

Table 8. Sensitivity analysis of the short- (ST), medium- (MT) and long-term (LT) effects of RET on cardiometabolic outcomes.

Outcome		Number of studies	Number of participants		Mean difference [95% CI]	P values	Heterogeneity
			RT	CON			
SBP (mmHg)	ST	2	22	20	-2.49 [-7.14, 2.16]	0.29	$\chi^2 = 0.32, I^2 = 0\%, P = 0.27^*$
	MT	39	607	572	-4.14 [-6.36, -1.92]	0.0003	$\chi^2 = 301.18, I^2 = 87\%, P < 0.00001$
	LT	5	151	135	-3.88 [-11.18, 3.42]	0.3	$\chi^2 = 17.62, I^2 = 77\%, P = 0.001$
DBP (mmHg)	ST	2	22	20	0.41 [-2.36, 3.18]	0.77	$\chi^2 = 0.04, I^2 = 0\%, P = 0.84^*$
	MT	38	597	564	-1.86 [-3.19, -0.52]	0.006	$\chi^2 = 231.14, I^2 = 84\%, P < 0.00001$
	LT	5	138	138	-3.99 [-6.34, -1.64]	0.0009	$\chi^2 = 5.29, I^2 = 24\%, P = 0.26^*$
MAP (mmHg)	ST	2	22	20	-1.38 [-4.30, 1.54]	0.35	$\chi^2 = 0.04, I^2 = 0\%, P = 0.85^*$
	MT	9	128	125	-1.22 [-4.34, 1.90]	0.44	$\chi^2 = 95.95, I^2 = 92\%, P < 0.00001$
Resting Heart Rate (bpm) † §	MT	30	450	414	0.91 [-0.99, 2.81]	0.35	$\chi^2 = 236.88, I^2 = 88\%, P < 0.00001$
FMD (%)		6	68	70	1.69 [0.97, 2.41]	< 0.0001	$\chi^2 = 0.72, I^2 = 0\%, P = 0.98$
VO ₂ max (ml/kg/min)	ST	7	159	115	1.52 [-0.13, 3.17]	0.07	$\chi^2 = 10.10, I^2 = 41\%, P = 0.12$
	MT	36	631	568	1.25 [0.45, 2.05]	0.002	$\chi^2 = 119.6, I^2 = 71\%, P < 0.00001$
	LT	6	128	101	1.82 [0.60, 3.04]	0.003	$\chi^2 = 0.6, I^2 = 0\%, P = 0.99^*$
Total Cholesterol (mg/dL)	ST	2	70	56	-2.07 [-9.62, 5.47]	0.59	$\chi^2 = 0.01, I^2 = 0\%, P = 0.92^*$
	MT	26	336	325	-3.78 [-9.12, 1.57]	0.17	$\chi^2 = 66.33, I^2 = 62\%, P < 0.0001^*$
	LT	4	56	52	-6.31 [-18.30, 5.68]	0.3	$\chi^2 = 1.34, I^2 = 0\%, P = 0.72^*$
HDL-chol (mg/dL)	ST	2	70	56	-2.17 [-6.26, 1.91]	0.3	$\chi^2 = 0.03, I^2 = 0\%, P = 0.86^*$
	MT	33	495	475	2.64 [-1.03, 6.31]	0.16	$\chi^2 = 563.25, I^2 = 94\%, P < 0.00001^*$
	LT	5	120	115	0.80 [-3.07, 4.66]	0.12	$\chi^2 = 3.12, I^2 = 0\%, P = 0.54^*$
LDL-chol (mg/dL)	ST	2	70	56	-4.78 [-10.98, 1.42]	0.13	$\chi^2 = 0.17, I^2 = 0\%, P = 0.68$
	MT	25	397	382	-7.17 [-13.24, -1.09]	0.02	$\chi^2 = 147.44, I^2 = 84\%, P < 0.00001^*$
	LT	4	109	96	-3.97 [-11.86, 3.92]	0.32	$\chi^2 = 1.57, I^2 = 0\%, P = 0.67$
Triglycerides (mg/dL)	ST	2	70	56	-4.36 [-19.10, 10.37]	0.56	$\chi^2 = 0.06, I^2 = 0\%, P = 0.81$
	MT	32	492	471	-5.06 [-10.64, 0.53]	0.08	$\chi^2 = 233.71, I^2 = 87\%, P < 0.00001$
	LT	4	109	96	0.19 [-7.78, 8.16]	0.96	$\chi^2 = 1.93, I^2 = 0\%, P = 0.59^*$
Fasted insulin (µU/ml)	MT	16	246	226	-1.52 [-2.66, -0.39]	0.009	$\chi^2 = 47.11, I^2 = 66\%, P < 0.0001^*$
	LT	4	89	90	-0.60 [-1.93, 0.72]	0.37	$\chi^2 = 45.43, I^2 = 93\%, P < 0.00001$
HOMA-IR	MT	9	86	78	-1.40 [-2.58, -0.22]	0.02	$\chi^2 = 74.57, I^2 = 91\%, P < 0.00001^*$
	LT	3	38	33	-0.18 [-0.64, 0.27]	0.6	$\chi^2 = 1.45, I^2 = 0\%, P = 0.48$
Fasted glucose (mg/dL)	ST	2	64	58	-3.39 [-6.90, 0.11]	0.06	$\chi^2 = 1.66, I^2 = 40\%, P = 0.2$
	MT	27	410	397	-2.91 [-5.34, -0.47]	0.02	$\chi^2 = 310.64, I^2 = 91\%, P < 0.00001$
	LT	5	109	102	0.96 [-1.45, 3.38]	0.43	$\chi^2 = 31.42, I^2 = 87\%, P < 0.00001$
CRP (mg/L) †	MT	9	135	135	0.04 [-0.30, 0.38]	0.8	$\chi^2 = 7.59, I^2 = 0\%, P = 0.47^*$

† ST could not be calculated due to a lack of studies.
§ LT could not be calculated due to a lack of studies.
* Reduction in heterogeneity