Supplementary Table S1. Timing of Exercise Interventions in Breast and Prostate Cancer Studies.

Study	Cancer Type	Intervention Timing	During Tx	Post-Tx < 6 m	Post-Tx 6-12 m	Post-Tx 12-24 m	Post-Tx >24 m
Al-Majid et al., 2015 [55]	Breast	During chemotherapy	✓				
Schmidt et al., 2015[56]	Breast	During chemotherapy	✓				
Schmidt et al., 2015 [57]	Breast	During chemotherapy	✓				
Travier et al., 2015 [58]	Breast	During chemotherapy	✓				
Van Waart et al. 2015 [59]	Breast	During chemotherapy	✓				
Mijwel et al., 2018 [60]	Breast	During chemotherapy	✓				
Ammitzbøll et al., 2019 [29]	Breast	Post cx		✓			
Baglia et al., 2019 [61]	Breast	Post-cx During hormonal treatment				✓	
Mijwel et al. 2019 [36]	Breast	Post cx During chemotherapy	✓				
Hojan &Milecki 2020 [62]	Prostate	During radiotherapy and ADT	✓				

Ndjavera et al. 2020 [63]	Prostate	Start of ADT	✓		
Pereira et al., 2020 [64]	Breast	During or after oncologic treatment (timing not specified; treatment not interrupted)	✓		
Piraux et al., 2020 [65]	Prostate	During radiotherapy	✓		
Scott et al., 2020 [66]	Breast	Post-treatment			✓
Gal et al. 2021 [67]	Breast	Post-treatment Possibly concomitant with hormonal therapy			
Moraes et al., 2021 [68]	Breast	Post-treatment Possibly concomitant with hormonal therapy			
Harrison et al., 2022 [34]	Prostate	4 weeks prior to ADT + enzalutamide, continuing during treatment	✓		
Kang et al. 2022 [35]	Prostate	Active surveillance			
Koevoets et al., 2022 [69]	Breast	2–4 years after primary treatments			✓