

Additional file 2: Data extraction form for included randomized controlled trials.

Items	Extracted data
Reviewer	
First Author and Publication year	
RCT title	
Setting	
Intervention Group Sample	
Control Group Sample	
Participant characteristics (parity, BMI)	
Protocol registered	
Intervention Characteristics	
Type of exercise	
Duration (weeks)	
Frequency (sessions per week)	
Session duration (min)	
Intensity of exercise	
Main Outcome variables	
Pooled effect	
Findings	
Adverse Events	
Risk of bias (Cochrane collaboration's tool)	
Sequence generation	
Allocation concealment	
Blinding of personnel and participants	
Blinding of outcome assessment	
Incomplete outcome data	
Selective outcome reporting	
Others	