

**Table S1:** Further characteristics of aerobic exercise intervention studies included in the meta-analysis

Author	Country	Study Design	Arterial Stiffness	Compliance%	Instrument
Beck et al. 2013 [1]	USA	Parallel	PWV, PWA		SphygmaCor/AT
Choi et al. 2012 [2]	South Korea	Parallel	PWV		Colin Waveform Analyzer
Ciolac et al. 2010 AIT [3]	Brazil	Parallel	PWV	83%	Complior
Ciolac et al. 2010 CMT [3]	Brazil	Parallel	PWV	84%	Complior
Ferrier et al. 2001[4]	Australia	Crossover	PWV, PWA		AT/SPT-301
Goldberg et al. 2012 [5]	Australia	Parallel	PWV, PWA	100%	SphygmaCor/AT
Gumaraes et al. 2010 AIT [6]	Brazil	Parallel	PWV	81%	Complior
Gumaraes et al. 2010 CMT [6]	Brazil	Parallel	PWV	82%	Complior
Heydari et al. 2013 [7]	Australia	Parallel	PWA		SphygmaCor/AT
Heydari et al. 2013 [8]	Australia	Parallel	PWV, PWA		SphygmaCor/AT
Ho et al. 2012 [9]	Australia	Parallel	PWA		SphygmaCor/AT
Kearney et al. 2014 [10]	UK	Parallel	PWV		SphygmaCor/AT
Koh et al. 2010 ID [11]	Australia	Parallel	PWV, PWA	75%	SphygmaCor/AT
Koh et al. 2010 HB [11]	Australia	Parallel	PWV, PWA	71%	SphygmaCor/AT
Krustrup et al. 2010 FG [12]	Denmark	Parallel	PWA	83%	Photoplethysmography
Krustrup et al. 2010 RG [12]	Denmark	Parallel	PWA	82%	Photoplethysmography
Krustrup et al. 2013 [13]	Denmark	Parallel	PWA		Photoplethysmography
Madden et al. 2009 [14]	Canada	Parallel	PWV	90%	Complior
Madden et al. 2013 [15]	Canada	Parallel	PWV	90%	Complior
Mustata et al. 2011 [16]	Canada	Parallel	PWA	80%	SphygmaCor/AT
Nualnim et al. 2011 [17]	USA	Parallel	PWV, PWA	99%	VP-2000/AT/US
Oudegeest-Sander et al. 2013 [18]	The Netherland	Parallel	PWV		Doppler/US
Parnell et al. 2002 [19]	Australia	Parallel	PWV, PWA		Doppler/AT
Sugawara et al. 2012 [20]	Japan	Parallel	PWV, PWA	99%	AT
Toussaint et al. 2008 [21]	Australia	Crossover	PWV, PWA		SphygmaCor/AT
Westhoff et al. 2008 [22]	Germany	Parallel	PWA		CR-2000
Yoshizawa et al. 2009 [23]	Japan	Parallel	PWV		AT

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