**Supplemental Table 1: Excluded studies and reasons**

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| **Reasons for exclusion:** | **Number** | **Reference** |
| Meta-analysis, not RCT-design | 2 | 1, 2 |
| Review article, not RCT design | 1 | 3 |
| Retrospective study without comparison group | 2 | 4, 5 |
| Without results on evaluation of physical function | 1 | 6 |
| Enrolled participants not restricted to the diagnosis of sarcopenia | 7 | 7-13 |
| Duplicated trials with identical study groups published by Liao CD et al. (*Liao CD, Tsauo JY, Huang SW, Ku JW, Hsiao DJ, Liou TH. Effects of elastic band exercise on lean mass and physical capacity in older women with sarcopenic obesity: A randomized controlled trial. Sci Rep. 2018;8(1):2317)* (Liao CD et al. was enrolled in this meta-analysis) | 2 | 14, 15 |
| Duplicated trial with identical data base as the prior excluded study | 1 | 16 |
| Unaccomplished study | 1 | 17 |

Abbreviation: RCT = randomized controlled trial

1. Daryanti Saragih I, Yang YP, Saragih IS, et al. Effects of resistance bands exercise for frail older adults: A systematic review and meta-analysis of randomised controlled studies. *J Clin Nurs.* 2022;31:43-61.

2. Vlietstra L, Hendrickx W, Waters DL. Exercise interventions in healthy older adults with sarcopenia: A systematic review and meta-analysis. *Australas J Ageing.* 2018;37:169-183.

3. Peterson SJ, Mozer M. Differentiating Sarcopenia and Cachexia Among Patients With Cancer. *Nutr Clin Pract.* 2017;32:30-39.

4. Kwon I, Kim JS, Shin CH, et al. Associations Between Skeletal Muscle Mass, Grip Strength, and Physical and Cognitive Functions in Elderly Women: Effect of Exercise with Resistive Theraband. *J Exerc Nutrition Biochem.* 2019;23:50-55.

5. Yasuda T, Fukumura K, Fukuda T, et al. Effects of low-intensity, elastic band resistance exercise combined with blood flow restriction on muscle activation. *Scand J Med Sci Sports.* 2014;24:55-61.

6. Huang SW, Ku JW, Lin LF, et al. Body composition influenced by progressive elastic band resistance exercise of sarcopenic obesity elderly women: a pilot randomized controlled trial. *Eur J Phys Rehabil Med.* 2017;53:556-563.

7. Hofmann M, Schober-Halper B, Oesen S, et al. Effects of elastic band resistance training and nutritional supplementation on muscle quality and circulating muscle growth and degradation factors of institutionalized elderly women: the Vienna Active Ageing Study (VAAS). *Eur J Appl Physiol.* 2016;116:885-897.

8. Lee H, Kim IG, Sung C, et al. Exercise training increases skeletal muscle strength independent of hypertrophy in older adults aged 75 years and older. *Geriatr Gerontol Int.* 2019;19:265-270.

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10. Thiebaud RS, Loenneke JP, Fahs CA, et al. The effects of elastic band resistance training combined with blood flow restriction on strength, total bone-free lean body mass and muscle thickness in postmenopausal women. *Clin Physiol Funct Imaging.* 2013;33:344-352.

11. Watanabe Y, Yamada Y, Yoshida T, et al. Comprehensive geriatric intervention in community-dwelling older adults: a cluster-randomized controlled trial. *J Cachexia Sarcopenia Muscle*. 2020;11:26-37.

12. Yasuda T, Fukumura K, Tomaru T, et al. Thigh muscle size and vascular function after blood flow-restricted elastic band training in older women. *Oncotarget.* 2016;7:33595-33607.

13. Yoon DH, Kang D, Kim HJ, et al. Effect of elastic band-based high-speed power training on cognitive function, physical performance and muscle strength in older women with mild cognitive impairment. *Geriatr Gerontol Int.* 2017;17:765-772.

14. Lee YH, Lee PH, Lin LF, et al. Effects of progressive elastic band resistance exercise for aged osteosarcopenic adiposity women. *Exp Gerontol.* 2021;147:111272.

15. Liao CD, Liao YH, Liou TH, et al. Effects of protein-rich nutritional composition supplementation on sarcopenia indices and physical activity during resistance exercise training in older women with knee osteoarthritis. *Nutrients.* 2021;13:2487.

16. Yasuda T, Fukumura K, Uchida Y, et al. Effects of Low-Load, Elastic Band Resistance Training Combined With Blood Flow Restriction on Muscle Size and Arterial Stiffness in Older Adults. *J Gerontol A Biol Sci Med Sci.* 2015;70:950-958.

17. Chow SK, Chim YN, Cheng KY, et al. Elastic-band resistance exercise or vibration treatment in combination with hydroxymethylbutyrate (HMB) supplement for management of sarcopenia in older people: a study protocol for a single-blinded randomised controlled trial in Hong Kong. *BMJ Open.* 2020;10:e034921.