

Additional File 2 – Medline Search Strategy

Medline (Ovid) Legend:

- .mp = search term is found within either the title, abstract, or author-supplied keywords of the article.
- / = MeSH heading found in MeSH database.

("high intensity" adj3 train*).mp. OR
("high intensity" adj3 exercis*).mp. OR
("aerobic interval train*).mp. OR
("aerobic circuit train*).mp. OR
("aerobic interval exercis*).mp. OR
("aerobic intermittent exercis*).mp. OR
("aerobic circuit exercis*).mp. OR
("interval train*).mp. OR
("intermittent train*).mp. OR
("circuit train*).mp. OR
("interval exercis*).mp. OR
("intermittent exercis*).mp. OR
("circuit adj2 exercis*).mp. OR
(sprint adj2 train*).mp. OR
(sprint adj2 exercis*).mp. OR
(HIIT).mp. OR
(exp circuit-based exercise/) OR
(exp high-intensity interval training/)

AND

(adher*).mp. OR
(complian*).mp. OR
(participat*).mp. OR
(dropout).mp. OR
(complet*).mp. OR
(retention).mp. OR
(attend*).mp. OR
("lack of uptake").mp. OR
(frequen*).mp. OR
("lost to follow-up").mp. OR
("attendance frequen*).mp. OR
(exp treatment adherence and compliance/) OR
(exp lost to follow-up/) OR
(exp surveys and questionnaires/)