

### Supplementary Material S1a. Keywords used for the search strategy.

Population	Intervention	Outcomes
Older adults	Resistance training	Executive function
Aged	Resistance exercise	
Old people	Strength training	
Elderly	Aerobic training	
Aging	Aerobic exercise	
Older people	Cardiovascular exercise	
Old adults		
Seniors		

### Supplementary Material S1b: Complete literature search.

#### PubMed Search Formula

Date: 19-06-2023

(older adults OR "old people" [Title] OR "older people" [Title] OR "older adults" [Title] OR "old adults" [Title] OR elderly OR senior [Title] OR Aged [Title]) AND ("randomized controlled trial"[Publication Type] OR "controlled clinical trial"[Publication Type] OR "randomized"[Title/Abstract] OR "placebo"[Title/Abstract] OR "clinical trials as topic"[MeSH Terms] OR "randomly"[Title/Abstract] OR "trial"[Title]) AND (Executive function) AND ("aerobic exercise" OR "aerobic training" OR "cardiovascular exercise" OR "resistance training" OR "resistance exercise" OR "strength training")

#### Cochrane Library Search Formula

Date: 26-06-2023

(older adults OR "old people" OR "older people" OR "older adults" OR "old adults" OR "elderly" OR "senior" OR "Aged") in Title Abstract Keyword AND ("aerobic exercise" OR "aerobic training" OR "cardiovascular exercise" OR "resistance training" OR "strength training" OR "resistance exercise") in Title Abstract Keyword AND (Executive function)