

No	Description
1	Authors and year of publication
2	Country of study
3	Study design
4	Study population
5	Study population demographics (n, age, sex, body mass index, body fat percentage, physical activity levels, cardiorespiratory fitness, medication)
6	Study completion rate
7	Potential health conditions
8	Tissue sample
9	Sample collection and storage
10	Sampling time and nutritional protocol before sampling
11	Metabolite extraction method
12	Metabolomics analytical technique
13	Quality control used to assess data quality
14	Data processing and metabolite annotation
15	Metabolites associated with CRF
16	CPET protocol and exercise exhaustion criteria
CRF: cardiorespiratory fitness, CPET: cardiopulmonary exercise testing	

Supplementary Material 3: Data extracted from every study included in the review