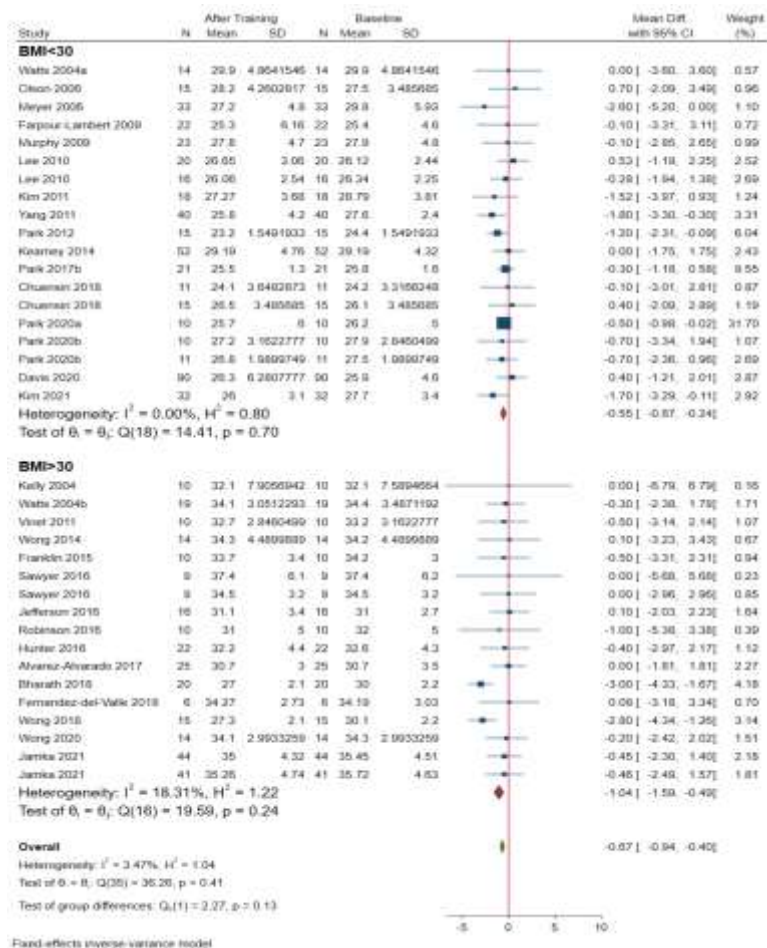


Supplementary material

Supplemental Table 1 TESTEX assessment of the quality and reporting of exercise training studies

Study	Study quality criterion						Study reporting criterion										Overall total	
	1	2	3	4	5	Total	1	2	3	4	5	6	7	8	9	10		Total
Watts 2004a	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Kelly 2004	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Watts 2004b	1	1	0	0	0	2	1	0	1	1	1	1	1	1	1	1	9	11
Olson 2006	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Meyer 2006	1	1	0	1	0	3	0	0	1	1	1	1	1	1	0	1	7	10
Farpour-Lambert 2009	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Murphy 2009	1	1	0	1	0	3	1	0	1	1	1	1	1	1	0	1	8	11
Lee 2010	1	0	0	1	0	2	1	0	0	1	1	1	1	1	1	1	8	10
Kim 2011	1	1	0	1	0	3	1	0	1	1	1	1	1	1	0	1	8	11
Vinet 2011	1	0	0	0	0	1	1	0	1	1	1	1	1	1	1	1	9	10
Yang 2011	1	0	0	0	0	1	1	0	1	1	1	1	1	0	1	1	8	9
Figueroa 2012	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Park 2012	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Figueroa 2013	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Wong 2014	1	1	0	1	0	3	1	0	1	1	1	1	1	1	0	0	7	10
Kurose 2014	1	0	0	0	0	1	1	0	1	1	0	0	1	0	1	1	6	7
Kearney 2014	1	1	0	1	0	3	0	0	1	1	1	1	1	1	1	1	8	11
Horner 2015	1	1	0	1	0	3	0	0	1	1	1	1	1	1	0	0	6	9
Sawyer 2016	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12

Robinson 2016	1	0	0	1	0	2	1	0	1	1	1	1	1	1	1	1	9	11
Hunter 2016	1	0	0	0	0	1	0	0	1	1	1	1	1	0	0	6	7	
Park 2017a	1	1	0	1	0	3	1	0	1	1	1	1	1	1	0	8	11	
Park 2017b	1	1	0	1	0	3	1	0	1	1	1	1	1	1	0	7	10	
Alvarez-Alvarado 2017	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	0	8	11
Chuensiri 2018	1	1	0	1	0	3	0	0	1	1	1	1	1	1	1	1	8	11
Bharath 2018	1	1	0	1	0	3	0	0	1	1	1	1	1	1	1	1	8	11
Fernandez-del-Valle 2018	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Wong 2018	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Park 2020a	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	1	9	12
Park 2020b	1	0	0	0	0	1	1	0	1	1	0	0	1	0	1	1	6	7
Da Silva 2020	1	0	0	0	0	1	0	0	1	1	1	1	1	1	0	0	6	7
Inoue 2020	1	0	0	0	0	1	1	0	1	1	1	1	1	1	1	1	9	10
Lee 2020	1	1	0	1	0	3	0	0	1	1	1	1	1	1	1	1	8	11
de Oliveira 2020	1	1	0	1	0	3	1	0	1	1	1	1	1	1	1	0	8	11
Wong 2020	1	1	0	1	0	3	1	0	1	1	1	1	1	1	0	0	7	10
Clark 2020	1	1	0	1	0	3	0	0	1	1	1	1	1	1	1	1	8	11
Davis 2020	1	1	0	1	0	3	0	0	1	1	1	1	1	1	0	0	6	9
Farahati 2020	1	1	0	1	0	3	0	0	1	1	1	1	1	1	1	1	8	11
Jamka 2021	1	1	0	1	0	3	0	0	1	1	1	1	1	1	1	1	8	11



► **Fig. 5** Forest plot of subgroup analysis of ET on BMI. The dotted line represents the mean treatment effect while the diamond represents the overall treatment effect and 95 % confidence interval (CI).