**Table S1.** Search strategy

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| **#** | **Database** | **Algorithm** |
| 1 | PubMed | ("Exercise"[Title/Abstract] OR "training"[Title/Abstract]) AND ("diabet\*"[Title/Abstract]) |
| 2 | Scopus | Title- ABS (exercise OR training) AND Title- ABS (diabetes) |
| 3 | Google Scholar | Allintitle (Exercise OR Training) ( type 2 diabetes) |
| 4 | Cochrane Library | (Exercise OR Training) (type 2 diabetes) |
| 5 | Web of Science | (ALL Exercise OR Training) AND (type 2 diabetes) |
| 6 | Science Direct | (Exercise OR Training) (type 2 diabetes) |
| 7 | SPORT Discus  | (Exercise OR Training) (type 2 diabetes) |