**Supplemental Table 2: Exercise protocol of the four trials**

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| --- | --- | --- | --- | --- | --- | --- |
| Study | Exercise type | Sets and repetitions | Intensity | Sessions | Frequency | Durations |
| Liao et al. 2018 | Upper body exercises (seated chest press, seated row, and seated shoulder press)  Lower body exercises (knee and hip extension and flexion) | 3 sets of 10 repetitions | 13-grade rating on the RPE scale | 10-min warm-up, 40-min period of elastic resistance exercises, and 5-min cool-down period | 3 times per week | 12 weeks |
| Banitalebi et al. 2020 | All major muscle groups including legs, back, abdomen, chest, shoulder, and arms | 1 set of 12 repetitions | >7 on the OMNI-RES for active muscle scale | 10-min warm-up, 60-min period of elastic resistance exercises, and a cool-down routine | 3 times per week | 12 weeks |
| Zhu et al. 2019 | Not mentioned | Not mentioned | Not mentioned | Group exercises include 10-min warm-up and cool-down routine, 20-30 min chair-based resistance using TheraBand, and 20-min aerobic exercises | 3 times per week (2 group exercise session and 1 home exercise session | 12/24 weeks |
| Shahar et al. 2013 | Shoulder abduction and flexion; overhead press and side lateral extension; a standing double biceps curl; triceps, leg, foot extension; plantar flexion | Not mentioned | Adjusted according to individual performance | 10-min warm-up/aerobic exercises, 30-min of resistance exercises, and 10-min of cool-down period | Twice a week | 12 weeks |

Abbreviation:

RPE = Rating of Perceived Exertion

OMNI-RES =Organizing Medical Networked Information-Resistance Exercise Scale