

Table S2: Further characteristics of resistance/combined exercise intervention studies included in the meta-analysis

Author	Country	Study Design	Arterial Stiffness	Compliance %	Instrument	Type of Exercise
Resistance exercise						
Beck et al. 2013 [1]	USA	Parallel	PWV, PWA	100%	SphygmaCor/AT	Leg extension, leg curl, leg press, lat pull down, chest press, overhead press, biceps curl
Cortez-Cooper et al. 2008 [2]	USA	Parallel	PWV, PWA	87%	US/AT	Seated chest press, horizontal leg press, shoulder press, abdominal crunches, seated hamstring curls, seated row, seated calf raises, low back extension, triceps curls, biceps dumbbell
Croymans et al. 2014 [3]	USA	Parallel	PWV, PWA	99%	SphygmaCor/AT	Dumbbells, squats, cable row, dumbbell front lunge, dumbbell row, dumbbell triceps extension and dumbbell biceps curls, chest press, overhead press, abdominal crunches
Heffernan et al. 2013 [4]	USA	Parallel	PWA	90%	SphygmaCor/AT	Chest press, latissimus dorsi pulldown, back row, biceps curls, leg press, leg extension, leg curl
Ho et al. 2012 [5]	Australia	Parallel	PWA	67-74%	SphygmaCor/AT	Leg press, leg curl, leg extension, bench press, rear deltoid row
Miyachi et al. 2004 [6]	Japan	Parallel	PWA	100%	US/AT	Leg extension, seated chest press, leg curls, lateral rows, squat, and sit-up
Okamoto et al. 2006 ERT [7]	Japan	Parallel	PWV		Form PWV/ABI	Arm curls
Okamoto et al. 2006 CRT [7]	Japan	Parallel	PWV		Form PWV/ABI	Arm curls
Okamoto et al. 2008 [8]	Japan	Parallel	PWV		Form PWV/ABI	Chest press, arm curl, lateral pull down, seated rows, shoulder press, leg extension, leg curls, leg press and sit-up
Okamoto et al. 2009 UL [9]	Japan	Parallel	PWV		Form PWV/ABI	Chest press, arm curls, seated rows, shoulder presses, lat pull down
Okamoto et al. 2009 LL [9]	Japan	Parallel	PWV		Form PWV/ABI	Leg press, squats, seated calf raises, leg extensions and leg curls
Okamoto et al. 2009 ERT [10]	Japan	Parallel	PWV		Form PWV/ABI	Chest press or arm curls, seated rows, leg curls, leg press and sit-up
Okamoto et al. 2009 CRT [10]	Japan	Parallel	PWV		Form PWV/ABI	Chest press or arm curls, seated rows, leg curls, leg press and sit-up
Okamoto et al. 2011 [11]	Japan	Parallel	PWV		Form PWV/ABI	Chest press, arm curls, seated rows, lateral pull down, leg press, leg extension, leg curl and sit-ups
Okamoto et al. 2013 ALRT [12]	Japan	Parallel	PWV		Form PWV/ABI	Chest press, arm curls, seated rows, leg curls, leg press
Okamoto et al. 2013 BLRT [12]	Japan	Parallel	PWV		Form PWV/ABI	Chest press, arm curls, seated rows, leg curls, leg press
Yoshizawa et al. 2009 [13]	Japan	Parallel	PWV		AT	Leg curl, leg press, hip abduction, hip flexion, vertical press and sit-ups
Combined exercise						
Cortez-Cooper et al. 2008 [2]	USA	Parallel	PWV, PWA	95%	US/AT	3days: Seated chest press, horizontal leg press, shoulder press, abdominal crunches, seated hamstring curls, seated row, seated calf raises, low back extension, triceps curls, biceps dumbbell and other 2 days walking or cycling
Dobrosielski et al. 2012 [14]	USA	Parallel	PWV	92%	AT	Resistance exercise (multi-station machine) and aerobic exercise cycling or stairstepper
Figuroa et al. 2011[15]	South Korea	Parallel	PWV		Photoplethysmography	Chest press, leg press, shoulder press, abdominal crunches, leg curls, leg extensions, low back extensions, biceps curls and triceps extension followed by 20 minute of treadmill walking
Ho et al. 2012 [5]	Australia	Parallel	PWA	67-74%	SphygmaCor/AT	Leg press, leg curl, leg extension, bench press, rear deltoid row and treadmill
Kawasaki et al. 2011 [16]	Japan	Parallel	PWV	92%	Photoplethysmography	Land-based muscle strength groups, swimming and cycling for 2 hours
Loimaala et al. 2009 [17]	Finland	Parallel	PWV	75%	Photoplethysmography	Twice weekly aerobic training (jogging or walking) and twice weekly resistance training of large muscle groups
Miura et al. 2008 1DW [18]	Japan	Parallel	PWV		BP-203RPEII	Rubber tubes and/or lightweight dumbbell and walking or running
Miura et al. 2008 2DW [18]	Japan	Parallel	PWV		BP-203RPEII	Rubber tubes and/or lightweight dumbbell and walking or running
Ohta et al. 2012 [19]	Japan	Parallel	PWV	85%	Photoplethysmography	Bench step exercise
Okamoto et al. 2007 BRT [20]	Japan	Parallel	PWV		Form PWV/ABI	Running (aerobic) and resistance (chest and shoulder press, arm curls, seated rows, leg curls, leg press and sit-up)
Okamoto et al. 2007 ART [20]	Japan	Parallel	PWV		Form PWV/ABI	Running (aerobic) and resistance (chest and shoulder press, arm curls, seated rows, leg curls, leg press and sit-up)
Stewart et al. 2005 [21]	USA	Parallel	PWV	88%		Aerobic (treadmill, cycling, stairstepper) and resistance (latissimus dorsi pull down, leg extension, leg press, leg curl, bench press, shoulder press, seated row)
Wong et al. 2014 [22]	USA	Parallel	PWV, PWA		AT	Stretching exercise of major muscle groups

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