

## Supplementary File E. List of excluded reviews

Review	Reason for exclusion
Aamann, 2018 <sup>1</sup>	Age of participants <65
Al-Jundi, 2013 <sup>2</sup>	Not a systematic review and no cardiorespiratory outcomes
Baschung Pfister, 2015 <sup>3</sup>	No cardiorespiratory outcomes
Bennett, 2019 <sup>4</sup>	Age of participants <65
Bullo, 2015 <sup>5</sup>	No cardiorespiratory outcomes
Burton, 2019 <sup>6</sup>	Intervention not aimed at cardiorespiratory fitness and no cardiorespiratory outcomes
Cardim, 2016 <sup>7</sup>	Intervention not aimed at cardiorespiratory fitness
Heyn, 2004 <sup>8</sup>	No cardiorespiratory outcomes
Keysor, 2001 <sup>9</sup>	No cardiorespiratory outcomes
Knips, 2019 <sup>10</sup>	Age of participants <65
van der Bij, 2002 <sup>11</sup>	No cardiorespiratory outcomes

1. Aamann L, Dam G, Rinnov AR, Vilstrup H, Gluud LL. Physical exercise for people with cirrhosis. *Cochrane Database Syst Rev.* 2018;12:CD012678.
2. Al-Jundi W, Madbak K, Beard JD, Nawaz S, Tew GA. Systematic review of home-based exercise programmes for individuals with intermittent claudication. *Eur J Vasc Endovasc Surg.* 2013;46(6):690-706.
3. Baschung Pfister P, de Bruin ED, Tobler-Ammann BC, Maurer B, Knols RH. The relevance of applying exercise training principles when designing therapeutic interventions for patients with inflammatory myopathies: a systematic review. *Rheumatol Int.* 2015;35(10):1641-1654.
4. Bennett H, Slattery F. Effects of Blood Flow Restriction Training on Aerobic Capacity and Performance: A Systematic Review. *J Strength Cond Res.* 2019;33(2):572-583.
5. Bullo V, Bergamin M, Gobbo S, et al. The effects of Pilates exercise training on physical fitness and wellbeing in the elderly: A systematic review for future exercise prescription. *Prev Med.* 2015;75:1-11.
6. Burton E, Farrier K, Galvin R, et al. Physical activity programs for older people in the community receiving home care services: systematic review and meta-analysis. *Clin Interv Aging.* 2019;14:1045-1064.
7. Cardim AB, Marinho PE, Nascimento JF, Jr., Fuzari HK, Dornelas de Andrade A. Does Whole-Body Vibration Improve the Functional Exercise Capacity of Subjects With COPD? A Meta-Analysis. *Respir Care.* 2016;61(11):1552-1559.
8. Heyn P, Abreu BC, Ottenbacher KJ. The effects of exercise training on elderly persons with cognitive impairment and dementia: a meta-analysis. *Arch Phys Med Rehabil.* 2004;85(10):1694-1704.
9. Keysor JJ, Jette AM. Have we oversold the benefit of late-life exercise? *J Gerontol A Biol Sci Med Sci.* 2001;56(7):M412-423.
10. Knips L, Bergenthal N, Streckmann F, Monsef I, Elter T, Skoetz N. Aerobic physical exercise for adult patients with haematological malignancies. *Cochrane Database Syst Rev.* 2019;1:CD009075.
11. van der Bij AK, Laurant MG, Wensing M. Effectiveness of physical activity interventions for older adults: a review. *Am J Prev Med.* 2002;22(2):120-133.