## Total Power in T2D after exercise compared to baseline

## and in controls without exercise

Study			%
ID		SMD (95% CI)	Weight
Exercise			
Bellavere 2018, T2D endurance training		-0.29 (-0.93, 0.35)	10.28
Bellavere 2018, T2D endurance training		-0.29 (-0.93, 0.35)	10.28
Bellavere 2018, T2D resistance training	<del></del>	-0.26 (-1.10, 0.58)	5.96
Bellavere 2018, T2D resistance training	<del></del>	-0.26 (-1.10, 0.58)	5.96
Faulkner 2014, T2D endurance training		<b>-</b> 0.00 (-0.92, 0.92)	4.92
Goulopoulou 2010, T2D obese endurance training	<del></del>	0.02 (-0.52, 0.56)	14.22
Kanaley 2009, T2D obese endurance training	<del></del>	0.09 (-0.51, 0.68)	12.02
Sacre 2014, T2D endurance & resistance training	+	0.52 (-0.08, 1.12)	11.62
Sacre 2014, T2D endurance & resistance training	+	0.52 (-0.08, 1.12)	11.62
Zoppini 2007, T2D endurance training	•	-0.11 (-0.91, 0.69)	6.55
Zoppini 2007, T2D endurance training	•	-0.11 (-0.91, 0.69)	6.55
Subtotal (I-squared = 0.0%, p = 0.605)		0.03 (-0.18, 0.23)	100.00
Control			
Sacre 2014, T2D no exercise	<del></del>	-0.02 (-0.57, 0.53)	50.00
Sacre 2014, T2D no exercise	<del></del>	-0.02 (-0.57, 0.53)	50.00
Subtotal (I-squared = 0.0%, p = 1.000)		-0.02 (-0.41, 0.37)	100.00
NOTE: Weights are from random effects analysis			