

Supplementary Table 2. RCTs not included in meta-analyses with reasons.

Study	Reason for not being included in meta-analysis.
<p>S. Anderssen, Holme, Urdal, and Hjermann (1995) Bajpeyi et al. (2009) Church, Earnest, Skinner, and Blair (2007) Huffman et al. (2014) Johnson et al. (2007) Larose et al. (2011) Slentz et al. (2009) Stensvold, et al. (2010)</p>	<p>Data reported in multiple articles from the same study.</p>
<p>Davey, et al. (2000) Diabetes Prevention Program Research Group et al. (2015) Earnest, Poirier, Carnethon, Blair, and Church (2010) Foster-Schubert et al. (2005) Frank et al. (2005) Katzel et al. (1995) Mason et al. (2011) Mason et al. (2013) Mendham et al. (2015) Ross, Hudson, Stotz, and Lam (2015) Swift, Johannsen, Earnest, Blair, and Church (2012) Yeater, Ullrich, Maxwell, and Goetsch (1990)</p>	<p>Data incomplete or not in a format that could be used.</p>
<p>Monteiro, Fiani, Freitas, Zanetti, and Foss (2010)</p>	<p>Control group received an intervention likely to affect measured outcomes.</p>
<p>S. A. Anderssen, Hjermann, Urdal, Torjesen, and Holme (1996) Andersson, Sjodin, Olsson, and Vessby (1998) Arikawa, Kurzer, Thomas, and Schmitz (2010) Blumenthal et al. (2000) Cooper, Collins, Adams, Robergs, and Donges (2016) Connolly et al. (2016) Dengel, Pratley, Hagberg, Rogus, and Goldberg (1996). Earnest et al. (2013). Lamina, Okoye, and Hanif (2013). Nikseresht, et al. (2014). Ong et al. (2009). Sim, et al. (2015). Trapp, Chisholm, Freund, and Boutcher (2008). Wiklund et al. (2014). Woolf-May, Scott, Kearney, and Jones (2011). Xie, Hui, Kwok, and Woo (2015).</p>	<p>Outcomes measured >48 h after final exercise bout, or time outcomes measured after final exercise bout unclear.</p>