**Table S1.** **The search strategy (Pubmed)**

|  |  |  |
| --- | --- | --- |
| Search number | Query | Results |
| 1 | Metabolic Syndrome[MeSH Terms]Program"[Title/Abstract] OR "Weight Lifting Exercise Program"[Title/Abstract] OR "Weight Lifting Strengthening Program"[Title/Abstract] OR "Yoga"[Title/Abstract] | 40216 |
| 2 | "Cardiometabolic Syndrome\*"[Title/Abstract] OR "Dysmetabolic Syndrome X"[Title/Abstract] OR "insulin resistance syndrome"[Title/Abstract] OR "Insulin Resistance Syndrome X"[Title/Abstract] OR "Metabolic Cardiovascular Syndrome"[Title/Abstract] OR "Metabolic Syndrome"[Title/Abstract] OR "Metabolic Syndrome X"[Title/Abstract] OR "Metabolic Syndromes"[Title/Abstract] OR "Metabolic X Syndrome"[Title/Abstract] OR "MetSyn (metabolic syndrome)"[Title/Abstract] OR "Reaven syndrome"[Title/Abstract] OR "Reaven Syndrome X"[Title/Abstract] OR "Reaven's syndrome"[Title/Abstract] OR "Reaven's syndrome X"[Title/Abstract] OR "syndrome of insulin resistance"[Title/Abstract] | 2,733 |
| 3 | "atherogen index of plasma"[Title/Abstract] OR "atherogenic index"[Title/Abstract] OR "atherogenic index of plasma"[Title/Abstract] OR "atherogenicity index"[Title/Abstract] OR "atherogenicity index of plasma"[Title/Abstract] | 2406 |
| 4 | (#1 OR #2) AND #3 | 201 |