

Online supplemental Table 2.GRADEpro GDT evidence quality.

Certainty assessment							№ of patients		Effect		Certainty	Importance
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Robot group	control group	Relative (95% CI)	Absolute (95% CI)		
HRrest												
4	RCT	serious ^a	serious ^b	not serious	not serious	none	73	66	-	SMD 0.30 (-0.12 to 0.73)	⊕⊕○○ Low	IMPORTANT
SBPpeak												
2	RCT	serious ^a	not serious	not serious	not serious	none	50	43	-	SMD 0.04 (-0.44 to 0.52)	⊕⊕⊕○ Moderate	IMPORTANT
DBPpeak												
2	RCT	serious ^a	not serious	not serious	not serious	none	50	43	-	SMD 0.46 (-3.82 to 4.73)	⊕⊕⊕○ Moderate	IMPORTANT
VO₂peak												
4	RCT	serious ^a	serious ^b	not serious	not serious	none	86	79	-	SMD 0.71 (0.28 to 1.13)	⊕⊕○○ Low	IMPORTANT

RCT: Randomized controlled trial; **CI:** confidence interval; **SMD:** standard mean difference; **HRrest:** heart rate at rest; **SBPpeak:** peak of systolic blood pressure; **DBPpeak:** peak of diastolic blood pressure; **VO₂peak:** peak of oxygen consumption

Explanations

a. lack of blind, b. different intervention,