

	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
Chen 2016	+	?	-	+	+	+	+
Cho 2012	?	?	?	+	+	+	+
Courneya 2012	+	+	?	+	+	+	+
Dodd 2010	+	?	-	+	+	+	+
Khoirunnisa 2019	?	?	?	+	+	+	+
Mercier 2018	+	+	?	+	+	+	-
Naraphong 2015	?	?	+	+	+	+	+
Payne 2008	?	?	?	+	+	+	-
Roveda 2017	?	?	?	+	+	+	+
Tang 2010	+	?	?	+	+	+	-
Wang 2011	?	?	?	+	-	+	+
Wenzel 2013	?	?	?	+	+	+	+

S-1a Risk of bias of aerobic exercise studies