

Supplementary Table 3: Details of aerobic intervention.

Study	Outcome(s) (mode)	Frequency (sessions/wk)	Intensity	Bouts of 10 mins?	Time (mins/session)	Duration (# wks)	Supervised (# wks)	ACSM criteria met?	Intervention adherence (%)	Risk of Bias
Ağlamiş, 2008	6MWT	3	50% HRR	yes	45	12	yes (12)	no	74	high
Alkatan, 2016	6MWT	3	40-50% HRR	yes	20-30	12	yes (12)	no	97	high
Alkatan, 2016b	HR, BP (rest), IL-6, TNF- α (blood – multiplex array)	3	40-50% HRR	yes	20-30	12	yes (12)	no	98	high
Bautch, 1997	N/A	3	12 RPE	yes	60 (aerobic NR)	12	yes (12)	no	88	high
Beckwée, 2015	N/A	3	14-17 RPE	yes	40	18	yes (6)	no	89	low
Benli Küçük, 2018	N/A	3	NR	yes	20	4	yes (4)	no	NR	high
Bressel, 2014	N/A	3	50-70% HRR	yes	<30	6	yes (6)	no	100	high
Brooks, 2014	N/A	5	NR	NR	NR	8	no	no	80	high
Brosseau, 2012	6MWT	3	15-19 RPE	yes	65	52	yes (52)	progressively yes	57	high
Casilda-López, 2017	HR (max), 6MWT	3	NR	yes	45	8	yes (8)	no	100	low
Cheung, 2014	N/A	4	NR	yes	15-30	8	no	no	82	high
de Rooij, 2017	6MWT	2	50-80% HR/VO _{2max} /HRR	yes	20+	20	yes (20)	no	85	some
Ettinger, 1997	VO ₂ (peak – graded treadmill), 6MWT	3	50-70% HRR	yes	60	72	yes (12)	yes	68	high
Evcik, 2002	N/A	3	NR	yes	10	12	no	no	93	high
Fitzgerald, 2011	N/A	3	NR	no	NR	24	yes (12 sessions)	no	75	high
Fransen, 2001	N/A	2	50-60% HR _{max}	yes	20	8	yes (group only)	no	NR	high

Gaudreault, 2011	N/A	2	NR	no	15	12	NR	no	NR	high
Gomes, 2012	IL-6, TNF- α (plasma – ELISA)	3	70-75% HR _{max}	yes	40	12	yes (12)	no	NR	high
Gomes, 2014	N/A	3	70% HR _{max}	yes	40	12	yes (12)	no	NR	high
Gomes, 2016	VO ₂ (estimated max – graded treadmill)	3	70% HR _{max}	yes	30	12	yes (12)	no	94	high
Hunt, 2013	6MWT	2	NR	NR	NR	10	no	no	85	low
Kabiri, 2018	6MWT	3	RPE 11-13	yes	30	4	yes (4)	no	90	high
Kappetijin, 2014	6MWT	2	NR	no	11	8	yes (8)	no	97	high
Keefe, 2004	VO ₂ (peak – graded bike test)	3	50-70% HR _{max}	yes	30	12	yes (12)	no	NR	some
Koli, 2015	VO ₂ (estimated max – 2km walk test)	3	NR	yes	55	52	yes (52)	no	95	some
Kovar, 1992	6MWT	3	NR	NR	30	8	yes (8)	no	90	high
Kuprnrirataikul, 2018	6MWT	3	NR	yes	30	4	yes (4)	no	83	some
Larose, 2013	VO ₂ (peak – graded treadmill), HR (max)	3	50% HR _{max}	yes	45	8	yes (NR)	progressively yes	80	high
Lau, 2014	6MWT	2	NR	no	38	10	yes (10)	no	90	high
Lim, 2010	N/A	3	65% HR _{max}	no	NR	8	yes (8)	no	88	high
Lund, 2008	N/A	2	NR	no	yes	8	yes (8)	no	90	high
Mangione, 1999	VO ₂ (peak – graded	3	High - 70% HRR, Low -	yes	25	10	yes (10)	no	92	high

	treadmill) 6MWT		40% HRR								
Messier, 2000	6MWT	3	50-75% HRR	yes	30	24	yes (24)	no	88	high	
Messier, 2004	6MWT	3	50-75% HRR	yes	45	78	yes (16)	no	80	low	
Messier, 2007	6MWT	3	50-75% HRR	yes	40	24	yes (2/wk)	no	81	low	
Messier, 2014	IL-6 (plasma – ELISA), 6MWT	3	NR	yes	40	78	yes (24)	no	88	low	
Nicklas, 2004	IL-6, TNF- α (serum – ELISA)	3	50-75% HRR	yes	45	78	yes (16)	no	80	low	
Peeler, 2015	N/A	3	NR	yes	25	12	yes (12)	no	100	high	
Péloquin, 1999	6MWT	3	40-50% HRR	no	17	12	yes (12)	no	90	high	
Rosa, 2011	N/A	3	NR	yes	40	8	yes (8)	no	NR	high	
Rosemffet, 2004	6MWT	2	NR	yes	30	8	yes (8)	no	70	high	
Salacinski, 2012	N/A	every 2 nd day	70-75% HR _{max}	yes	40	12	yes (2)	no	68	high	
Samut, 2015	IL-6, TNF- α (serum – ELISA), 6MWT	3	65-70% HR _{max}	NR	NR	6	NR	no	100	high	
Singh, 2011	HR, BP (NR)	2	60% HR _{max}	yes	30	8	NR	no	NR	high	
Somers, 2012	N/A	3	55-70% HRR	yes	65	12	yes (12)	yes	70	high	
Thorstensson, 2005	N/A	2	60% HR _{max}	yes	15	2	yes (6)	no	94	high	
Wallis, 2016	BP (rest)	5	3 RPE	yes	10+	12	no	no	70	low	
Wang, 2011	6MWT	3	3-4 RPE	yes	20	12	yes (12)	no	93	low	
Yennan, 2010	N/A	NR	NR	NR	NR	6	yes (6)	no	NR	high	
Average									86		

Only the aerobic portion of studies with mixed interventions are reported. 6MWT; 6-minute walk test, HR; heart rate, BP; blood pressure; IL-6; interleukin 6, TNF- α ; tumor necrosis factor alpha, ELISA; enzyme-linked immunosorbent assay, N/A; not applicable, NR; not reported, HRR; heart rate reserve, RPE; rate of perceived exertion, HR_{max}; maximum heart rate.