

Appendix 2

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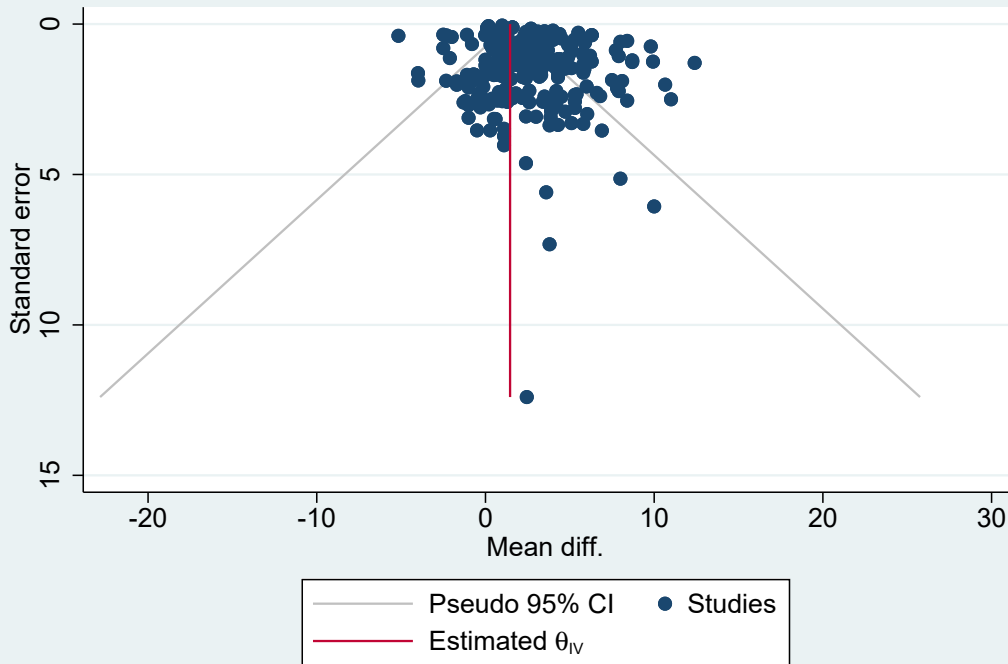
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figure S1: Funnel plot for trials reporting VO₂max



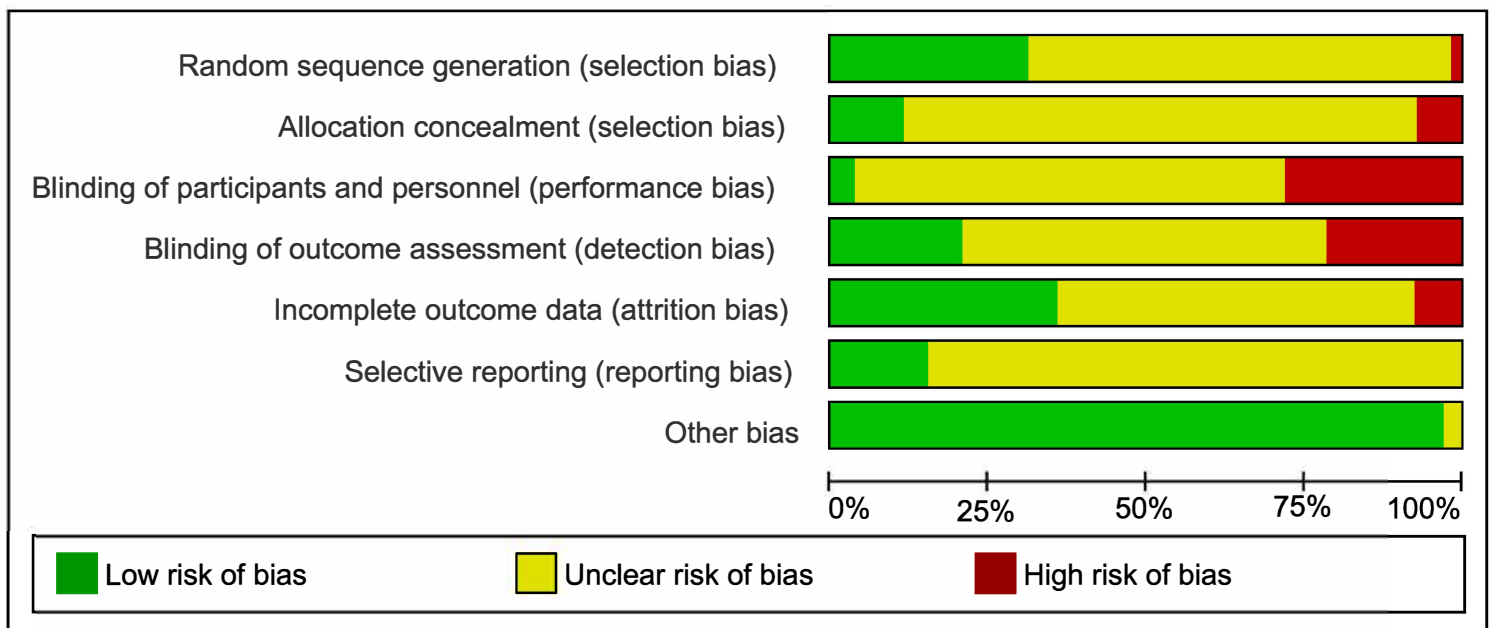
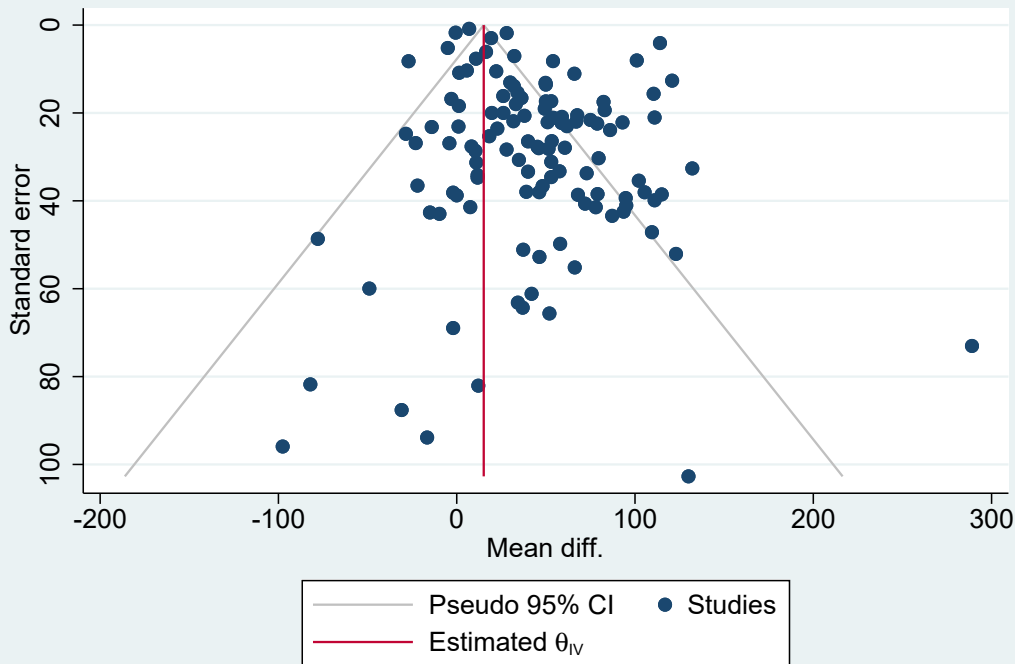


figure S2: Risk of bias graph for VO₂max: review authors' judgements about each risk of bias item presented as percentages across all included studies

figure S4: Funnel plot for trials reporting 6MWT



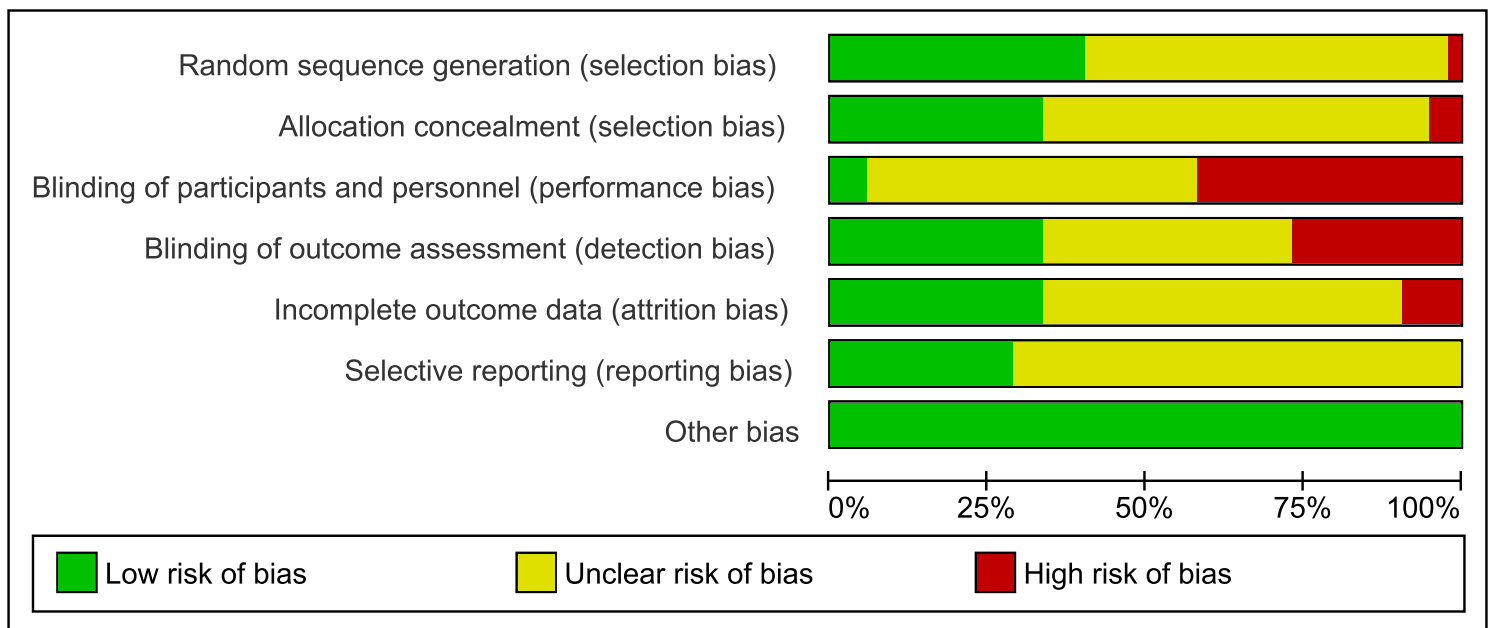
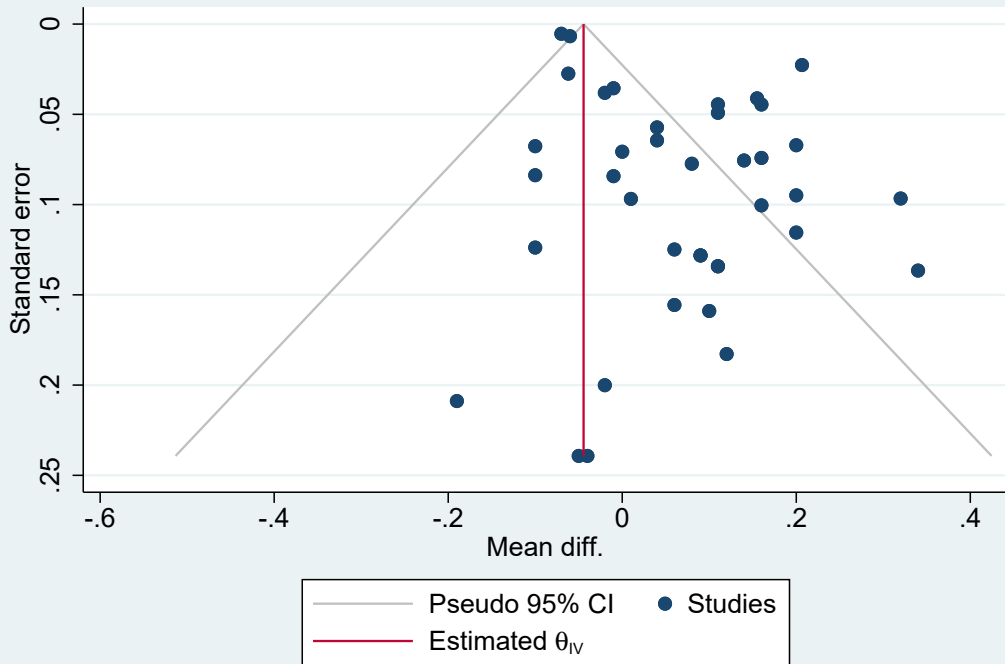


figure S5: Risk of bias graph for 6MWT outcome

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
ACTRN1260700027493	●	●	●	●	●	●	●
ACTRN12609000437268	●	●	●	●	●	●	●
ACTRN1261000096005	●	●	●	●	●	●	●
ACTRN12616001204437	●	●	●	●	●	●	●
Aksoy S 2015	●	●	●	●	●	●	●
ANZCTR12609000457246	●	●	●	●	●	●	●
Babu A 2018	●	●	●	●	●	●	●
Benjaminowitz A 2002	●	●	●	●	●	●	●
Berg-Emons R 2004	●	●	●	●	●	●	●
Borland M 2014	●	●	●	●	●	●	●
Brubaker 2009	●	●	●	●	●	●	●
Brun JF 2008	●	●	●	●	●	●	●
Butterfield JA 2008	●	●	●	●	●	●	●
Chrysoshou C 2014	●	●	●	●	●	●	●
Chung S 2019	●	●	●	●	●	●	●
Cider 2003	●	●	●	●	●	●	●
Doletsky A 2018	●	●	●	●	●	●	●
Dracup K 2007	●	●	●	●	●	●	●
Eder B 2010	●	●	●	●	●	●	●
Eich HJ 2004	●	●	●	●	●	●	●
Flarstbyer UB 2012	●	●	●	●	●	●	●
Gary R 2010	●	●	●	●	●	●	●
Gary R 2010b	●	●	●	●	●	●	●
Gary R 2012	●	●	●	●	●	●	●
Glennuzzi P 2003/ELVD-CHF	●	●	●	●	●	●	●
Gottlieb S 1999	●	●	●	●	●	●	●
IRCT2016111630930N1	●	●	●	●	●	●	●
IRCT20161117030942N2	●	●	●	●	●	●	●
ISRCTN41026907	●	●	●	●	●	●	●
ISRCTN42524037	●	●	●	●	●	●	●
ISRCTN50570295	●	●	●	●	●	●	●
Jin H 2013	●	●	●	●	●	●	●
Jo nsdo' tir 2008	●	●	●	●	●	●	●
Jung NJ 2017	●	●	●	●	●	●	●
Kang HK 2012	●	●	●	●	●	●	●
Kim M 2014	●	●	●	●	●	●	●
Kim S 2016	●	●	●	●	●	●	●
Kobayashi N 2003	●	●	●	●	●	●	●
Kour H 2019	●	●	●	●	●	●	●
Kyu SS 2011/ ACTRN12607000412437	●	●	●	●	●	●	●
Lambers S 2008	●	●	●	●	●	●	●
Lam P 2008	●	●	●	●	●	●	●
Laoutaris ID 2011	●	●	●	●	●	●	●
MacKay-Lyons M 2013	●	●	●	●	●	●	●
Macko R 2009	●	●	●	●	●	●	●
Mereles D 2008	●	●	●	●	●	●	●
NCT00107068	●	●	●	●	●	●	●
NCT00243919	●	●	●	●	●	●	●
NCT00243919b	●	●	●	●	●	●	●
NCT00489801/ HOME-BASE	●	●	●	●	●	●	●
NCT00614224	●	●	●	●	●	●	●
NCT00634296	●	●	●	●	●	●	●
NCT00666744	●	●	●	●	●	●	●
NCT00676821	●	●	●	●	●	●	●
NCT00733181	●	●	●	●	●	●	●
NCT00959660	●	●	●	●	●	●	●
NCT01109602	●	●	●	●	●	●	●
NCT01115205	●	●	●	●	●	●	●
NCT01161329	●	●	●	●	●	●	●
NCT01197317	●	●	●	●	●	●	●
NCT01467206	●	●	●	●	●	●	●
NCT01789853	●	●	●	●	●	●	●
NCT01935297	●	●	●	●	●	●	●
NCT02107768	●	●	●	●	●	●	●
NCT02286442	●	●	●	●	●	●	●
NCT02655627	●	●	●	●	●	●	●
NCT02885077	●	●	●	●	●	●	●
NCT03538249	●	●	●	●	●	●	●
Nilsson BB 2008	●	●	●	●	●	●	●
NTR1534	●	●	●	●	●	●	●
NTR2704/ Zedlitz AM 2012	●	●	●	●	●	●	●
Olawale OA 2011	●	●	●	●	●	●	●
Orr R 2008	●	●	●	●	●	●	●
Owen A 2000	●	●	●	●	●	●	●
Parnell MM 2002	●	●	●	●	●	●	●
Perreiras de Menezes 2019	●	●	●	●	●	●	●
Piotrowicz R 2015	●	●	●	●	●	●	●
Plevo G 2009	●	●	●	●	●	●	●
Pu CT 2001	●	●	●	●	●	●	●
Ricca-Maffada 2017	●	●	●	●	●	●	●
Salfiyari-Hafizi H 2016	●	●	●	●	●	●	●
Shen D 2015	●	●	●	●	●	●	●
Sulagyi B 2019	●	●	●	●	●	●	●
Tan S 2012	●	●	●	●	●	●	●
Teng HC 2018	●	●	●	●	●	●	●
Tynni-Lenne R 1997	●	●	●	●	●	●	●
Tynni-Lenne R 2001	●	●	●	●	●	●	●
Vasiliauskas D 2007	●	●	●	●	●	●	●
Xiao CM 2015	●	●	●	●	●	●	●
Yang HC 2014	●	●	●	●	●	●	●
Yang YR 2007	●	●	●	●	●	●	●
Yeh G 2004	●	●	●	●	●	●	●
Zhang Y 2018	●	●	●	●	●	●	●

figure S6: Risk of bias summary reporting 6MWT

figure S7: Funnel plot for trials reporting 10MWT



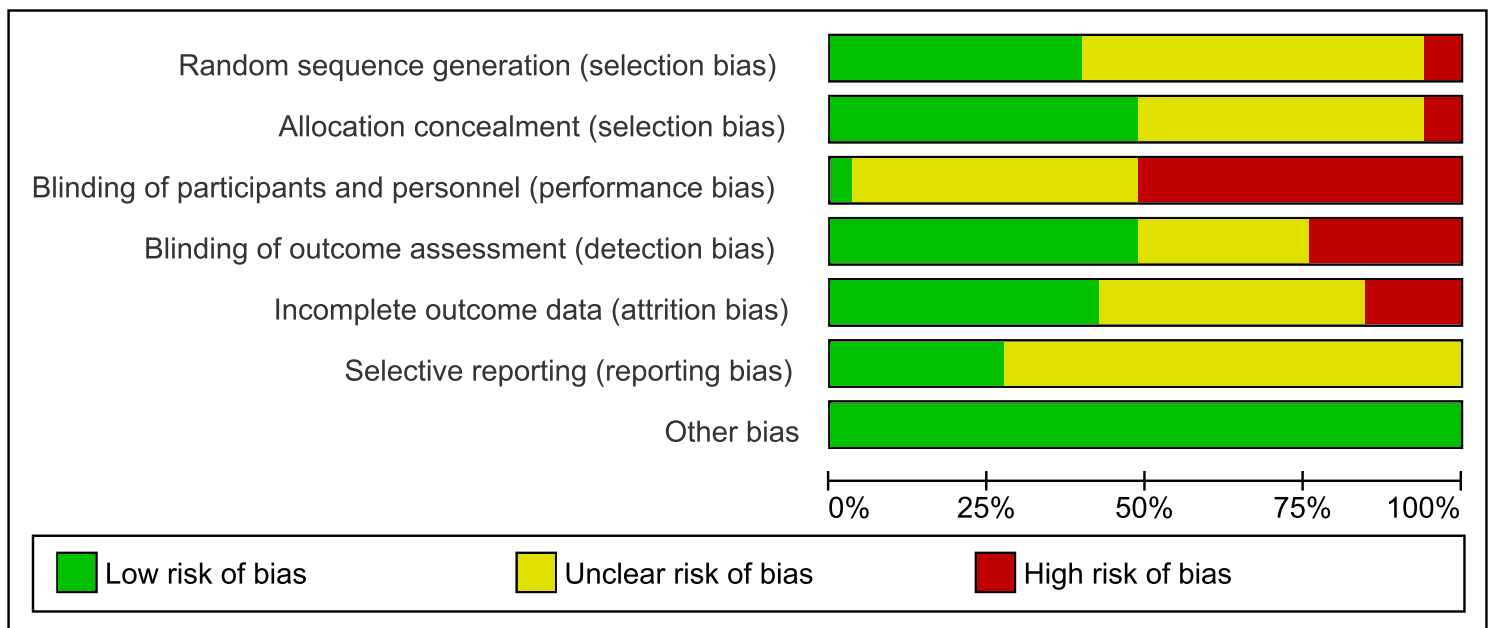
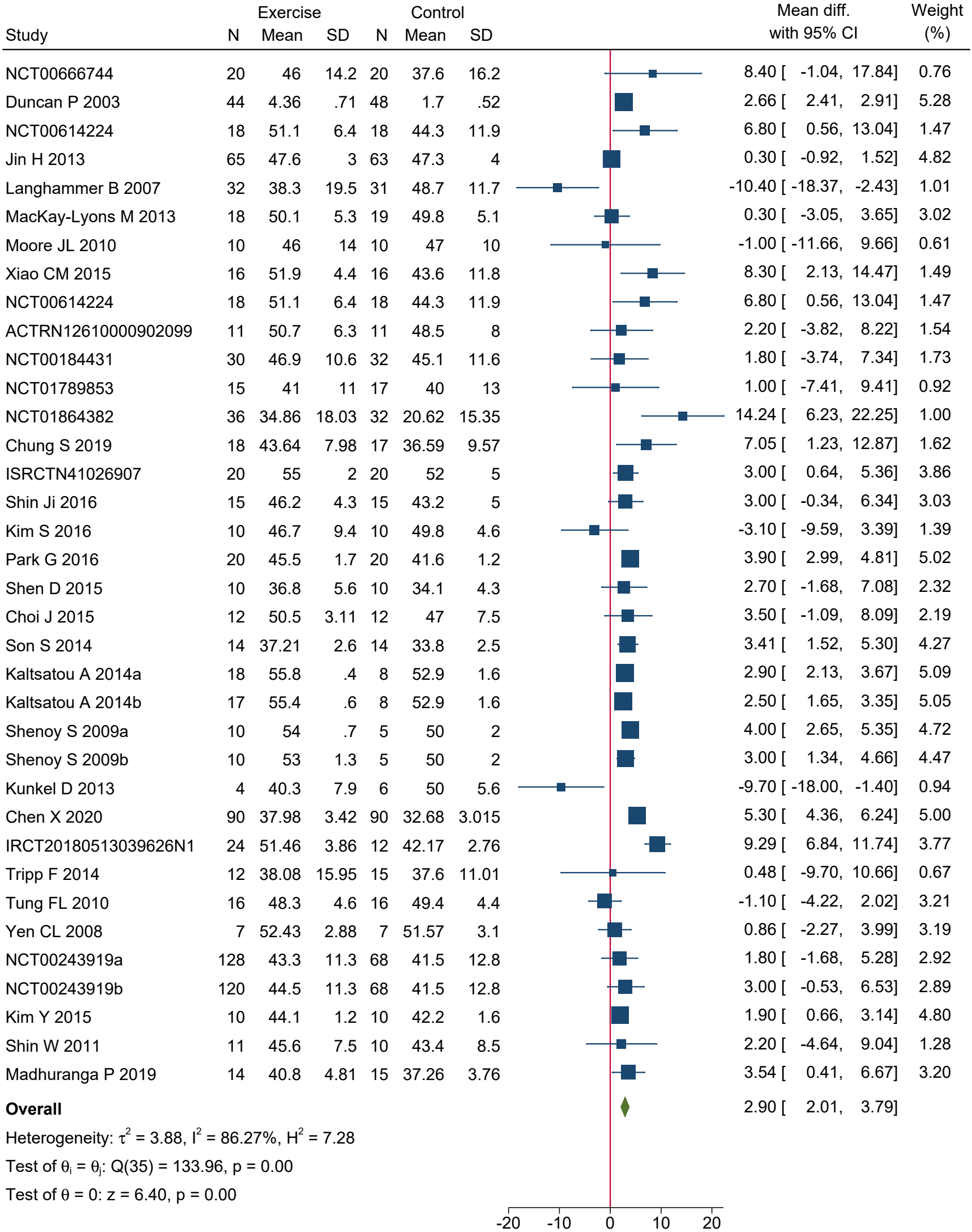
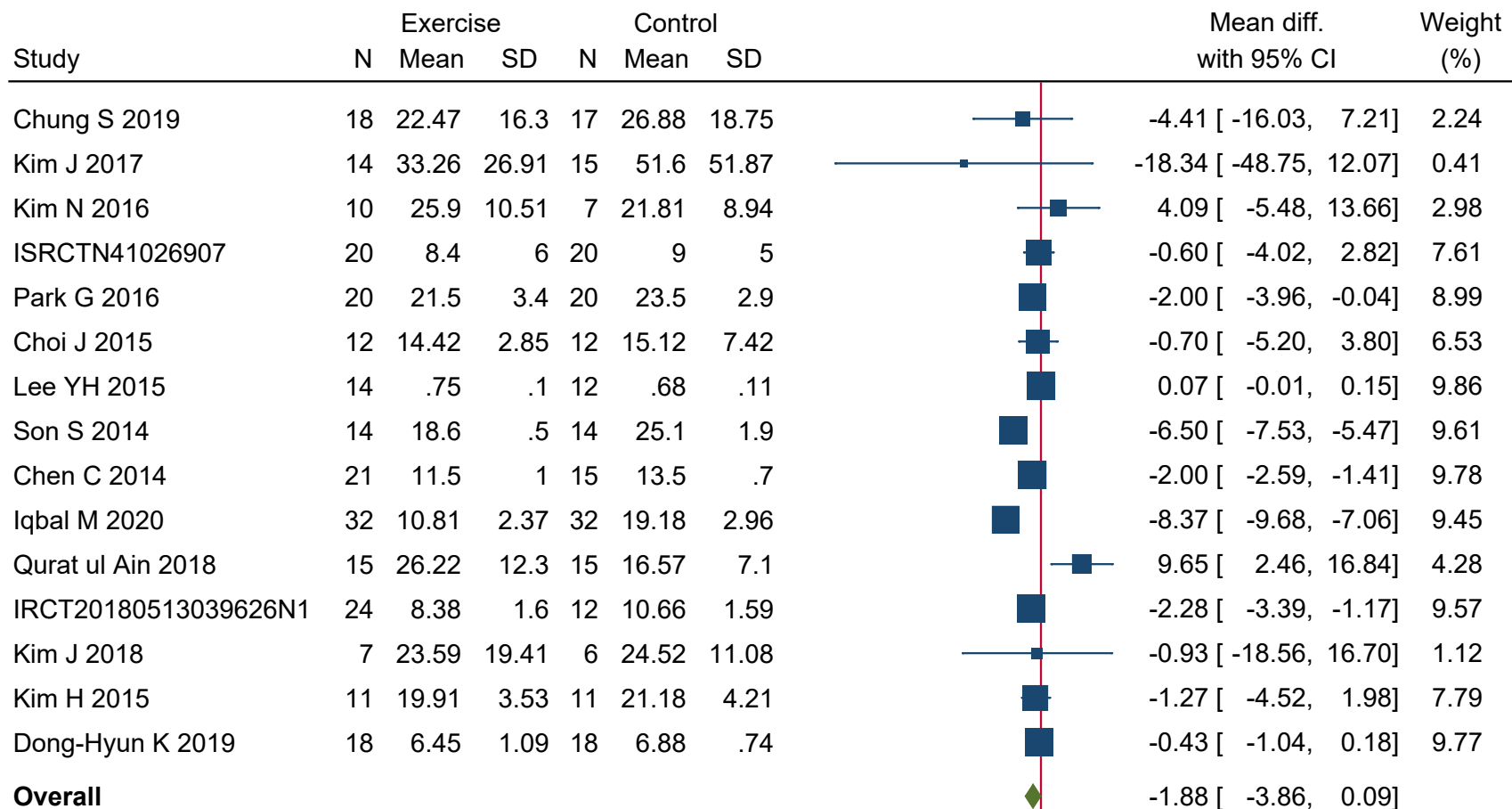


figure S8: Risk of bias graph for 10MWT

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
ACTRN12607000227493	+	?	-	+	+	?	+
ACTRN12610000096055	+	+	?	+	-	+	+
ACTRN12610000096055a	+	+	?	+	-	+	+
Bale M 2008	?	?	-	-	+	?	+
Cha HG 2017	?	+	?	?	+	?	+
Duncan P 1998	-	?	?	?	+	?	+
Flansbjerg UB 2012	-	+	?	-	-	?	+
Iqbal M 2020	?	+	?	?	?	?	+
ISRCTN41026907	+	+	-	+	+	+	+
Kang HK 2012	?	+	?	?	?	?	+
Kim CM 2001	?	?	+	+	+	?	+
Kim M 2014	?	+	?	?	-	?	+
Kim N 2016	?	+	?	+	?	?	+
Kwakkel G 2001	?	?	-	-	?	?	+
Kyus SS 2011/ ACTRN12607000412437	+	+	-	+	-	?	+
Lee YH 2015	?	+	-	+	?	?	+
MacKay-Lyons M 2013	+	+	-	+	?	?	+
Moore JL 2010	?	?	?	-	?	?	+
NCT00184431	+	+	-	+	+	+	+
NCT00243919	?	?	-	-	?	+	+
NCT00243919b	?	?	-	-	?	+	+
NCT00614224	+	?	?	-	+	+	+
NCT01161329	+	+	-	+	?	?	+
NCT01467206	+	?	-	+	?	+	+
NCT01789853	+	?	?	+	?	?	+
NCT03021044	?	?	-	-	?	+	+
NTR1534	+	-	-	?	+	?	+
Oullette MM 2004	?	-	-	+	+	?	+
Srivastava A 2016	?	?	-	+	?	?	+
Tynni-Lenne R 1997	?	?	?	?	+	?	+
Yang HC 2014	+	+	-	+	+	?	+
Yang YR 2007	?	+	?	?	+	?	+
Zhu Y 2016	?	?	?	?	+	?	+

figure S9: Risk of bias summary reporting 10MWT

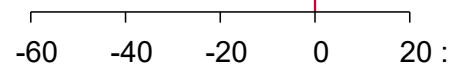


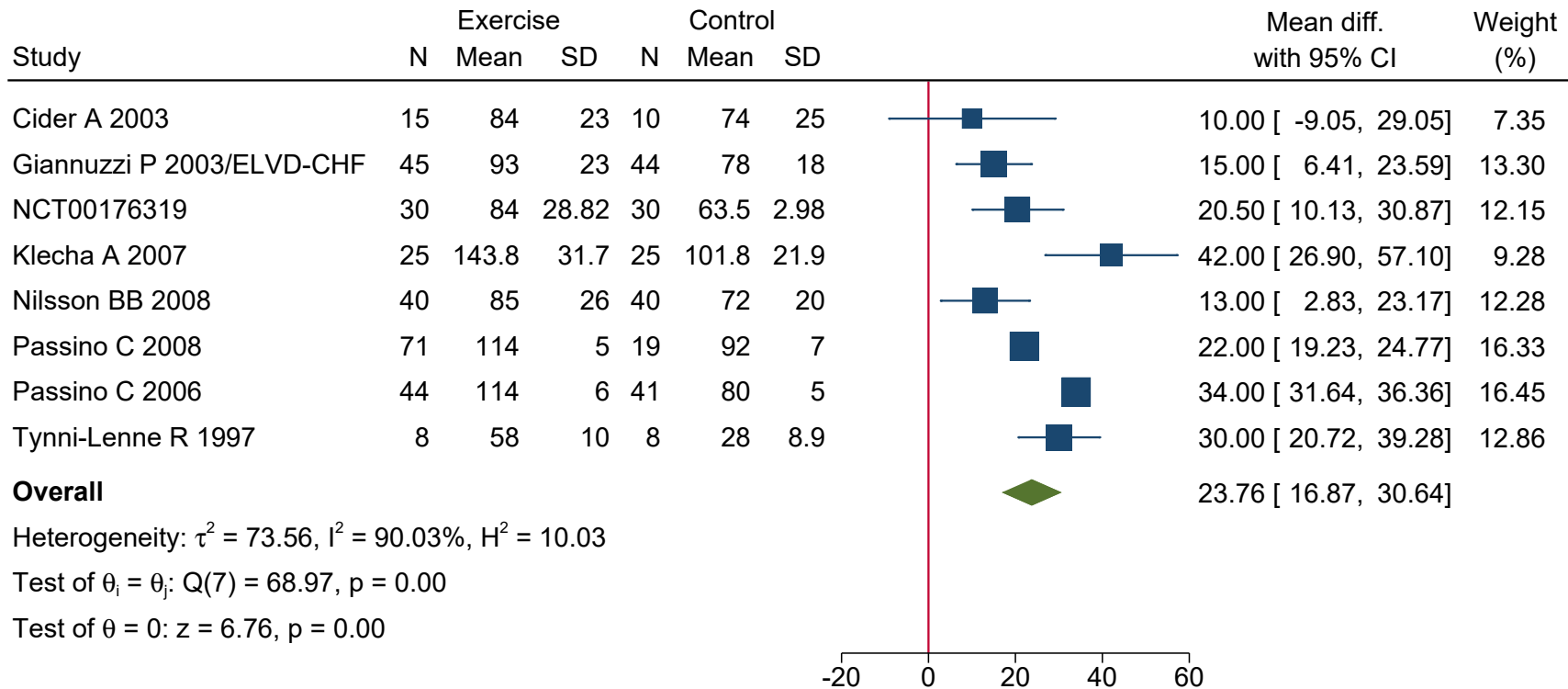


Heterogeneity: $\tau^2 = 10.32$, $I^2 = 97.89\%$, $H^2 = 47.35$

Test of $\theta_i = \theta_j$: $Q(14) = 386.78$, $p = 0.00$

Test of $\theta = 0$: $z = -1.87$, $p = 0.06$





Random-effects REML model

figure S12: Forest plot on trials reporting exercise capacity (watt)

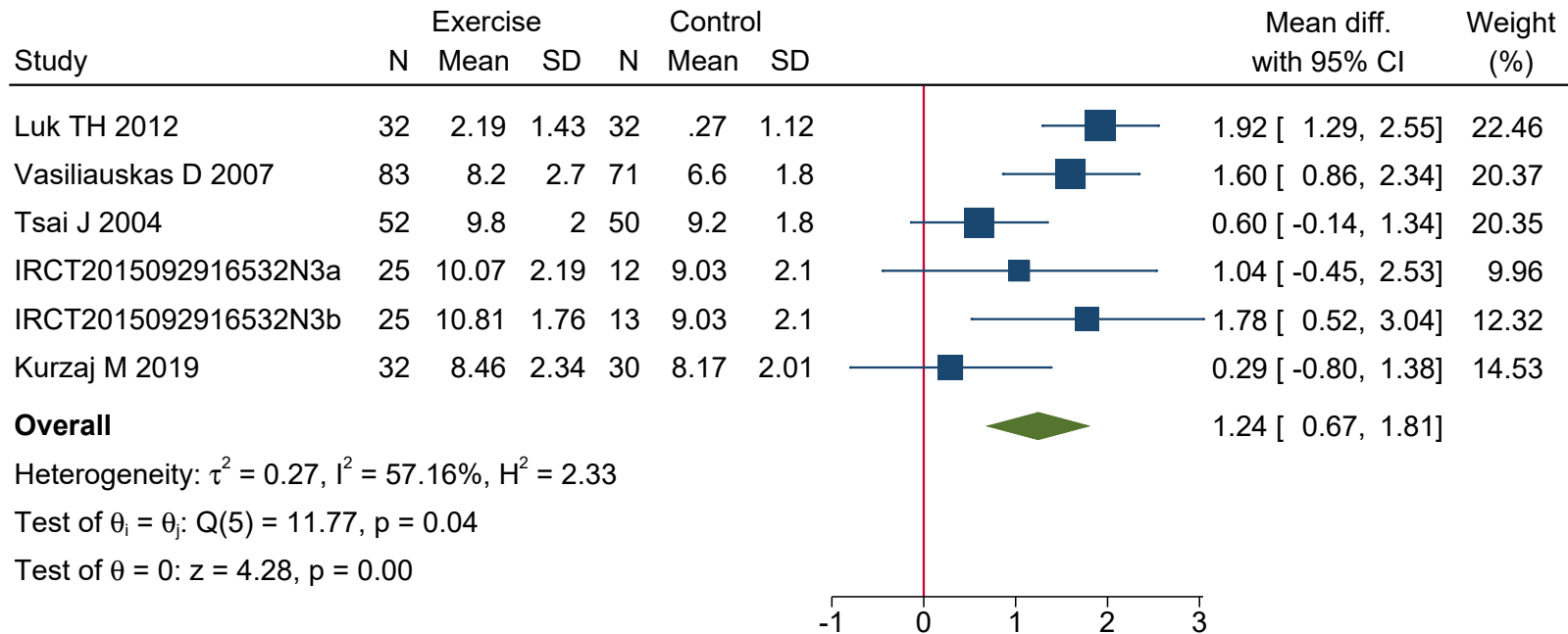
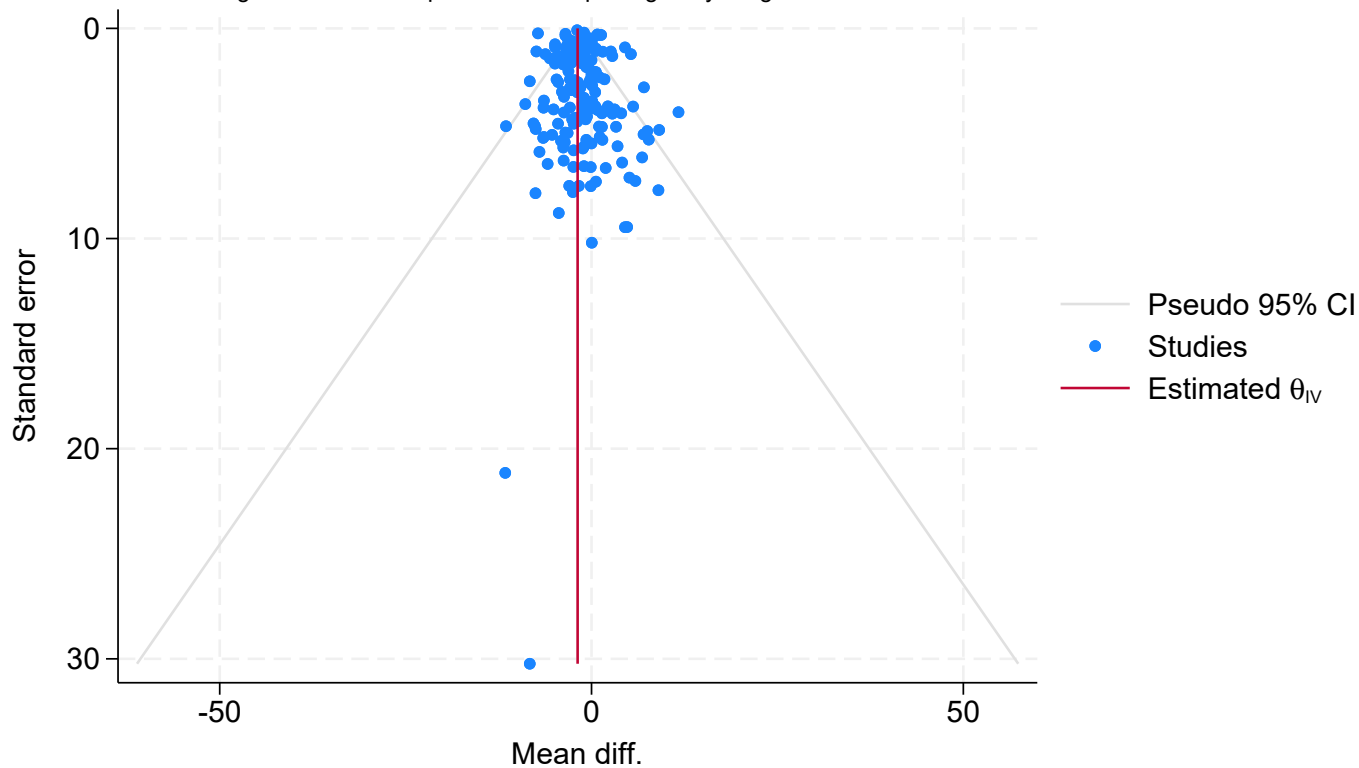


figure S13: Forest plot on trials reporting exercise capacity (MET)

figure S14: Funnel plot on trials reporting body weight



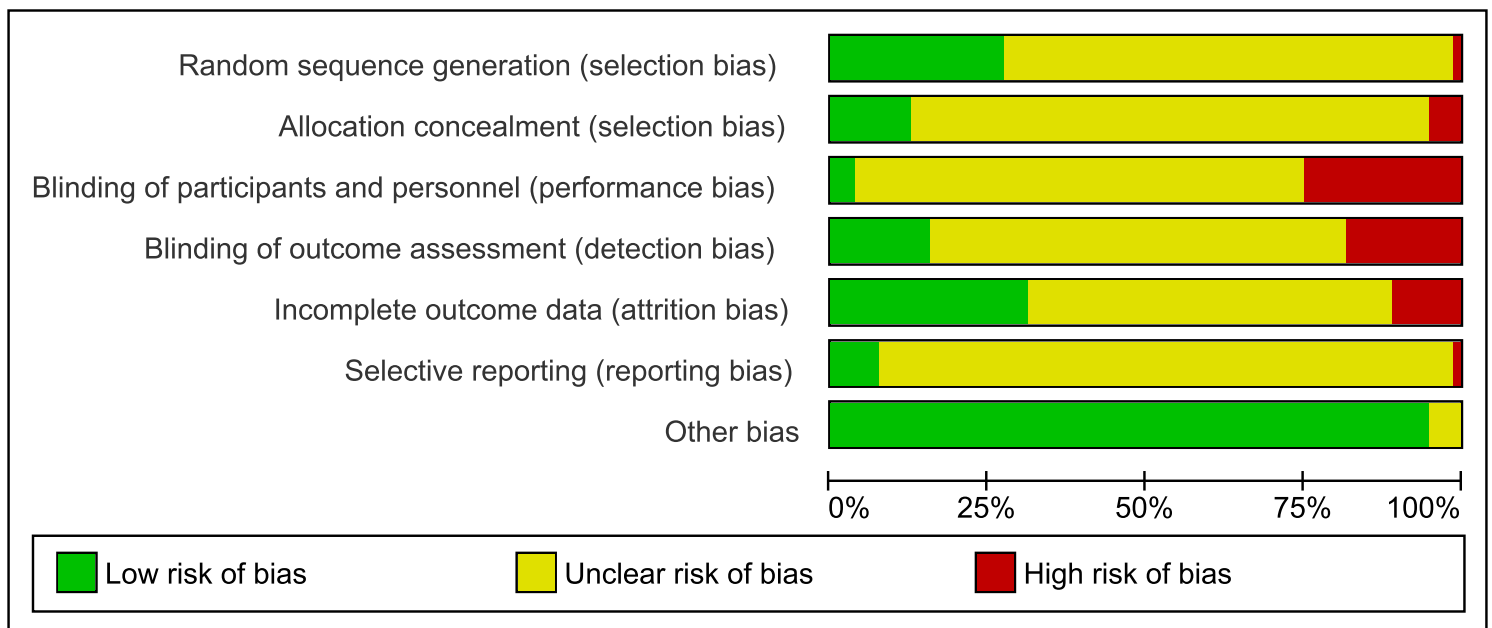


figure S15: Risk of bias graph for trials reporting body weight

