	N	N	N		0.20
		(2)	62 (58)	56 ± 1	MI												0.19
		(3)	26 (21)	60 ± 2	MI												0.12
Izawa et al. ⁵¹	2004	82 (63)	62 ± 12	MI	8	2	W A+R C:60	100 %AT	TM	Cont	CL	N	Y	Y	5.40		
Izawa et al. ⁵²	2010	(1)	242 (203)	55 ± 7	MI CABG VR	8	2	W A+R C:60	100 %VT	TM	Cont	CL	N	Y	Y	3.20	
		(2)	200 (163)	71 ± 3	MI CABG VR											1.90	
Izawa et al. ⁵³	2011	(1)	281 (235)	61 ± 10	PCI	8	2	W A+R C:60	100 %VT	TM	Cont	CL	N	Y	N	3.90	
		(2)	156 (126)	63 ± 10	CABG VR											4.20	
Joughin et al. ⁵⁴	1999	93 (85)	57 ± 11	AMI CABG PCI	26	3	A:30	100 %VT	Walk, CE	Cont	NS	N	Y	N	2.70		
Kalapura et al. ⁵⁵	2003	50 (38)	58 ± 13	MI	12	3	W:10; A:30-40; C:10	70-80 %HRp	Walk, CE, RW	Cont	CL	N	N	N	2.45		
Kelbaek et al. ⁵⁶	1981	(1)	14 (14)	NS	MI	12	3	A:30	100bpm to 70 %HRp	Walk/Jog, CE, Cali	Cont	CL	N	N	N	3.10	
		(2)	16 (16)	NS	MI											0.90	
Keteyian et al. ⁵⁷	2014	(1)	15 (11)	60 ± 7	MI CABG PCI	10	3	W:5; A:4x4 (R:3); C:4	1:80-90 (R:60-70) %HRR	TM	Int	CL	N	N	Y	3.60	0.28
		(2)	13 (12)	58 ± 9	MI CABG PCI	10	3	W:5; A:30; C:5	60-80 %HRR	TM	Cont	CL	N	N	Y	1.70	0.14
Keyser et al. ⁵⁸	1991	10 (9)	58 ± 13	MI CABG	12	3	W:10; A:30; C:10	70-80 %HRR	TM, CE, AE	Cont	CL	N	N	N	4.55	0.29	

Study	Year	Participant characteristics			Rehabilitation protocols								Outcomes				
		n (men)	Age	Conditions	Length	Freq.	Exercise duration	Intensity	Mode	Type	Sup.	Prog.	Res.	Comp.	$\Delta\text{VO}_2\text{R}$	$\Delta\text{VO}_2\text{A}$	
Kida et al. ⁵⁹	2008	(1)	37 (37)	60 ± 10	MI	12	2	W A+R C:60	100 %AT	'Aerobic'	Cont	CL	N	Y	N	0.15	
		(2)	33 (33)	61 ± 11	MI												0.41
Kim, C et al. ⁶⁰	2012	(1)	16 (14)	55 ± 10	ACS+PCI	6	3	A:50	wk1-2:60, wk3-4:70, wk5-6w:85 %HRR	TM (power walk)	Cont	CL	Y	N	N	7.49	
		(2)	18 (17)	59 ± 10	ACS+PCI	6	3	A:50	wk1-2:60, wk3-4:70, wk5-6w:85 %HRR	TM (holding rail)	Cont	CL	Y	N	N	2.58	
Kim, C et al. ⁶¹	2014a	(1)	8 (7)	47 ± 11	PCI	6	3	W:10; A:30; C:10	wk1-2:60, wk3-4:70, wk5-6w:85 %HRR	TM, CE	Cont	CL	Y	N	Y	7.40	
		(2)	15 (13)	51 ± 12	PCI											4.40	
Kim, C et al. ⁶²	2014b		16 (14)	55 ± 10	PCI	6	3	W:10; A:30; C:10	wk1-2:60, wk3-4:70, wk5-6w:85 %HRR	TM, CE	Cont	CL	Y	N	Y	2.50	
Kim, C et al. ⁶³	2015	(1)	14 (12)	57 ± 12	MI+PCI	6	3	W:10; A:4x4 (R:3); C:10	1:85-95 (R:50-70) %HRR	TM	Int	CL	N	N	N	6.46	
		(2)	14 (10)	60 ± 14	MI+PCI	6	3	W:10; A:25; C:10	70-85 %HRR	TM	Cont	CL	N	N	N	2.47	
Kim, H-J et al. ⁶⁴	2013		17 (NS)	56 ± 7	PCI	6	NS	W:10; A:30; C:10	wk1-2:60, wk3-4:70, wk5-6:85 %HRR	TM, CE	Cont	CL	Y	N	N	4.37	
Kim, Y-J et al. ⁶⁵	2008		29 (20)	60 ± 2	MI PCI	6	3	A:30-40	50-85 %VO ₂ p	TM, CE	Cont	CL	N	N	Y	4.20	
Kirwan et al. ⁶⁶	2003	(1)	18 (0)	58. ± 1	MI CABG PCI	12	5	W:10; A:45-60; C:10	65-75 %VO ₂ p	Walk	Cont	CL/H	Y	N	N	1.13	
		(2)	20 (0)	65 ± 1	MI CABG PCI											0.42	
Koba et al. ⁶⁷	2015		57 (49)	64 ± 12	MI	26	NS	A:30	40-60 %HRR, 100%VT, RPE 12-13	CE	Cont	CL	N	N	N	2.40	
Kodis et al. ⁶⁸	2001	(1)	713 (612)	61 ± 9	CABG	26	2	NS	40-70 %'functional capacity'	TM, CE, AE	Cont	CL	N	Y	N	3.26	0.28
		(2)	329 (296)	62 ± 9	CABG	26	3-5	NS	40-70 %'functional capacity'	Walk	Cont	H	N	N	N	2.94	0.22
Korzen-Kuba et al. ⁶⁹	2010		32 (32)	55 ± 8	MI	18	2-3	A:40	80% HRp	CE, Gym	Mix	CL	N	N	N	2.13	
Kraal et al. ⁷⁰	2014	(1)	25 (21)	56 ± 9	PCI CABG	12	2	A:45-60	70-85 %HRp	TM, CE	Cont	CL	N	N	N	2.40	
		(2)	25 (22)	61 ± 8	PCI CABG	12	2	A:45-60	70-85 %HRp	TM, CE	Cont	CL/H	N	N	N	3.20	
Lan et al. ⁷¹	2002	(1)	24 (24)	51 ± 10	PCI	12	3	W:5; A:20; C:5	100 %VT, RPE 12-13	TM, CE	Cont	CL	N	N	N	3.40	
		(2)	20 (20)	58 ± 7	CABG											6.50	
Lavie et al. ⁷²	2006	(1)	104 (76)	48 ± 6	MI CABG PCI	12	3	W:10; A:30-40; C:10	100 %VT, RPE 12-13	TM, CE	Cont	CL	N	N	Y	2.30	
		(2)	260 (175)	75 ± 3	MI CABG PCI											1.00	
Lazzeroni et al. ⁷³	2017	(1)	39 (37)	59 ± 10	MI CABG PCI	10	2-3	W:10, A:30, C:10	40-80% VO ₂ p	CE	Cont	CL	N	N	N	5.4	
		(2)	51 (45)	60 ± 11	MI CABG PCI											-0.10	
Lee et al. ⁷⁴	2008		20 (20)	52 ± 7	MI	12	3	W:5; A:20; C:5	55-70 %VO ₂ p, RPE 12-13	CE	Cont	CL	N	N	N	2.80	

Study	Year	Participant characteristics			Rehabilitation protocols								Outcomes				
		n (men)	Age	Conditions	Length	Freq.	Exercise duration	Intensity	Mode	Type	Sup.	Prog.	Res.	Comp.	$\Delta\text{VO}_2\text{R}$	$\Delta\text{VO}_2\text{A}$	
Lee et al. ⁷⁵	2017	72 (72)	55 ± 8	MI PCI	8	3	W:10, A:45, C:5	Wk1-4: 40, wk5-8: 80 %HRR	TM	Cont	CL	Y	N	Y	3.40		
Leitch et al. ⁷⁶	1997	26 (19)	56 ± 1	MI	6	3-4	A:wk1-12:30, wk13-26:60	70 %HRp	NS	Cont	CL	N	N	N	NS		
Lim et al. ⁷⁷	2016	(1)	170 (147)	54 ± 10	MI	6	3	W:10, A:30, C:10	40-85 % HRR	NS	Cont	CL/H	N	N	N	1.56	
		(2)	189 (149)	59 ± 12	MI											1.93	
Messin et al. ⁷⁸	1977	14 (13)	52 ± 8	MI	6	3	W:7; A:4x2 (R:3)	I:90-100 (R:60) %MWC	CE	Int	CL	N	N	N		0.14	
Mifkova et al. ⁷⁹	2010	(1)	25 (25)	61 ± 10	MI	12	3	W:10; A:25; C:10	100 %AT	CE	Cont	CL	N	N	N	2.40	
		(2)	24 (24)	58 ± 11	MI											5.30	
Milani et al. ⁸⁰	1996	(1)	69 (54)	61 ± 11	MI CABG PCI	12	3	W:10; A:30-40, C:10	70-85 %HRp	Walk/Jog, CE, RW	Cont	CL	Y	Y	Y	8.75	
		(2)	269 (210)	64 ± 11	MI CABG PCI											7.35	
Milani et al. ⁸¹	1998	500 (400)	63 ± 11	MI CABG PCI	12	3	W:10; A:30-40; C:10	70-85 %HRp	Walk/Jog, CE, RW	Cont	CL	Y	Y	Y	2.50	0.19	
Milani et al. ⁸²	2009	(1)	53 (39)	60 ± 12	MI CABG PCI	12	3	W:10; A:30; C:10	70-85 %HRp	Walk/Jog, CE, RW	Cont	CL	Y	Y	Y	1.60	
		(2)	469 (342)	65 ± 10	MI CABG PCI											2.40	
Mimura et al. ⁸³	2005	15 (NS)	54 ± 11	MI	4	4	A:40	60 %HRp	Walk	Cont	H	N	N	N	1.70		
Moholdt et al. ⁸⁴	2009	(1)	28 (24)	60.2 ± 7	CABG	4	5	W:8, A:4x4 (R:3); C:5	I:90 (R:70) %HRp	TM	Int	CL	N	N	N	3.30	
		(2)	31 (24)	62 ± 8	CABG	4	5	W:8; A:46; C:5	70 %HRp	TM	Cont	CL	N	N	N	2.30	
Moholdt et al. ⁸⁵	2011	(1)	59 (49)	58 ± 9	MI	12	3	W:10; A:35; C:5	'vigorous encouraged'	Circuit	Cont	CL/H	N	N	N	2.50	
		(2)	30 (25)	57 ± 10	MI	12	3	W:8; A:4x4 (R:3); C:5	I:85-95 (R:70) %HRp	TM	Int	CL	N	N	N	4.60	
Moholdt et al. ⁸⁶	2012	(1)	16 (13)	64 ± 7	CABG	4	3	NS	s1-4:<11, s5-20:12-14, s20-30:15-17 RPE	Unclear	Cont	CL	Y	Y	Y	2.90	0.22
		(2)	14 (11)	62 ± 8	CABG	4	3	W:10; A:4x4 (R:3)	I:85-95 (R:70) %HRp	'Home activities'	Int	H	N	N	N	3.90	0.37
Morris et al. ⁸⁷	1993	142 (129)	57 ± NS	MI CABG PCI	26	3	NS	70-80 %HRp	NS	Cont	CL	N	N	N	3.84		
Motohiro et al. ⁸⁸	2005	44 (NS)	57 ± 8	MI	3	5	A:60	70 %VO2p	TM, CE	Cont	CL	N	N	N	1.80		
Mourot et al. ⁸⁹	2010	614 (520)	57 ± 10	MI CABG PCI	6	5	W:5; A:45; C:5	100 %VT	TM	Cont	CL	N	Y	Y	4.50		
Munk et al. ⁹⁰	2009	20 (17)	57 ± 14	PCI	26	3	W:10; A:4x4 (R:3); C:5	I:80-90 (R:60-70) %HRp	TM, CE	Int	CL	N	Y	N	3.90	0.19	
Nieuwland et al. ⁹¹	1998	(1)	18 (18)	53 ± 7	MI CS	6	5	W:5; A:15; C:5 x2	60-70 %HRR	CE	Cont	CL	N	N	N	4.75	
		(2)	20 (20)	48 ± 9	MI CS	6	3	W:10; A:20; C:5	60-70 %HRR	Walk, CE	Cont	CL	N	N	N	4.69	
Nieuwland et al. ⁹²	2000	(1)	63 (52)	52 ± 9	MI CABG PCI	6	10	W:6; A:65-80: C:4	60-70 %HRR	CE, Games	Cont	CL	N	N	Y	3.30	
		(2)	67 (62)	53 ± 9	MI CABG PCI	6	2	W:6; A:65-80: C:4	60-70 %HRR	CE, Games	Cont	CL	N	N	Y	2.70	
Nordrehaug et al. ⁹³	1989	27 (26)	55 ± 7	MI	4	5	A:180-240	>80 %HRp	Walk/Jog, CE, Swim, Cali	Mix	CL	N	Y	N	4.60		

Study	Year	Participant characteristics			Rehabilitation protocols								Outcomes				
		n (men)	Age	Conditions	Length	Freq.	Exercise duration	Intensity	Mode	Type	Sup.	Prog.	Res.	Comp.	$\Delta\text{VO}_2\text{R}$	$\Delta\text{VO}_2\text{A}$	
Omiya et al. ⁹⁴	2015	(1)	23 (19)	57 ± 13	MI	12	2	A:60	100 %AT	TM	Cont	CL	N	Y	N	3.30	
		(2)	23 (18)	62 ± 7	MI											4.90	
		(3)	24 (21)	61 ± 10	MI											2.50	
Onishi et al. ⁹⁵	2009		32 (29)	66 ± 10	CABG	26	1-2	W A C: 60	100 %VT, RPE 11-13	TM, CE, Indoor Walk	Cont	CL	N	Y	Y	5.00	
Osterhues et al. ⁹⁶	1988		7 (6)	59 ± 7	MI CABG	12	3	W:10; A:40; C:10	60-80 %VO ₂ p	'aerobic'	Cont	CL	N	N	N		0.38
Oya et al. ⁹⁷	1999		16 (14)	59 ± 7	MI	2	14	A:30	100 %AT	CE	Cont	CL	N	N	N	2.20	
Pardaens et al. ⁹⁸	2014	(1)	46 (NS)	NS	MVR	16	2-3	A:35	100 %AT	TM, CE	Cont	CL	N	Y	N	5.00	
		(2)	27 (NS)	NS	MVR											2.00	
		(3)	38 (NS)	NS	AVR											6.00	
		(4)	33 (NS)	NS	AVR											4.00	
Pavia et al. ⁹⁹	1995	(1)	14 (13)	59 ± 8	MI	12	2	W:5; A:25; C:5	100 %VT	CE	Cont	CL	N	N	N	4.50	0.34
		(2)	13 (11)	56 ± 9	MI											3.80	0.29
Ribeiro et al. ¹⁰⁰	2012		20 (18)	54 ± 11	MI	8	3	W:10; A:35; C:10	65-75 %HRp	CE	Cont	CL	N	N	N	3.10	0.18
Rogmo et al. ¹⁰¹	2004	(1)	8 (6)	63 ± 11	MI CABG PCI	10	3	W:5; A:4x4 (R:3); C:3	1:80-90 (R:50-60) %VO ₂ p	Incline TM	Int	CL	N	N	N	6.00	0.45
		(2)	9 (8)	61 ± 7	MI CABG PCI	10	3	A:41	50-60 %VO ₂ p	Incline TM	Cont	CL	N	N	N	2.70	0.20
Rossi et al. ¹⁰²	1979	(1)	20 (19)	52 ± 10	MI	8	14	A:30	80-90 %HRp	Walk, CE, Cali	Cont	CL	N	N	N	2.00	
		(2)	20 (19)	54 ± 6	MI											3.00	
Sakuragi et al. ¹⁰³	2003		232 (197)	61 ± 9	MI	12	3-5	A:50	50-60 %HRR	Walk, CE, Dance	Cont	CL	N	N	N		0.13
Salveti et al. ¹⁰⁴	2008		19 (14)	53 ± 8	MI	12	3	A:30	60-80 %HRp	Walk	Cont	H	N	N	N	2.90	
Savage et al. ¹⁰⁵	2009		385 (308)	65 ± 10	MI CABG PCI	12	3	A:54	70-85 %HRp, RPE 12-14	TM, CE, AE, RW, Step, Elip	Cont	CL	N	Y/N	N	2.90	
Savage et al. ¹⁰⁶	2015	(1)	73 (NS)	NS	VR	12	3	A:45-60	70-85 %HRp, RPE 12-14	TM, CE, AE, RW, Step, Elip	Cont	CL	N	Y	N	3.50	
		(2)	29 (NS)	NS	VR+CABG											2.90	
		(3)	211 (NS)	NS	CABG											3.40	
Sumide et al. ¹⁰⁷	2009	(1)	28 (22)	56 ± 13	VR	26	1-2	A:60	100 %AT	TM, CE	Cont	CL	N	Y	N	8.30	
		(2)	42 (40)	61 ± 8	CABG											6.60	
		(3)	34 (28)	60 ± 11	MI											5.30	
Suskin et al. ¹⁰⁸	2007		29 (NS)	66 ± 7	MI CABG PCI	12	4	W:5; A:40; C:5	75 %HRp	TM, CE	Cont	H	N	N	N	NS	
Suzuki et al. ¹⁰⁹	2005	(1)	22 (20)	57 ± 11	MI CABG PCI	12	3-5	A:50-80	50-60 %HRR, RPE 13	Walk	Cont	CL/H	N	N	Y	2.80	
		(2)	22 (17)	59 ± 9	MI CABG PCI											3.20	
Svacinova et al. ¹¹⁰	2008		45 (NS)	61 ± 8	MI PCI	12	3	W:10; A:20; C:10	100 %AT	CE	Cont	CL	N	Y	N	2.00	0.13

Study	Year	Participant characteristics			Rehabilitation protocols								Outcomes				
		n (men)	Age	Conditions	Length	Freq.	Exercise duration	Intensity	Mode	Type	Sup.	Prog.	Res.	Comp.	Δ VO ₂ R	Δ VO ₂ A	
Szmedra et al. ¹¹¹	1994	7 (5)	55 ± 10	MI CABG PCI	6	3	W:10; A:30; C:10	70%VO ₂ p	TM, CE, AE, RW	Cont	CL	N	N	N	1.90		
Takaya et al. ¹¹²	2014	348 (283)	62 ± 10	MI	12	2	A:30-60	50-60 %HRR, RPE 12-13	Walk, CE, Cali	Cont	CL/H	N	N	Y	2.40		
Tanabe et al. ¹¹³	1998	18 (18)	56 ± 9	MI	8	3	W:5; A:20; C:5	100 %AT	TM	Cont	CL	N	N	N	4.20		
Temfemo et al. ¹¹⁴	2011	(1)	22 (NS)	60 ± 11	PCI	8	3	A:45	100 %VT	CE	Cont	CL	N	N	N	2.00	
		(2)	62 (NS)	63 ± 12	CABG											2.00	
		(3)	54 (NS)	58 ± 15	MI											2.00	
		(4)	50 (NS)	63 ± 14	VR											2.00	
Tsai et al. ¹¹⁵	2005	15 (NS)	61 ± 10	CABG	12	3	A:30-40	60-85 %HRp	TM, CE	Cont	CL	N	N	N	NS		
Uchida et al. ¹¹⁶	2002	20 (20)	60 ± 10	MI	12	5	A:60	50-60 %HRR	Walk, CE, Dance	Cont	CL/H	N	N	N	4.80	0.30	
Ueshima et al. ¹¹⁷	2005	53 (36)	65 ± 10	MI	26	2-3	NS	90 %AT	NS	Cont	CL	N	N	N	4.20		
Vanhees et al. ¹¹⁸	1983	24 (24)	51 ± 1	MI	12	3	A:75	80 %'maximal capacity'	TM, CE, RW	Cont	CL	N	N	N		0.64	
Vanhees et al. ¹¹⁹	2004	(1)	347 (NS)	NS	CABG	12	3	A:90	60-90 %HRR	TM, CE, AE, RW, Cali	Cont	CL	Y	N	N	0.44	
		(2)	307 (NS)	NS	MI+CABG											0.43	
		(3)	767 (NS)	NS	MI											0.43	
		(4)	69 (NS)	NS	VR											0.39	
		(5)	194 (NS)	NS	PCI											0.32	
Vysoky et al. ¹²⁰	2015	106 (90)	60 ± 11	ACE	8	3	W:15; A:60; C:15	100 %VT	TM, CE, RW	Cont	CL	N	Y	N	2.90		
Wilmore et al. ¹²¹	1990	(1)	17 (17)	54 ± 11	MI	26	3	A:45-60	60-75 %VO ₂ p	TM, CE, AE	Cont	CL	N	N	N	4.30	
		(2)	17 (17)	54 ± 12	MI											2.40	
Wu et al. ¹²²	2006	(1)	18 (NS)	63 ± 7	CABG	12	3	W:10; A:30-60; C:10	60-85 %HRp	TM, CE	Cont	CL	N	N	N	8.50	
		(2)	18 (NS)	61 ± 8	CABG	12	3	W:10; A:30-60; C:10	60-85 %HRp, RPE 11-13	Walk	Cont	H	N	N	N	6.50	
Wu et al. ¹²³	2012	28 (23)	60 ± 9	CABG	12	3	W:5; A:30; C:5	60 %HRR	TM	Cont	CL	N	N	N	1.70		
Yamamoto et al. ¹²⁴	1998	(1)	20 (NS)	61 ± 14	MI	8	3	W:5; A:30; C:5	100 %AT	TM	Cont	CL	N	N	N	1.80	
		(2)	15 (NS)	60 ± 10	MI											2.20	
Yoshida et al. ¹²⁵	1999	17 (NS)	57 ± 11	MI	4	28-35	A:20-40	80-100 %VT	Walk, CE	Cont	CL	N	N	Y	4.00		
Zanettini et al. ¹²⁶	2011	(1)	35 (35)	61 ± 9	CABG	5	3	W:5; A:30; C:5	RPE 4-5 (CR10)	CE	Cont	CL	N	N	Y	2.00	
		(2)	36 (36)	64 ± 9	CABG	5	3	W:5; A:30; C:5	100 %AT	CE	Cont	CL	N	N	Y	2.40	
Zbinden et al. ¹²⁷	2007	24 (20)	60 ± 9	MI	12	3	A:60	80 %VO ₂ p	Jog, CE	Cont	CL	N	N	N	2.20		
Zheng et al. ¹²⁸	2008	27 (NS)	NS	MI	26	3	W:15; A:30; C:15	100 %AT	CE	Cont	CL	N	N	N	3.10		

NS, not stated/missing. For references, see Supplementary Material 4.

Study/Year: Value in parentheses denotes group number for studies with ≥2 exercise groups.

Participant characteristics: n(men) presented as sample size (number of men). Age presented as mean ± SD years. Conditions: MI, myocardial infarction; CABG, coronary artery bypass graft; PCI, percutaneous coronary intervention; ACE, acute coronary event; VR, valvular repair/replacement; ACS, acute coronary syndrome; AVR/MVR, atrial/mitral valve repair/replacement.

Rehabilitation protocols: Length presented as no. of weeks. Frequency (Freq.) presented as sessions per week. Exercise Duration presented as minutes per session: W, warm-up; A: aerobic component (interval programs presented as interval x duration); C, cool-down; R, recovery, wk, week. Intensity: %HRp, % peak heart rate; %HRR, % heart rate reserve; %VO_{2p}, % peak oxygen uptake; %AT/VT, % of anaerobic/ventilatory threshold; %WRp, % peak work rate; %MWC, % maximal work capacity; RPE, rating of perceived exertion; BB, beta-blocked patients; I, interval; R, recovery; s, session. Mode: TM, treadmill; CE, cycle ergometer; RW, rowing ergometer; AE, arm ergometer; Tramp, trampoline; Cali, calisthenics; Gym, gymnastics; Elip, elliptical trainer. Type: Cont, continuous training; Int, interval training; Mix, mixed continuous/interval training. Supervision (Sup.), level of monitoring/supervision: CL, clinic-based; H, home-based. Progressive (Prog.), whether aerobic exercise intensity was re-evaluated during the program: Y, yes; N, no. Resistance exercises (Res.): Y, yes; N, no. Comprehensive rehabilitation (Comp.), exercise training plus education and risk factor management: Y, yes; N, No.

Outcomes: $\Delta\dot{V}O_2R$, change in relative $\dot{V}O_2$ peak (presented as mL·kg⁻¹·min⁻¹); $\Delta\dot{V}O_2A$, change in absolute $\dot{V}O_2$ peak (presented as L·min⁻¹).

Supplementary Material 4. List of references for included studies.

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Supplementary Material 5. Outcomes of risk of bias assessment.

Study	Study purpose (/1)	Study design (/2) ^a	Sample (/1)	Reliability and validity (/1)	Intervention (/1)	Compliance (/2) ^b	Statistical analyses (/1)	Conclusions (/1)	Total (/10)
Aamot et al. ¹	✓	✓ / ✓	X	X	✓	✓ / ✓	✓	✓	8
Aamot et al. ²	✓	✓ / ✓	X	✓	X	✓ / ✓	✓	✓	8
Ades et al. ³	X	X / X	X	X	✓	X / ✓	✓	✓	4
Ades et al. ⁴	✓	X / X	X	X	✓	X / X	✓	✓	4
Ades et al. ⁵	✓	✓ / X	X	X	✓	X / X	✓	✓	5
Ades et al. ⁶	X	✓ / X	X	X	✓	✓ / X	✓	✓	5
Akashi et al. ⁷	✓	X / X	X	X	✓	✓ / X	✓	✓	5
Arak-Luckmann et al. ⁸	✓	X / X	X	X	✓	X / X	✓	✓	4
Arthur et al. ⁹	✓	✓ / ✓	X	X	✓	✓ / X	✓	✓	7
Arvan ¹⁰	X	X / X	X	X	✓	✓ / ✓	✓	✓	5
Balsam et al. ¹¹	✓	X / X	X	X	X	X / X	✓	✓	3
Belardinelli et al. ¹²	✓	✓ / ✓	✓	X	✓	✓ / X	✓	✓	8
Benetti et al. ¹³	✓	✓ / X	X	X	X	X / X	✓	✓	4
Bilinska et al. ¹⁴	✓	✓ / ✓	✓	X	✓	X / X	✓	✓	7
Bilinska et al. ¹⁵	✓	✓ / ✓	✓	X	✓	X / X	✓	✓	7
Blumenthal et al. ¹⁶	✓	X / ✓	✓	X	✓	✓ / ✓	✓	✓	8
Cesari et al. ¹⁷	✓	X / X	X	X	✓	X / X	✓	✓	4
Chudilova et al. ¹⁸	✓	X / X	X	X	✓	X / X	✓	✓	4
Choo et al. ¹⁹	✓	✓ / X	X	✓	✓	X / X	✓	✓	6
Chuang et al. ²⁰	✓	✓ / ✓	X	X	X	X / X	✓	✓	5
Chung et al. ²¹	✓	✓ / ✓	X	X	✓	X / X	✓	✓	6
Ciske et al. ²²	✓	X / X	X	✓	✓	X / ✓	✓	✓	6

Study	Study purpose (/1)	Study design (/2) ^a	Sample (/1)	Reliability and validity (/1)	Intervention (/1)	Compliance (/2) ^b	Statistical analyses (/1)	Conclusions (/1)	Total (/10)
Cottin et al. ²³	✓	X / X	✓	X	✓	X / X	✓	✓	5
Cottin et al. ²⁴	✓	X / X	X	X	✓	X / X	✓	✓	4
Currie et al. ²⁵	✓	X / ✓	X	X	✓	✓ / ✓	✓	✓	7
Degre et al. ²⁶	✓	✓ / ✓	X	X	X	X / X	✓	✓	5
Detry et al. ²⁷	✓	X / X	X	X	X	X / X	✓	✓	3
DeWitt et al. ²⁸	X	✓ / X	X	X	X	X / X	✓	✓	3
Dobra.-Wasil. et al. ²⁹	X	X / X	X	X	X	X / X	✓	✓	2
Dressendorfer et al. ³⁰	✓	✓ / X	✓	✓	X	✓ / ✓	✓	✓	8
Dressendorfer et al. ³¹	✓	✓ / ✓	X	✓	✓	X / ✓	✓	✓	8
Dressendorfer et al. ³²	✓	✓ / ✓	X	X	✓	✓ / ✓	✓	✓	8
Fontes-Carvalho et al. ³³	✓	✓ / ✓	X	X	X	X / X	✓	✓	5
Fujimoto et al. ³⁴	X	✓ / ✓	X	X	✓	X / X	✓	✓	5
Ghroubi et al. ³⁵	X	✓ / ✓	X	X	✓	X / ✓	✓	✓	6
Giallauria et al. ³⁶	✓	✓ / ✓	✓	X	✓	X / X	✓	✓	7
Giallauria et al. ³⁷	✓	✓ / X	✓	X	✓	X / X	✓	✓	6
Giallauria et al. ³⁸	✓	✓ / ✓	X	X	✓	✓ / ✓	✓	✓	8
Giallauria et al. ³⁹	✓	✓ / ✓	X	X	✓	✓ / ✓	✓	✓	8
Giallauria et al. ⁴⁰	✓	✓ / ✓	✓	X	✓	✓ / ✓	✓	✓	9
Giallauria et al. ⁴¹	✓	✓ / ✓	✓	X	✓	X / ✓	✓	✓	8
Goodman et al. ⁴²	✓	X / X	X	X	✓	X / X	✓	✓	4
Gremeaux et al. ⁴³	X	X / ✓	✓	X	✓	X / X	✓	✓	5
Haennel et al. ⁴⁴	X	✓ / ✓	X	X	✓	X / ✓	✓	✓	6
Han et al. ⁴⁵	✓	✓ / X	X	X	✓	X / X	✓	✓	5
Hansen et al. ⁴⁶	✓	X / ✓	X	X	✓	X / X	✓	✓	5

Study	Study purpose (/1)	Study design (/2) ^a	Sample (/1)	Reliability and validity (/1)	Intervention (/1)	Compliance (/2) ^b	Statistical analyses (/1)	Conclusions (/1)	Total (/10)
Hansen et al. ⁴⁷	✓	X / ✓	X	X	✓	✓ / X	✓	✓	6
Hermes et al. ⁴⁸	✓	✓ / ✓	X	X	✓	X / X	✓	✓	6
Hsu et al. ⁴⁹	X	X / X	✓	X	✓	X / X	✓	✓	4
Iwanaga et al. ⁵⁰	X	X / X	X	X	✓	X / X	✓	✓	3
Izawa et al. ⁵¹	✓	✓ / X	X	X	✓	X / X	✓	✓	5
Izawa et al. ⁵²	✓	X / X	X	X	✓	X / X	✓	✓	4
Izawa et al. ⁵³	✓	X / X	X	X	✓	X / X	✓	✓	4
Joughin et al. ⁵⁴	X	X / X	X	X	X	✓ / X	✓	✓	3
Kalapura et al. ⁵⁵	✓	X / X	X	X	✓	X / X	✓	✓	4
Kelbaek et al. ⁵⁶	X	✓ / ✓	X	X	✓	X / X	✓	✓	5
Keteyian et al. ⁵⁷	✓	X / ✓	X	X	✓	X / X	✓	✓	5
Keyser et al. ⁵⁸	X	X / X	X	X	✓	✓ / ✓	✓	✓	5
Kida et al. ⁵⁹	X	X / X	X	✓	X	X / X	✓	✓	3
Kim, C et al. ⁶⁰	X	X / ✓	X	X	✓	X / X	✓	✓	4
Kim, C et al. ⁶¹	✓	X / X	✓	X	✓	X / X	✓	✓	5
Kim, C et al. ⁶²	✓	X / X	X	X	✓	X / X	✓	✓	4
Kim, C et al. ⁶³	✓	X / ✓	✓	X	✓	X / X	✓	✓	6
Kim, H-J et al. ⁶⁴	✓	✓ / X	X	X	X	X / X	✓	✓	4
Kim, Y-J et al. ⁶⁵	✓	✓ / X	X	X	✓	X / X	✓	✓	5
Kirwan et al. ⁶⁶	✓	X / X	X	X	✓	✓ / X	✓	✓	5
Koba et al. ⁶⁷	✓	✓ / X	✓	X	X	✓ / X	✓	✓	6
Kodis et al. ⁶⁸	X	X / X	X	X	X	X / X	✓	✓	2
Korzen.-Kuba. et al. ⁶⁹	X	✓ / ✓	X	X	✓	X / X	✓	✓	5
Kraal et al. ⁷⁰	X	✓ / ✓	X	X	✓	✓ / ✓	✓	✓	7

Study	Study purpose (/1)	Study design (/2) ^a	Sample (/1)	Reliability and validity (/1)	Intervention (/1)	Compliance (/2) ^b	Statistical analyses (/1)	Conclusions (/1)	Total (/10)
Lan et al. ⁷¹	X	X / X	X	X	X	√ / X	√	√	3
Lavie et al. ⁷²	X	X / X	X	X	√	X / X	√	√	3
Lazzeroni et al. ⁷³	X	X / X	X	X	√	√ / √	√	√	5
Lee et al. ⁷⁴	√	√ / √	X	X	X	X / X	√	√	5
Lee et al. ⁷⁵	√	√ / X	X	X	√	X / X	√	√	5
Leitch et al. ⁷⁶	√	√ / √	X	X	X	X / X	√	√	5
Lim et al. ⁷⁷	√	√ / X	√	X	√	X / X	√	√	6
Messin et al. ⁷⁸	√	X / X	X	X	X	X / X	√	√	3
Mifkova et al. ⁷⁹	√	X / X	X	X	√	X / X	√	√	4
Milani et al. ⁸⁰	X	X / X	X	X	√	X / X	√	√	3
Milani et al. ⁸¹	√	X / X	X	X	√	X / X	√	√	4
Milani et al. ⁸²	√	X / X	X	X	√	X / X	√	√	4
Mimura et al. ⁸³	√	√ / √	X	X	√	X / X	√	√	6
Moholdt et al. ⁸⁴	√	X / √	X	X	X	√ / √	√	√	6
Moholdt et al. ⁸⁵	√	√ / √	X	X	X	√ / √	√	√	7
Moholdt et al. ⁸⁶	√	X / √	X	X	X	X / X	√	√	4
Morris et al. ⁸⁷	√	X / X	X	X	X	X / X	√	√	3
Motohiro et al. ⁸⁸	√	√ / X	X	X	√	X / X	√	√	5
Mourot et al. ⁸⁹	√	√ / X	√	X	√	X / X	√	√	6
Munk et al. ⁹⁰	√	√ / √	X	X	√	X / X	√	√	6
Nieuwland et al. ⁹¹	X	X / √	X	X	√	X / X	√	√	4
Nieuwland et al. ⁹²	√	X / √	X	X	X	X / X	√	√	4
Nordrehaug et al. ⁹³	√	X / X	X	√	X	X / X	√	√	4
Omiya et al. ⁹⁴	√	X / X	X	X	√	X / X	√	√	4

Study	Study purpose (/1)	Study design (/2) ^a	Sample (/1)	Reliability and validity (/1)	Intervention (/1)	Compliance (/2) ^b	Statistical analyses (/1)	Conclusions (/1)	Total (/10)
Onishi et al. ⁹⁵	X	X / X	X	X	X	X / X	✓	✓	2
Osterhues et al. ⁹⁶	✓	X / X	X	X	X	✓ / X	✓	✓	4
Oya et al. ⁹⁷	X	✓ / ✓	X	X	✓	X / X	✓	✓	5
Pardaens et al. ⁹⁸	✓	X / X	X	X	X	✓ / X	✓	✓	4
Pavia et al. ⁹⁹	✓	X / X	X	X	✓	X / X	✓	✓	4
Ribeiro et al. ¹⁰⁰	✓	✓ / ✓	✓	X	✓	✓ / X	✓	✓	8
Rogmo et al. ¹⁰¹	✓	X / ✓	X	X	✓	✓ / X	✓	✓	6
Rossi et al. ¹⁰²	✓	✓ / ✓	X	X	✓	X / X	✓	✓	6
Sakuragi et al. ¹⁰³	X	X / X	✓	X	X	X / X	✓	✓	3
Salveti et al. ¹⁰⁴	✓	✓ / ✓	X	X	✓	X / X	✓	✓	6
Savage et al. ¹⁰⁵	✓	X / X	X	X	X	X / X	✓	✓	3
Savage et al. ¹⁰⁶	✓	X / X	X	X	✓	X / X	✓	✓	4
Sumide et al. ¹⁰⁷	✓	X / X	X	X	X	X / X	✓	✓	3
Suskin et al. ¹⁰⁸	✓	✓ / ✓	X	X	✓	X / X	✓	✓	6
Suzuki et al. ¹⁰⁹	✓	X / X	X	X	X	X / X	✓	✓	3
Svacinova et al. ¹¹⁰	X	X / X	X	X	✓	X / X	✓	✓	3
Szmedra et al. ¹¹¹	✓	X / X	X	X	✓	✓ / X	✓	✓	5
Takaya et al. ¹¹²	✓	✓ / X	X	X	X	X / X	✓	✓	4
Tanabe et al. ¹¹³	✓	X / X	X	X	✓	X / X	✓	✓	4
Temfemo et al. ¹¹⁴	✓	X / X	X	X	✓	X / X	✓	✓	4
Tsai et al. ¹¹⁵	✓	✓ / ✓	X	X	✓	X / X	✓	✓	6
Uchida et al. ¹¹⁶	X	X / X	X	X	✓	X / X	✓	✓	3
Ueshima et al. ¹¹⁷	✓	X / X	X	X	X	X / X	✓	✓	3
Vanhees et al. ¹¹⁸	X	✓ / X	X	X	X	X / X	✓	✓	3

Study	Study purpose (/1)	Study design (/2) ^a	Sample (/1)	Reliability and validity (/1)	Intervention (/1)	Compliance (/2) ^b	Statistical analyses (/1)	Conclusions (/1)	Total (/10)
Vanhees et al. ¹¹⁹	✓	X / X	X	X	✓	✓ / X	✓	✓	5
Vysoky et al. ¹²⁰	X	X / X	X	X	✓	X / X	✓	✓	3
Wilmore et al. ¹²¹	✓	X / ✓	X	X	X	X / X	✓	✓	4
Wu et al. ¹²²	✓	✓ / ✓	X	X	X	X / X	✓	✓	5
Wu et al. ¹²³	✓	✓ / ✓	✓	X	✓	X / X	✓	✓	7
Yamamoto et al. ¹²⁴	✓	X / X	X	X	✓	X / X	✓	✓	4
Yoshida et al. ¹²⁵	✓	✓ / ✓	X	X	X	X / X	✓	✓	5
Zanettini et al. ¹²⁶	✓	X / ✓	✓	X	✓	X / X	✓	✓	6
Zbinden et al. ¹²⁷	✓	X / X	X	X	✓	X / X	✓	✓	4
Zheng et al. ¹²⁸	✓	✓ / ✓	X	X	✓	X / X	✓	✓	6

✓, yes; X, no. For references, see Supplementary Material 4.

^a The first point indicates that the study was a controlled study. The second point indicates that group allocation was randomised.

^b The first point indicates that the study reported/controlled for attendance. The second point indicates that the study reported/controlled for compliance with the exercise intensity.

Supplementary Material 6. Funnel plots with pseudo 95% confidence limits.

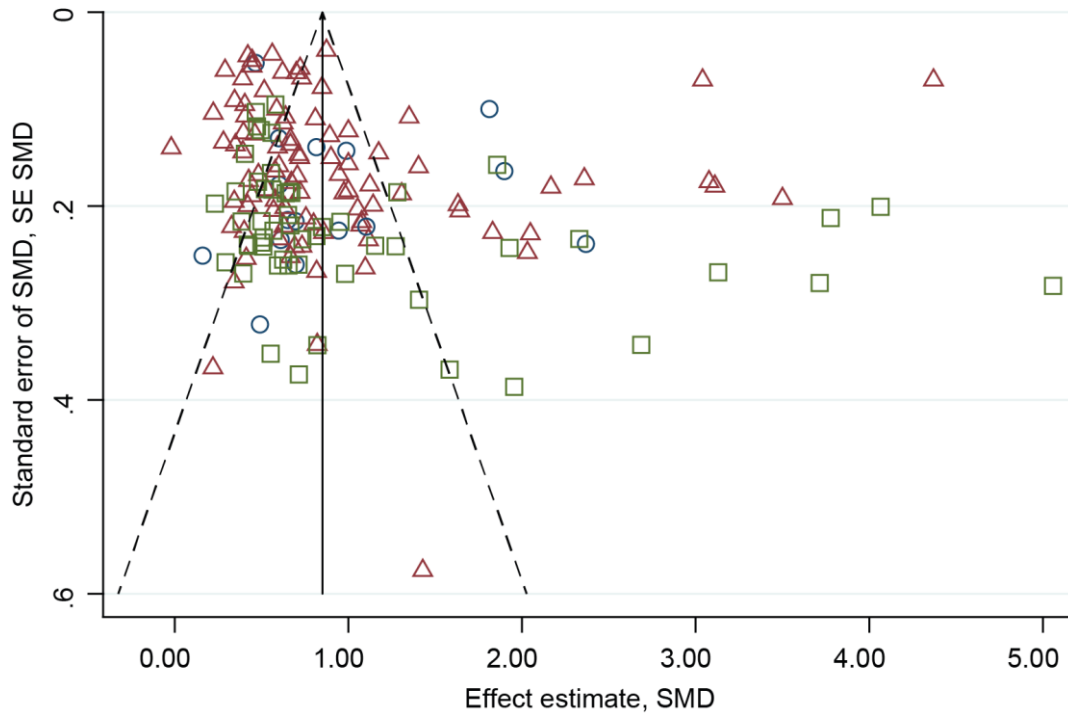


Figure A. Funnel plot with pseudo 95% confidence limit for a change in relative $\dot{V}O_{2peak}$ ($\text{mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$) stratified by exercise intensity.

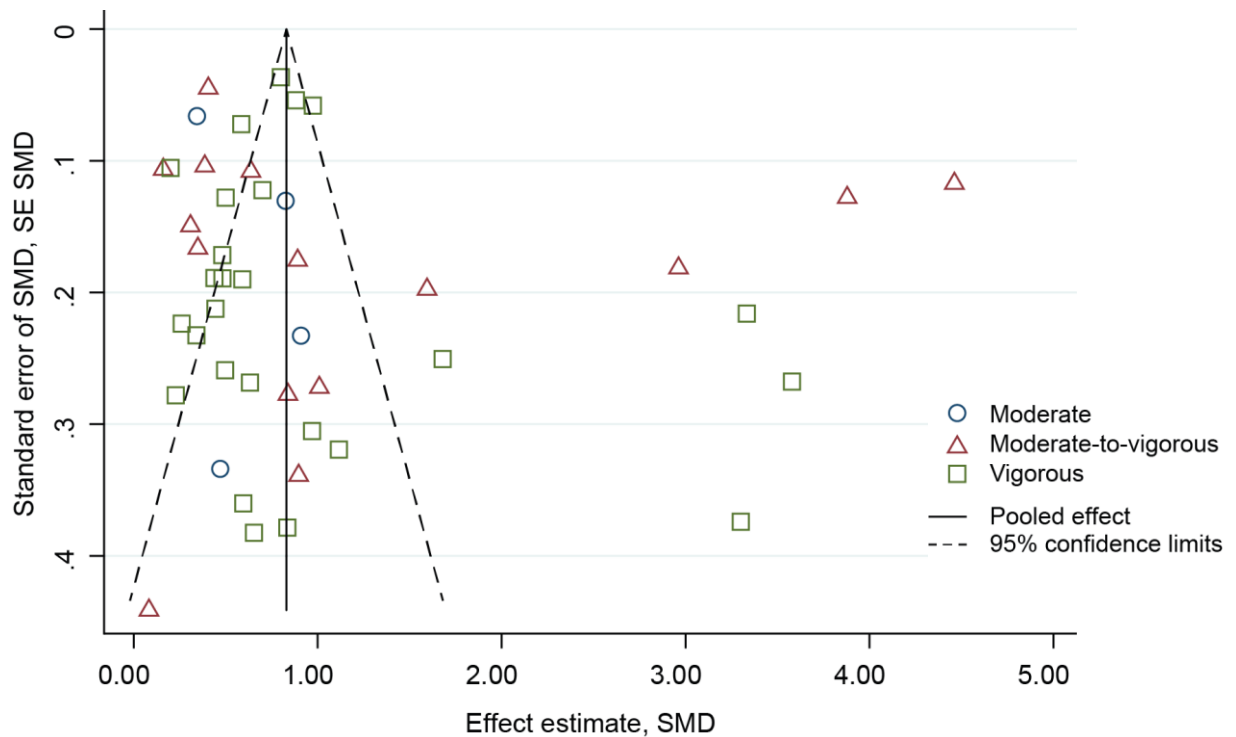


Figure B. Funnel plot with pseudo 95% confidence limit for a change in absolute $\dot{V}O_{2peak}$ ($\text{L}\cdot\text{min}^{-1}$) stratified by exercise intensity.