**Supplemental Material A**

|  |  |
| --- | --- |
| **Evaluation Tool for Studies Examining Postexercise Hypotension (PEH√list)** | |
| **Items: Did the Authors report?** | Yes / No / NA |
| **PART I: SAMPLE CHARACTERICS** | |
| 1. Age |  |
| 2. Ethnicity / Race |  |
| 3. Gender / Sex |  |
| 4. BP Classification Scheme Used |  |
| 4a. Followed Professional Guidelines |  |
| *Values at Baseline* |  |
| 5. BP |  |
| 6. Physical Activity Level |  |
| 7. Cardiorespiratory Fitness Level |  |
| 8. Body Mass Index |  |
| 9. Waist Circumference |  |
| 10. Medication Use |  |
| 10a.Type and/or dosage of medication |  |
| 10b. Length of the washout or run-in period |  |
| **PART II: STUDY CHARACTERISTICS** | |
| 11. Performed sample size estimation analysis based on BP as the primary outcome | |
| 12. The allocation sequence |  |
| 12a. The procedure used |  |
| 13. The investigator who performed the BP measurements |  |
| 14. The same investigator performed all BP measurements |  |
| 15. The model of the BP device |  |
| 15a. The same BP device was used through the study for a participant |  |
| 16. Participant abstained from Caffeine prior to intervention |  |
| 16a. Hours participant abstained from Caffeine |  |
| 17. Participant abstained from Alcohol prior to intervention |  |
| 17a. Hours participant abstained from Alcohol |  |
| 18. Participant abstained from Physical Activity prior to intervention |  |
| 18a. Hours participant abstained from Physical Activity |  |
| *Was The BP Response to Exercise Controlled for By Baseline/Pre-Exercise BP* |  |
| **19a. Reported Average= (Average BP post-exercise) minus (Average BP post-control)** |  |
| **19b. Reported Change from baseline= (Average BP post- minus pre-exercise) minus (Average BP post- minus pre-control)** |  |
| *Resting BP Measurement Protocol* |  |
| 20. Location/environment |  |
| 21. Following professional guidelines during BP measurements |  |
| 22. Participant’s position |  |
| 23. Time Lapse from the end of exercise and start of the BP measurements |  |
| 24. Total time of the BP monitoring |  |
| *Ambulatory BP Measurement Protocol* |  |
| 25. Following professional guidelines during BP measurements |  |
| 26. Performing a calibration check |  |
| 27. Including participant familiarization to wearing the ambulatory BP monitor |  |
| 28. Participants were given instruction while wearing the BP monitor |  |
| 29. Time-lapse from the end of exercise and start of BP measurements |  |
| 30. Location/environment |  |
| 31. Disclosing when ABP monitor was attached during the day |  |
| 32. Total time of the BP monitoring |  |
| 33. A specified acceptable level of missing data for ambulatory BP analysis |  |
| **Part III: Intervention Characteristics** |  |
| 34. The time of day the exercise and control sessions began |  |
| 34a. The start of exercise and control sessions were conducted within 3-4 hours of one another |  |
| 35. The location of Exercise |  |
| 36. The temperature that participants exercise in |  |
| 37. The time, intensity, and type of the exercise intervention |  |
| 38. The features of the sham control session |  |
| Index: NA= Not Applicable, BP = Blood pressure, Items shaded in grey are the core items | |

**Supplemental Material B**

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**Supplemental Material C**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Cochrane Risk of Bias | | | | | | | |  | Downs & Black | PEH√list |
| Author | Year Published | Domain #1 | Domain #2 | Domain #3 | Domain #4 | Domain #5 | Overall Score |  | Score | Study Score |
| Almedia et. al. | 2010 | SC | LR | LR | LR | LR | SC |  | 55.2% | 72.4% |
| Ash et. al. | 2017 | LR | SC | LR | LR | LR | SC |  | 79.3% | 57.6% |
| Augeri et. al. | 2008 | LR | LR | LR | LR | LR | LR |  | 65.5% | 60.6% |
| Bhammar et. al. | 2017 | SC | SC | LR | LR | LR | SC |  | 72.4% | 51.5% |
| Bhammer et. al. | 2012 | SC | LR | LR | LR | SC | SC |  | 65.5% | 45.5% |
| Blanchard et. al. | 2006 | LR | LR | LR | LR | LR | LR |  | 48.3% | 51.5% |
| Brito et. al. | 2017 | SC | SC | LR | LR | LR | SC |  | 55.2% | 51.5% |
| Carvalho et. al. | 2015 | SC | SC | LR | LR | LR | SC |  | 41.4% | 24.2% |
| Casonatto et. al. | 2011 | LR | LR | LR | LR | LR | LR |  | 69.0% | 75.9% |
| Chan et. al. | 2013 | SC | SC | LR | SC | LR | SC |  | 58.6% | 65.5% |
| Ciolac et. al. | 2008 | SC | HR | SC | LR | LR | HR |  | 55.2% | 42.4% |
| Cleroux et. al. | 1992 | SC | LR | LR | LR | LR | SC |  | 55.2% | 54.5% |
| Coats et. al. | 1989 | SC | SC | LR | LR | LR | SC |  | 44.8% | 48.5% |
| Convertino et. al. | 1991 | SC | HR | LR | LR | LR | HR |  | 48.3% | 42.4% |
| Cooper et. al. | 2001 | SC | LR | LR | LR | LR | SC |  | 69.0% | 33.3% |
| Cunha et. al. | 2012 | SC | SC | LR | LR | LR | SC |  | 58.6% | 62.1% |
| Cunha et. al. | 2015 | SC | LR | LR | LR | LR | SC |  | 48.3% | 65.5% |
| Cunha et. al. | 2018 | LR | SC | SC | LR | LR | SC |  | 58.6% | 45.5% |
| Dantas et. al. | 2017 | SC | LR | LR | LR | LR | SC |  | 72.4% | 45.5% |
| Da Silva et. al. | 2018 | SC | LR | LR | LR | LR | SC |  | 75.9% | 72.4% |
| Enweze et. al. | 2007 | SC | HR | LR | LR | LR | HR |  | 48.3% | 65.5% |
| Ferreira et. al. | 2013 | SC | LR | LR | LR | LR | SC |  | 51.7% | 69.0% |
| Forjaz et. al. | 1998 | HR | LR | LR | SC | LR | HR |  | 48.3% | 65.5% |
| Forjaz et. al. | 2000 | HR | LR | LR | LR | LR | HR |  | 48.3% | 42.4% |
| Forjaz et. al. | 2004 | SC | SC | LR | LR | LR | SC |  | 51.7% | 52.6% |
| Fullick et. al. | 2009 | SC | LR | LR | LR | LR | SC |  | 69.0% | 82.8% |
| Hagberg et. al. | 1987 | SC | LR | LR | SC | LR | SC |  | 41.4% | 51.7% |
| Hamer et. al. | 2006 | SC | LR | LR | LR | HR | HR |  | 41.4% | 58.6% |
| Isea et. al. | 1994 | LR | LR | LR | LR | LR | LR |  | 44.8% | 41.4% |
| Imazu et. al. | 2017 | SC | LR | LR | LR | LR | SC |  | 62.0% | 54.5% |
| Jones et. al. | 2007 | SC | LR | LR | LR | LR | SC |  | 69.0% | 79.3% |
| Jones et. al. | 2009 | HR | LR | LR | LR | LR | HR |  | 58.6% | 57.9% |
| Keese et. al. | 2011 | SC | LR | LR | LR | LR | SC |  | 51.7% | 54.5% |
| Kingwell et. al. | 1997 | SC | LR | SC | LR | LR | SC |  | 58.6% | 69.0% |
| Lehmkuhl et. al. | 2005 | HR | SC | LR | LR | LR | HR |  | 41.4% | 30.3% |
| Mach et. al. | 2005 | SC | SC | LR | LR | HR | HR |  | 55.2% | 62.1% |
| Matzer et. al. | 2017 | LR | HR | LR | LR | LR | HR |  | 75.9% | 62.1% |
| Maya et. al. | 2018 | SC | LR | LR | SC | LR | HR |  | 62.1% | 75.9% |
| McClean et. al. | 2010 | SC | LR | LR | LR | LR | SC |  | 51.7% | 58.6% |
| Miyashita et. al. | 2008 | SC | LR | LR | SC | LR | SC |  | 58.6% | 72.4% |
| Miyashita et. al. | 2011 | SC | LR | LR | SC | LR | SC |  | 58.6% | 72.4% |
| Morales-Palomo et. al. | 2017 | SC | HR | LR | LR | LR | HR |  | 55.2% | 44.8% |
| Mota et. al. | 2009 | SC | LR | LR | SC | LR | SC |  | 51.7% | 72.4% |
| Niedermeier et. al. | 2017 | SC | HR | LR | LR | LR | HR |  | 69.0% | 48.3% |
| Pardono et. al. | 2015 | SC | LR | LR | SC | SC | SC |  | 37.9% | 44.8% |
| Park et. al. | 2005 | SC | LR | LR | LR | LR | SC |  | 55.2% | 42.4% |
| Park et. al. | 2006 | SC | LR | LR | LR | LR | SC |  | 65.5% | 39.4% |
| Pescatello et. al. | 2003 | SC | LR | SC | LR | LR | SC |  | 51.7% | 54.5% |
| Pescatello et. al. | 2004 | LR | LR | LR | LR | LR | LR |  | 72.4% | 55.3% |
| Piepoli et. al. | 1993 | LR | LR | LR | LR | LR | LR |  | 48.3% | 44.8% |
| Piepoli et. al. | 1993 | LR | LR | LR | LR | LR | LR |  | 48.3% | 51.7% |
| Pierce et. al. | 2018 | LR | LR | LR | LR | LR | LR |  | 62.1% | 65.5% |
| Quinn et. al. | 2000 | SC | HR | LR | LR | LR | HR |  | 48.3% | 45.5% |
| Raglin et. al. | 1987 | SC | HR | LR | LR | LR | HR |  | 37.9% | 37.9% |
| Rasmussen et. al. | 2018 | SC | LR | LR | LR | LR | SC |  | 44.8% | 36.4% |
| Rueckert et. al. | 1996 | SC | SC | LR | LR | LR | SC |  | 62.1% | 47.4% |
| Santaella et. al. | 2006 | SC | LR | LR | LR | LR | SC |  | 51.7% | 72.4% |
| Santana et. al. | 2011 | SC | HR | LR | LR | LR | HR |  | 41.4% | 51.7% |
| Schuster-Decker et. al. | 2002 | SC | LR | LR | LR | LR | SC |  | 51.7% | 41.4% |
| Someya et. al. | 2012 | HR | SC | LR | LR | LR | HR |  | 51.7% | 51.7% |
| Taylor-Tolbert et. al. | 2000 | SC | LR | LR | LR | LR | SC |  | 51.7% | 42.4% |
| Wallace et. al. | 1997 | SC | LR | LR | LR | LR | SC |  | 48.3% | 33.3% |
| Wallace et. al. | 1999 | SC | LR | LR | SC | LR | SC |  | 55.2% | 33.3% |
| Williamson et. al. | 2003 | SC | SC | LR | LR | LR | SC |  | 51.7% | 48.3% |