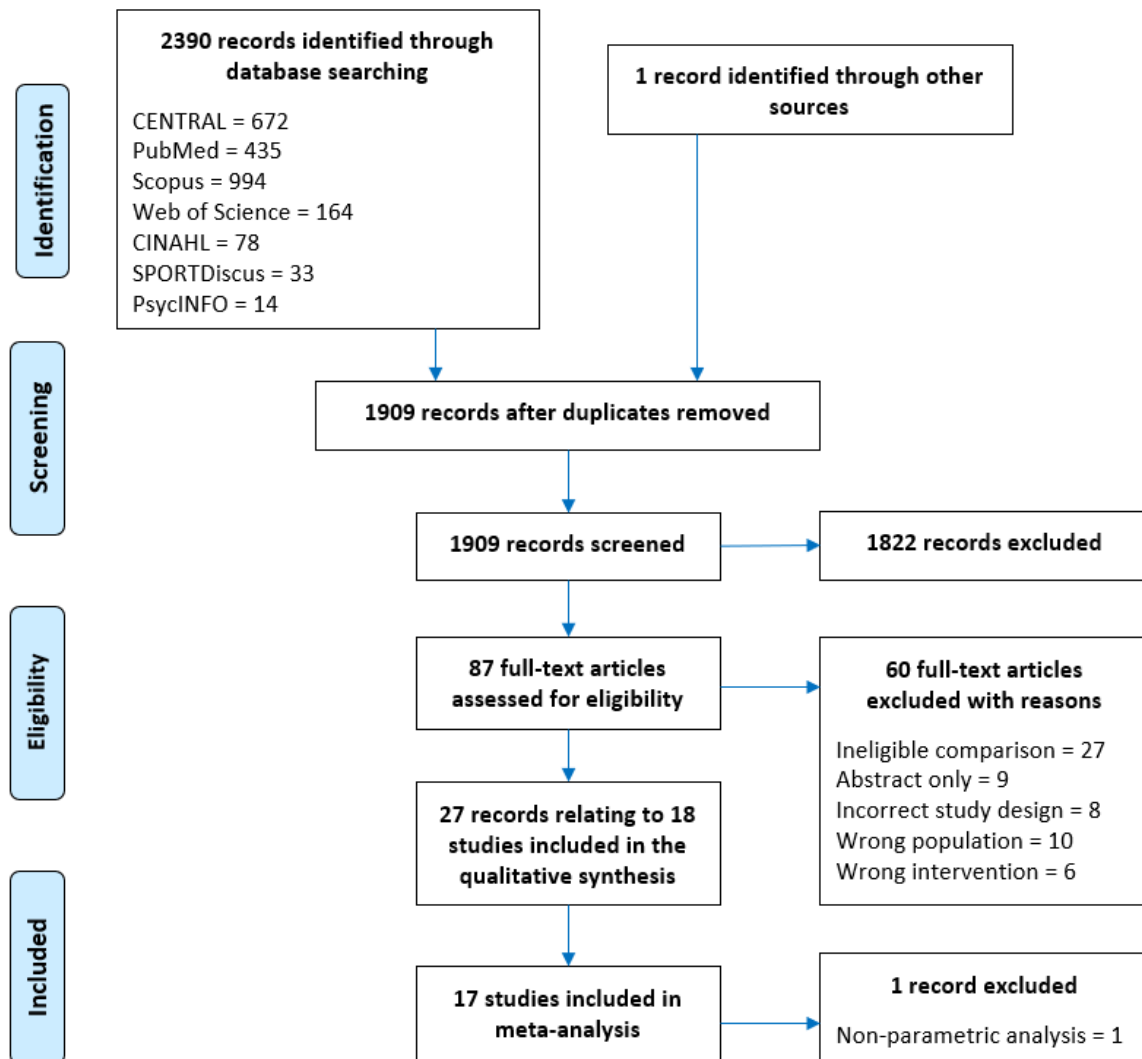
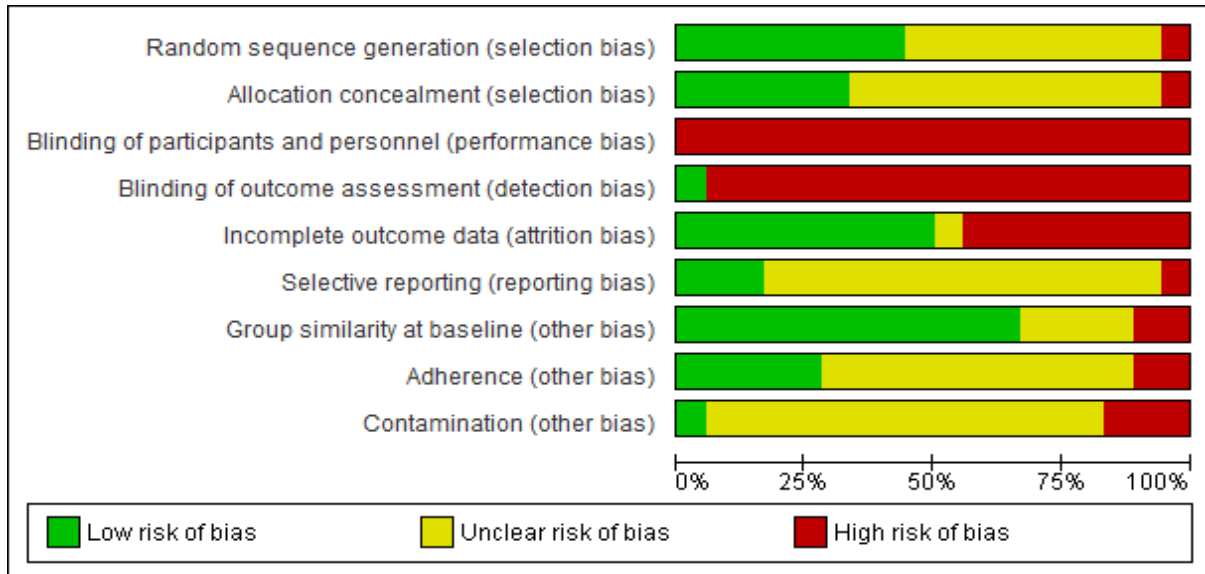


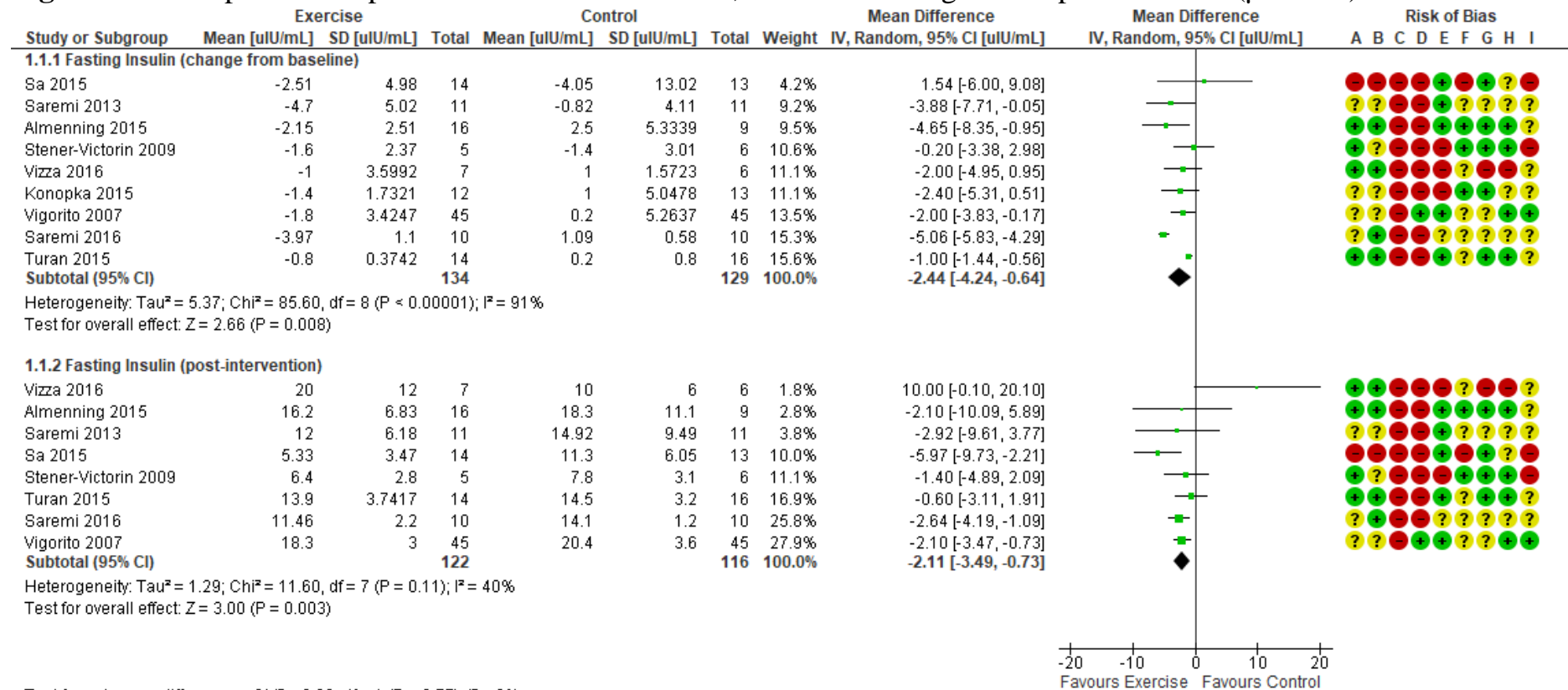
**Figure 1.** Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) flow diagram.



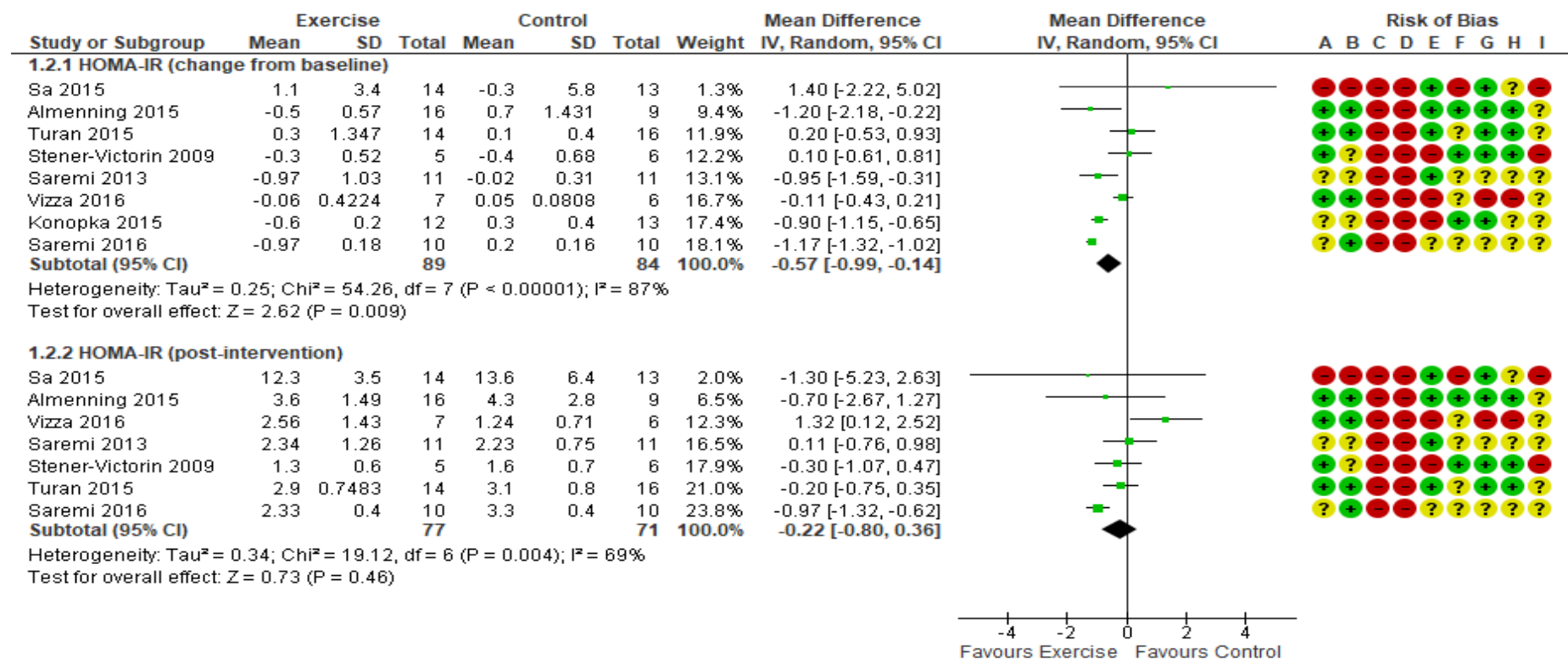
**Figure 2.** Review of authors' judgement of each methodological quality item from the Cochrane Risk of Bias tool, presented as a percentage across all 18 included studies.



**Figure 3.** Forest plot of comparison: Exercise vs. Control, outcome: fasting insulin plasma levels ( $\mu\text{IU/mL}$ )



**Figure 4.** Forest plot of comparison: Exercise vs. Control, outcome: Homeostatic Model Assessment for Insulin Resistance (HOMA-IR).

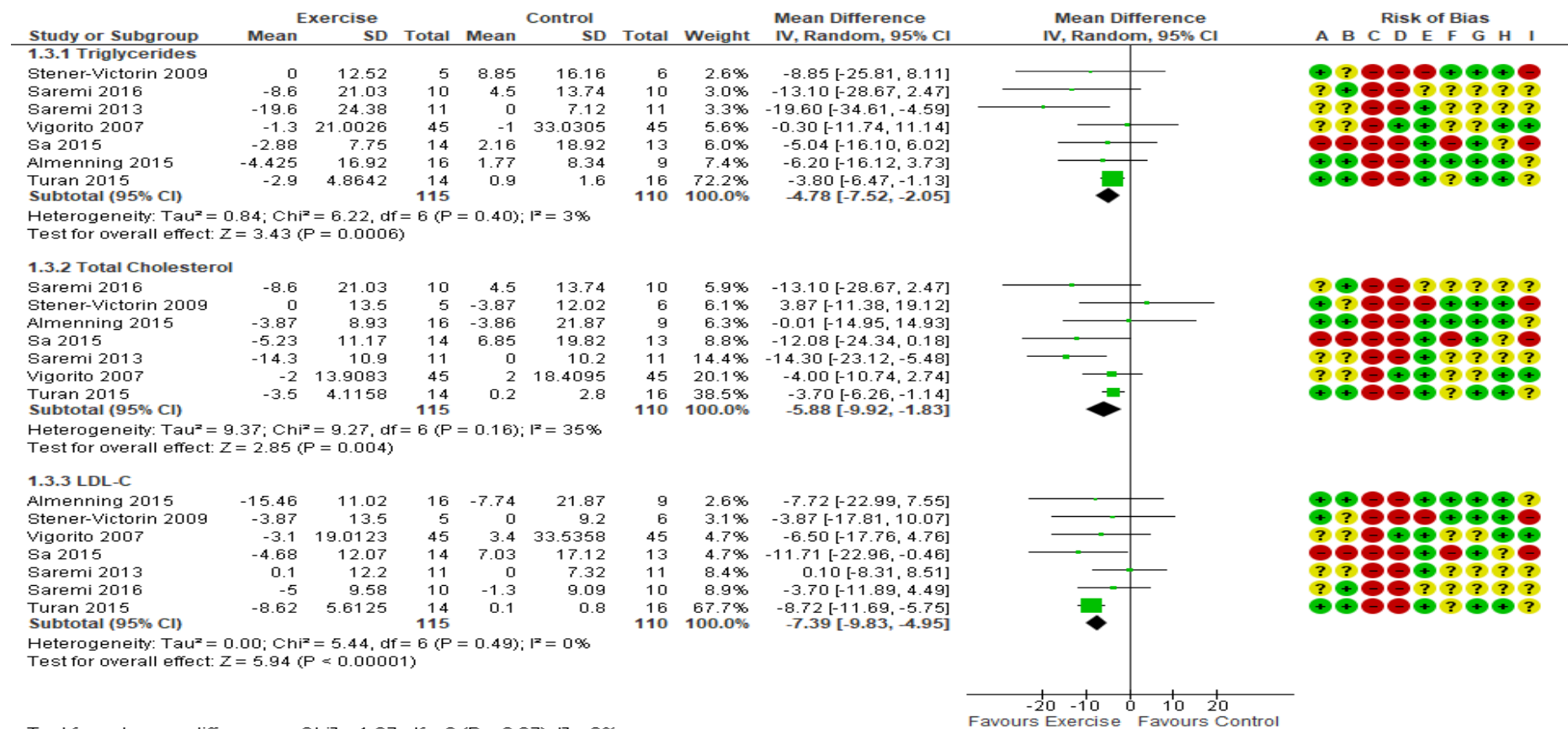


Test for subgroup differences: Chi<sup>2</sup> = 0.91, df = 1 (P = 0.34), I<sup>2</sup> = 0%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Group similarity at baseline (other bias)
- (H) Adherence (other bias)
- (I) Contamination (other bias)

**Figure 5.** Forest plot of comparison: Exercise vs. Control, change from baseline to immediately post-intervention analysis of outcomes related to lipid profile (mg/dL).

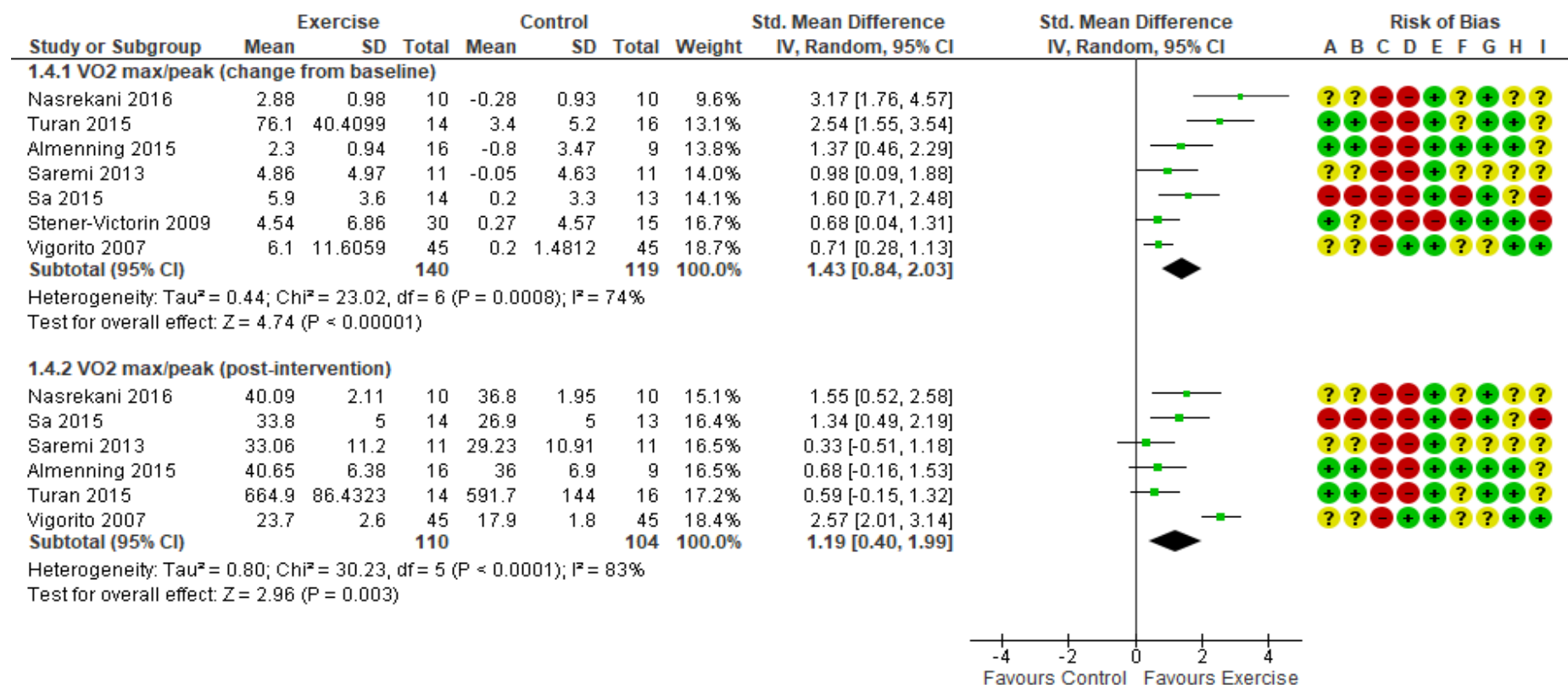


Test for subgroup differences: Chi<sup>2</sup> = 1.97, df = 2 (P = 0.37), I<sup>2</sup> = 0%

**Risk of bias legend**

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Group similarity at baseline (other bias)
- (H) Adherence (other bias)
- (I) Contamination (other bias)

**Figure 6.** Forest plot of comparison: Exercise vs. Control, Standardised Mean Difference; outcome: VO<sub>2</sub> max/peak.



**Risk of bias legend**

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Group similarity at baseline (other bias)
- (H) Adherence (other bias)
- (I) Contamination (other bias)