

Table 3. Populations used in the included studies.

	Population	Number	Percent	
Healthy	Sedentary men and women	46	26.6	
	Elderly men and women	30	17.3	
	Physically active adults aged 18-35 years	19	11.0	
	Postmenopausal women	5	2.9	
Clinical	<i>Cardiac</i>	Pre-hypertensive and newly diagnosed/never-treated hypertensive	3	1.7
		Coronary bypass graft	1	0.6
		Stable coronary heart failure	1	0.6
		Cardiac rehabilitation	1	0.6
	<i>Cancer</i>	Breast cancer	3	1.7
		Disseminated germ cell cancer	1	0.6
		Prostate cancer	1	0.6
	<i>Non-cancer</i>	Type 2 diabetes	18	10.4
		Sedentary obese/overweight	14	8.1
		Metabolic risk factors or syndrome	5	2.9
		Peripheral artery disease	4	2.3
		Chronic obstructive pulmonary disease	4	2.3
		Kidney transplant	3	1.7
		Musculoskeletal (e.g. osteoporosis, osteopenia or osteoarthritis)	2	1.2
		Haemodialysis	2	1.2
		Non-alcoholic fatty liver disease	2	1.2
		Polycystic ovary syndrome	1	0.6
		HIV/AIDS	1	0.6
		Trapezius myalgia	1	0.6
		Total hip arthroplasty	1	0.6
Chronic lumbar pain		1	0.6	
Young men with depression/anxiety		1	0.6	
Impaired glucose tolerance		1	0.6	
Chronic airflow limitation	1	0.6		