

Supplementary material

Supplementary Table S1. Search strategy

PubMed	(((hypertension[Title] OR (blood pressure[Title] OR (systolic[Title] OR (diastolic[Title] OR (hypertensive[title]))) AND ((aerobic*[Title] OR (endurance*[Title] OR (weight*[Title] OR (HIIT[Title] OR (MICT[Title] OR (fitness([Title] OR (resistance[Title] OR (combined[Title] OR (multicomponent[Title])))))
Cochrane	<p>(hypertension):ti AND (aerobic*):ti"</p> <p>(hypertension):ti AND (endurance*):ti"</p> <p>(hypertension):ti AND weight*):ti"</p> <p>(hypertension):ti AND HIIT):ti"</p> <p>(hypertension):ti AND MICT):ti"</p> <p>(hypertension):ti AND fitness):ti"</p> <p>(hypertension):ti AND resistance):ti"</p> <p>(hypertension):ti Combined):ti"</p> <p>(hypertension):ti multicomponent):ti"</p> <p>(blood pressure):ti AND (aerobic*):ti"</p> <p>(blood pressure):ti AND (endurance*):ti"</p> <p>(blood pressure):ti AND weight*):ti"</p> <p>(blood pressure):ti AND HIIT):ti"</p> <p>(blood pressure):ti AND MICT):ti"</p> <p>(blood pressure):ti AND fitness):ti"</p> <p>(blood pressure):ti AND resistance):ti"</p> <p>(blood pressure):ti Combined):ti"</p> <p>(blood pressure):ti multicomponent):ti"</p> <p>(systolic):ti AND (aerobic*):ti"</p> <p>(systolic):ti AND (endurance*):ti"</p> <p>(systolic):ti AND weight*):ti"</p> <p>(systolic):ti AND HIIT):ti"</p> <p>(systolic):ti AND MICT):ti"</p> <p>(systolic):ti AND fitness):ti"</p> <p>(systolic):ti AND resistance):ti"</p> <p>(systolic):ti Combined):ti"</p> <p>(systolic):ti multicomponent):ti"</p> <p>(diastolic):ti AND (aerobic*):ti"</p> <p>(diastolic):ti AND (endurance*):ti"</p> <p>(diastolic):ti AND weight*):ti"</p> <p>(diastolic):ti AND HIIT):ti"</p> <p>(diastolic):ti AND MICT):ti"</p> <p>(diastolic):ti AND fitness):ti"</p> <p>(diastolic):ti AND resistance):ti"</p> <p>(diastolic):ti Combined):ti"</p> <p>(diastolic):ti multicomponent):ti"</p> <p>(hypertensive):ti AND (aerobic*):ti"</p> <p>(hypertensive):ti AND (endurance*):ti"</p> <p>(hypertensive):ti AND weight*):ti"</p> <p>(hypertensive):ti AND HIIT):ti"</p> <p>(hypertensive):ti AND MICT):ti"</p> <p>(hypertensive):ti AND fitness):ti"</p> <p>(hypertensive):ti AND resistance):ti"</p> <p>(hypertensive):ti Combined):ti"</p> <p>(hypertensive):ti multicomponent):ti"</p>

WOS	(TI=(hypertension)) AND TI= (aerobic*) (TI=(hypertension)) AND TI= (endurance*) (TI=(hypertension)) AND TI=(weight*) (TI=(hypertension)) AND TI=(HIIT) (TI=(hypertension)) AND TI=(MICT) (TI=(hypertension)) AND TI=(fitness) (TI=(hypertension)) AND TI=(resistance) (TI=(hypertension)) AND TI=(Combined) (TI=(hypertension)) AND TI=(multicomponent) (TI=(blood pressure)) AND TI=(aerobic*) (TI=(blood pressure)) AND TI= (endurance*) (TI=(blood pressure)) AND TI=(weight*) (TI=(blood pressure)) AND TI=(HIIT) (TI=(blood pressure)) AND TI=(MICT) (TI=(blood pressure)) AND TI=(fitness) (TI=(blood pressure)) AND TI=(resistance) (TI=(blood pressure)) AND TI=(Combined) (TI=(blood pressure)) AND TI=(multicomponent) (TI=(systolic)) AND TI=(aerobic*) (TI=(systolic)) AND TI= (endurance*) (TI=(systolic)) AND TI=(weight*) (TI=(systolic)) AND TI=(HIIT) (TI=(systolic)) AND TI=(MICT) (TI=(systolic)) AND TI=(fitness) (TI=(systolic)) AND TI=(resistance) (TI=(systolic)) AND TI=(Combined) (TI=(systolic)) AND TI=(multicomponent) (TI=(diastolic)) AND TI= (aerobic*) (TI=(diastolic)) AND TI= (endurance*) (TI=(diastolic)) AND TI=(weight*) (TI=(diastolic)) AND TI=(HIIT) (TI=(diastolic)) AND TI=(MICT) (TI=(diastolic)) AND TI=(fitness) (TI=(diastolic)) AND TI=(resistance) (TI=(diastolic)) AND TI=(Combined) (TI=(diastolic)) AND TI=(multicomponent) (TI=(hypertensive)) AND TI=(aerobic*) (TI=(hypertensive)) AND TI=(endurance*) (TI=(hypertensive)) AND TI=(weight*) (TI=(hypertensive)) AND TI=(HIIT) (TI=(hypertensive)) AND TI=(MICT) (TI=(hypertensive)) AND TI=(fitness) (TI=(hypertensive)) AND TI=(resistance) (TI=(hypertensive)) AND TI=(Combined) (TI=(hypertensive)) AND TI=(multicomponent)
EBSCO	TI hypertension AND TI aerobic* TI hypertension AND TI endurance* TI hypertension AND TI weight* TI hypertension AND TI HIIT TI hypertension AND TI MICT TI hypertension AND TI fitness TI hypertension AND TI resistance TI hypertension AND TI Combined TI hypertension AND TI multicomponent TI blood pressure AND TI aerobic*

TI blood pressure AND TI endurance*
TI blood pressure AND TI weight*
TI blood pressure AND TI HIIT
TI blood pressure AND TI MICT
TI blood pressure AND TI fitness
TI blood pressure AND TI resistance
TI blood pressure AND TI Combined
TI blood pressure AND TI multicomponent
TI systolic AND TI aerobic*
TI systolic AND TI endurance*
TI systolic AND TI weight*
TI systolic AND TI HIIT
TI systolic AND TI MICT
TI systolic AND TI fitness
TI systolic AND TI resistance
TI systolic AND TI Combined
TI systolic AND TI multicomponent
TI diastolic AND TI aerobic*
TI diastolic AND TI endurance*
TI diastolic AND TI weight*
TI diastolic AND TI HIIT
TI diastolic AND TI MICT
TI diastolic AND TI fitness
TI diastolic AND TI resistance
TI diastolic AND TI Combined
TI diastolic AND TI multicomponent
TI hypertensive AND TI aerobic*
TI hypertensive AND TI endurance*
TI hypertensive AND TI weight*
TI hypertensive AND TI HIIT
TI hypertensive AND TI MICT
TI hypertensive AND TI fitness
TI hypertensive AND TI resistance
TI hypertensive AND TI Combined
TI hypertensive AND TI multicomponent