

**Additional file 1:** Data extraction form for systematic reviews and meta-analyses

Items	Extracted data
Reviewer	
First Author and Publication year	
Review title	
Year range considered for inclusion	
Journal name	
Last search date	
Region/state/country	
Source of funding	
Aim/objectives of the study	
Protocol registered	
Database searched	
Number of articles included	
Number of articles included in meta-analysis	
Participant characteristics (age, number of participants, parity, subgroups)	
Type of exercise	
Intensity of exercise	
Duration of intervention	
Main Outcome variable	
Total Sample size	
Quality assessment tool and source	
Cochrane Collaboration reviews Vs not	

Items	Extracted data
Type of analysis used in review	
Pooled effect	
Findings	
Adverse Events	
Sub-group analysis/sensitivity test criteria and findings	
Overall quality of included studies AMSTAR-2	
Quality of the evidence GRADE	
Reported heterogeneity of the studies, I <sup>2</sup>	
Reporting guideline used (PRISMA)	
Key conclusions of study authors: Further study information requested	
Reviewers comments on methodology, limitations, generalisability that you have after reading the paper	
Reported publication bias	