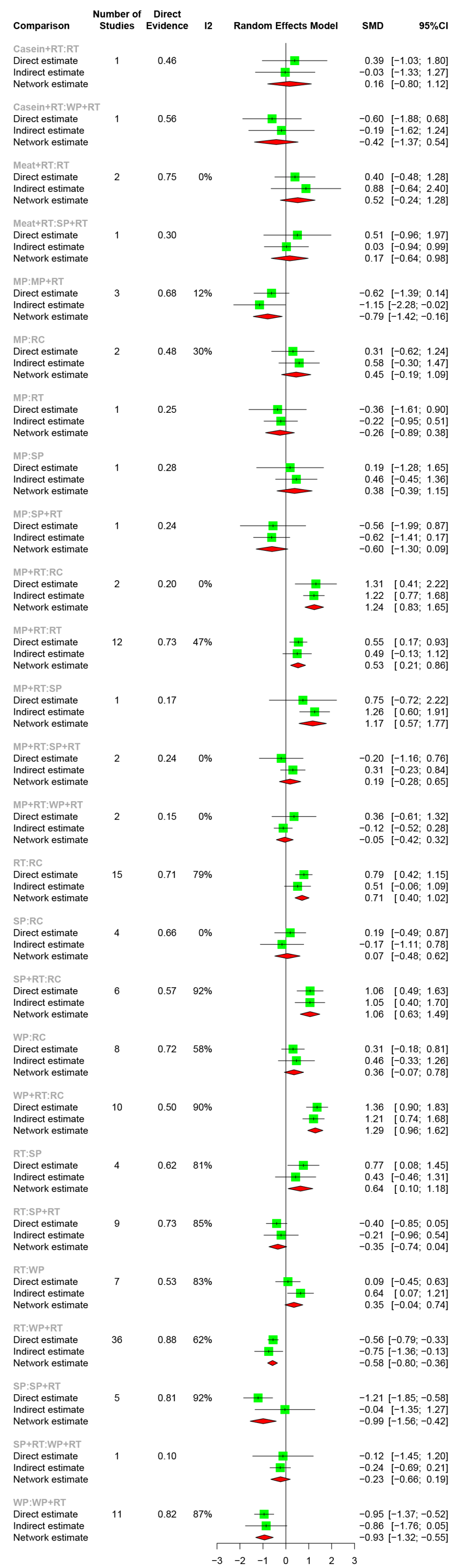


Figure S1. Risk of bias summary for each trial

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias	Overall
Aas 2019	+	+	-	-	-	+	+	-
Amasene 2019	?	-	+	-	-	+	+	-
Andiero 2014	?	-	-	-	-	+	+	-
Amarnson 2013	+	+	+	+	-	+	+	?
Bagheri 2022	+	+	+	+	-	+	+	?
Bijeh 2022	+	+	+	+	+	+	+	+
Candow 2006	+	+	+	+	-	+	-	-
Candow 2008	?	-	+	+	-	+	-	-
Chale 2013	+	+	-	-	+	+	+	-
Chang 2019	?	-	-	-	?	+	?	-
Chen 2017	+	-	-	+	+	+	?	-
Colonetti 2023	+	+	+	+	-	+	+	?
Daly 2014	+	+	-	?	+	+	+	?
de Azevedo Bach 2022	+	+	+	+	-	+	+	?
de Carvalho Bastona 2020	+	+	-	+	+	+	+	?
Deer 2019	+	+	+	-	+	+	+	?
Deibert 2011	?	-	-	-	-	+	+	-
Duff 2014	+	-	+	+	+	+	-	-
Dulac 2021	?	-	+	+	-	+	+	-
Eliot 2008	?	-	+	+	+	+	+	?
Fialarone 1994	?	-	+	-	-	+	+	-
Formica 2020	+	+	-	-	+	+	+	-
Francis 2017	?	-	-	-	-	+	-	-
Gade 2019	+	+	+	+	+	+	+	+
Granic 2020	+	+	-	-	-	+	-	-
Griffen 2022	+	+	+	+	-	+	+	?
Gronstedt 2020	+	-	-	-	+	+	+	-
Hamarsland 2019	+	?	+	+	-	+	+	?
Heß 2022	+	?	-	-	-	+	+	-
Haub 2002	?	-	-	-	-	+	-	-
He 2022	+	-	-	-	+	+	?	-
Holm 2008	?	-	+	+	-	+	-	-
Holwerda 2018	?	-	+	+	-	+	?	-
Kang 2020	+	+	+	+	-	+	+	?
Kanelis 2015	?	-	+	+	-	+	+	-
Kemmler 2020	+	+	+	+	+	+	+	+
Krause 2019	?	-	+	-	+	+	+	-
Kukuljan 2009	?	-	-	-	+	+	+	-
Kwon 2015	+	+	+	+	-	+	+	?
Lamb 2020	?	-	-	-	-	+	+	-
Leenders 2013	?	-	+	+	-	+	+	-
Liao 2021	+	+	-	+	+	+	+	?
Maesta 2007	?	-	+	-	-	+	-	-
Maltais 2016	?	?	+	+	-	+	+	?
McKenna 2021	+	+	-	+	+	+	+	?
Mertz 2021	+	+	+	+	+	+	+	+
Miller 2021	+	+	-	+	+	+	+	?
Mitchell 2018	+	+	+	+	+	+	+	+
Molnar 2016	?	-	-	-	+	+	+	-
Mori 2018	+	+	-	-	-	+	+	-
Mori 2022	+	+	-	+	-	+	+	-
Nabuco 2018	+	+	+	+	-	+	+	?
Nabuco 2019b	+	+	+	+	+	+	+	+
Nabuco 2019c	+	+	+	+	+	+	+	+
Nielsen 2020	+	+	+	+	-	+	+	?
Ossen 2015	?	-	-	+	-	+	-	-
Orsatti 2018	+	+	+	+	-	+	+	?
Roschel 2021	+	+	+	+	+	+	+	+
Seino 2018	?	-	-	+	+	+	+	-
Shahar 2013	?	-	-	-	-	+	+	-
Shenoy 2013	?	-	-	-	+	+	?	-
Soares 2023	+	+	+	+	+	+	+	+
Sugihara Junior 2018	?	-	+	+	+	+	+	?
Tang 2020	+	-	-	-	+	+	-	-
Thomson 2016	+	?	-	?	?	+	+	?
Tieland 2012	+	+	+	+	+	+	+	+
Trevisan 2010	+	+	+	+	+	+	+	+
Unterberger 2022	+	+	+	+	-	+	+	?
Verdijk 2009	?	-	+	+	-	+	+	-
Vereijken 2015	+	+	+	+	-	+	+	?
Vijayakumaran 2023	?	-	-	-	+	+	+	-
Vikberg 2019	+	+	-	+	-	+	+	-
Villanueva 2014	?	-	-	-	+	+	?	-
Weisgarber 2015	?	-	+	+	-	+	+	-
Yamada 2019	+	-	-	+	+	+	+	-
Zdziebik 2021	?	-	+	+	-	+	+	-
Zhao 2022	+	-	-	-	+	+	-	-
Zhu 2019	+	+	?	+	+	+	+	+

Figure S2. Forest plot of node-splitting results for muscle mass



Supplementary Figure S3. Relative effects among treatment regimens for muscle mass gain at each follow-up time frame

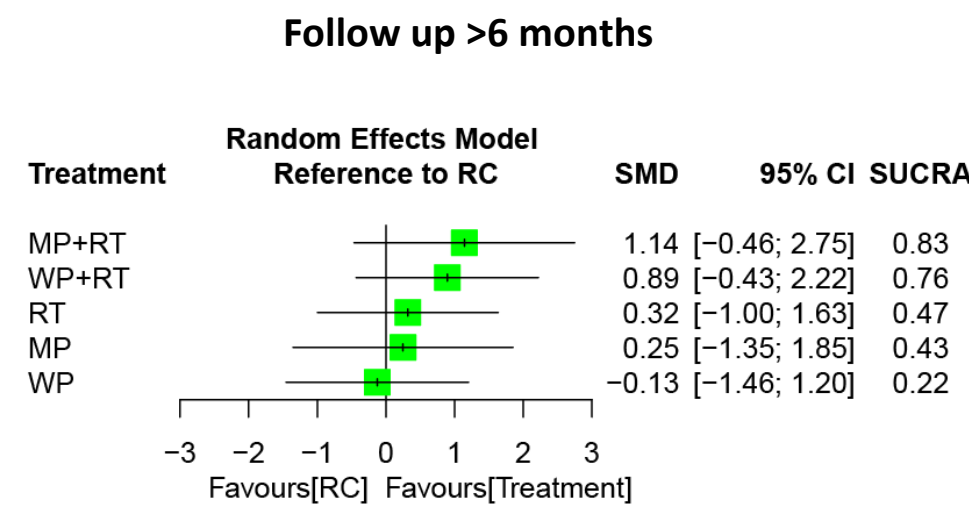
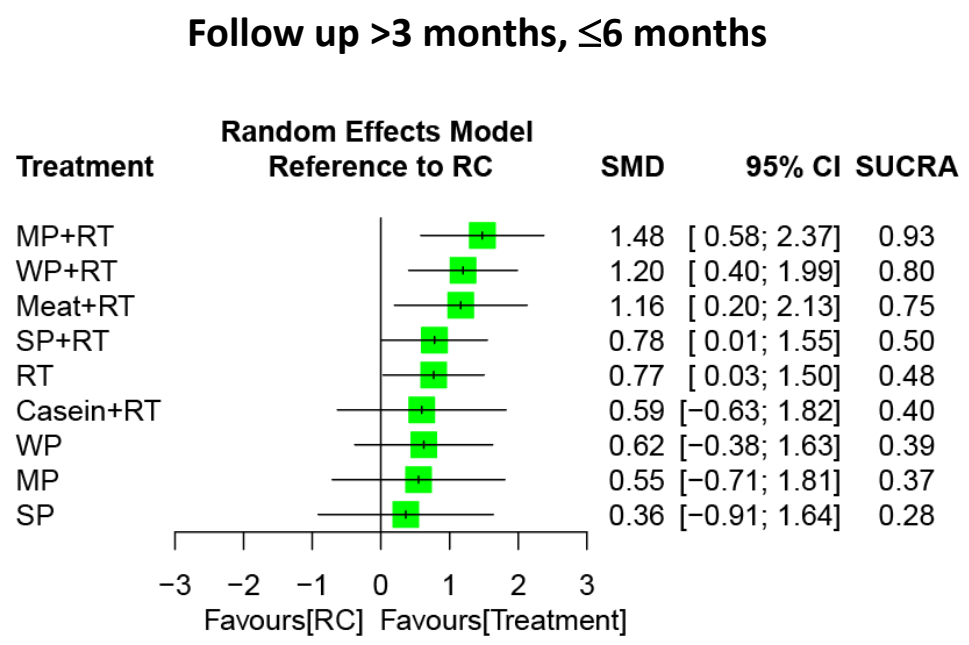
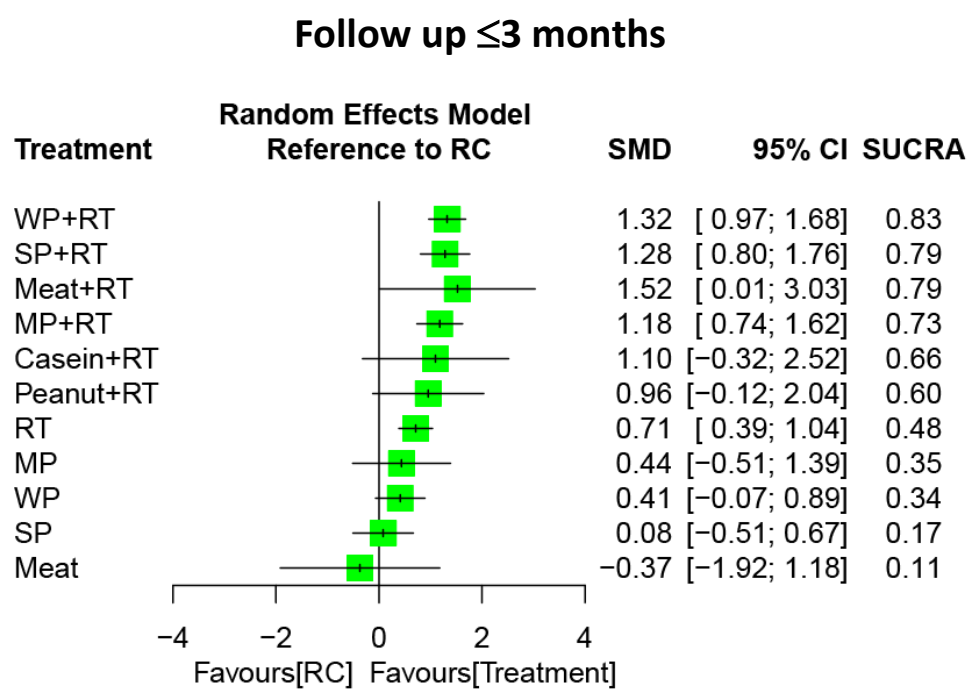


Figure S4. Forest plot of node-splitting results for handgrip strength

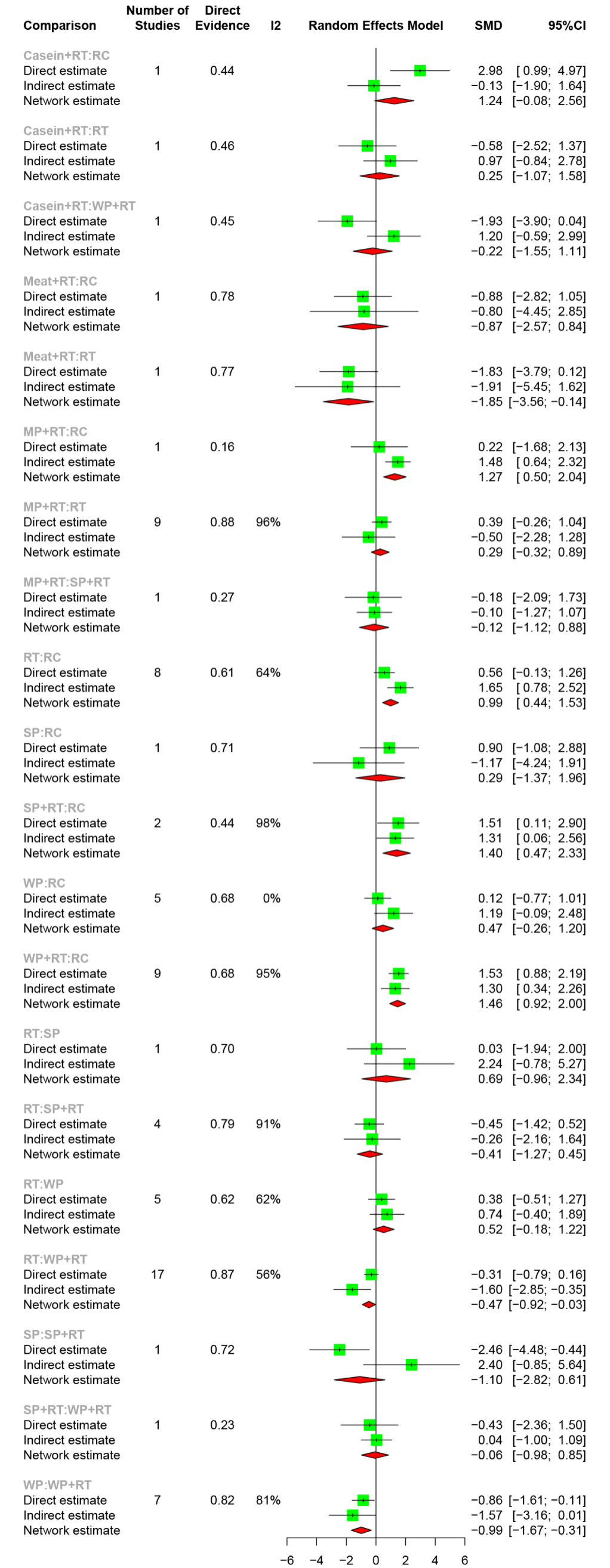
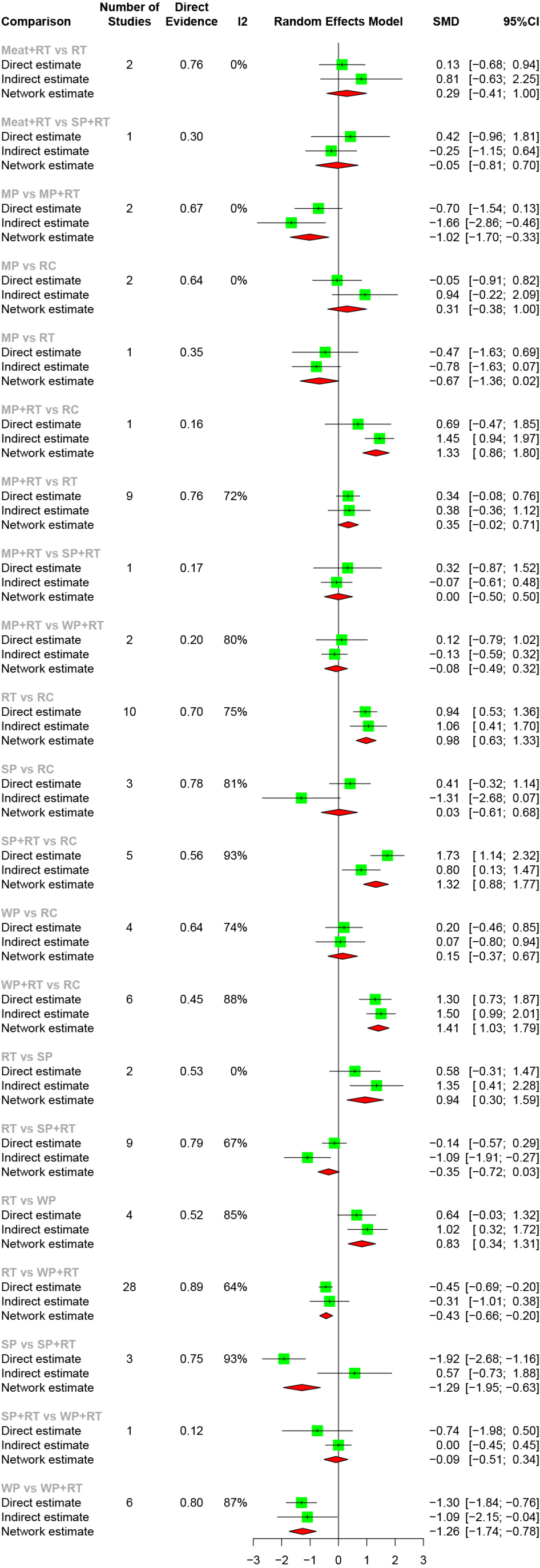
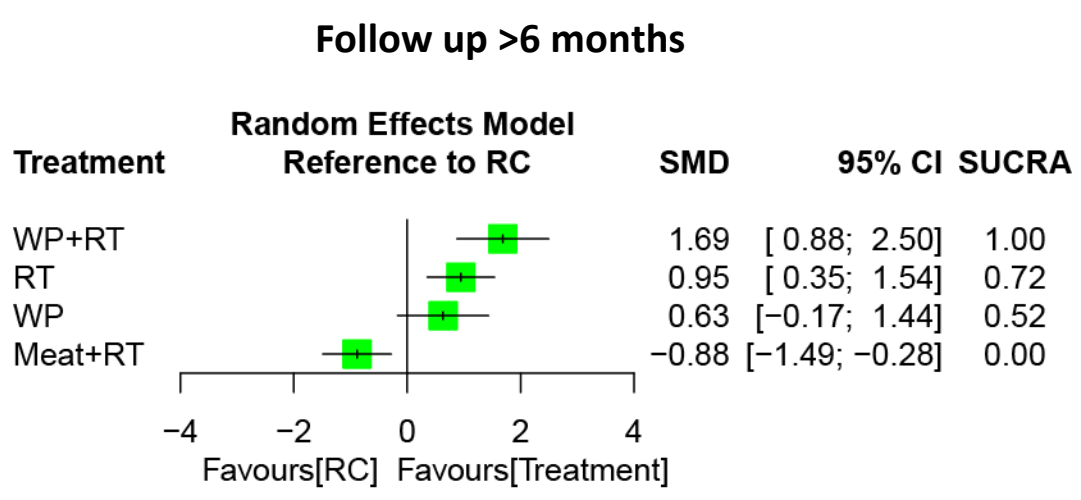
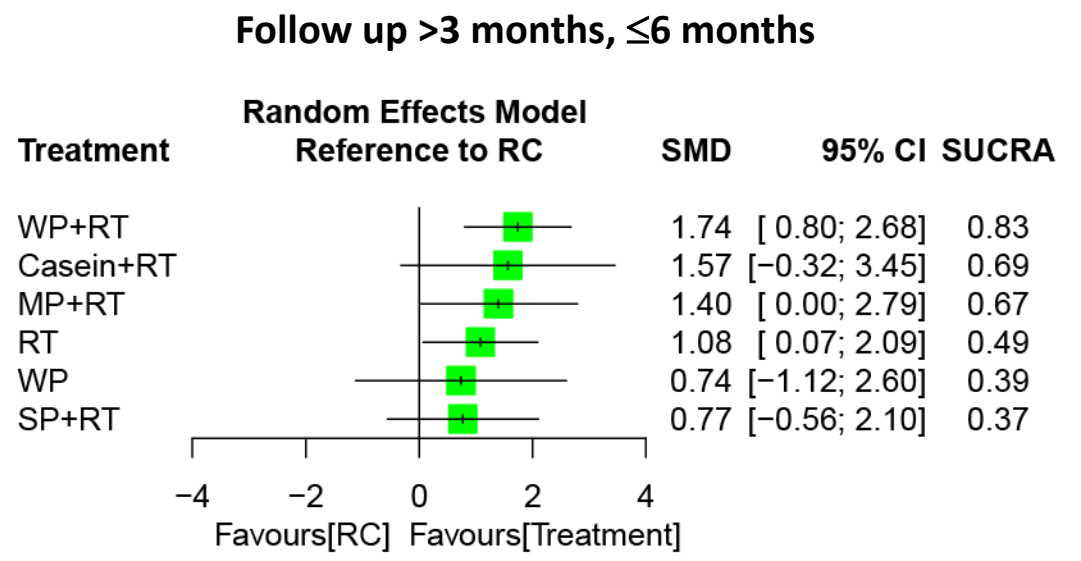
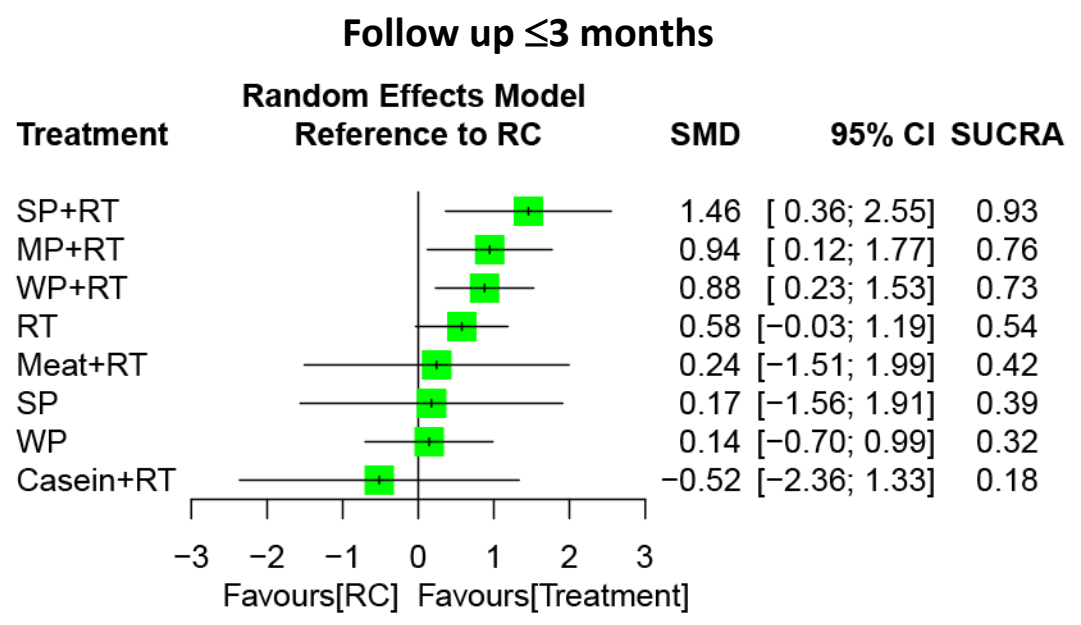


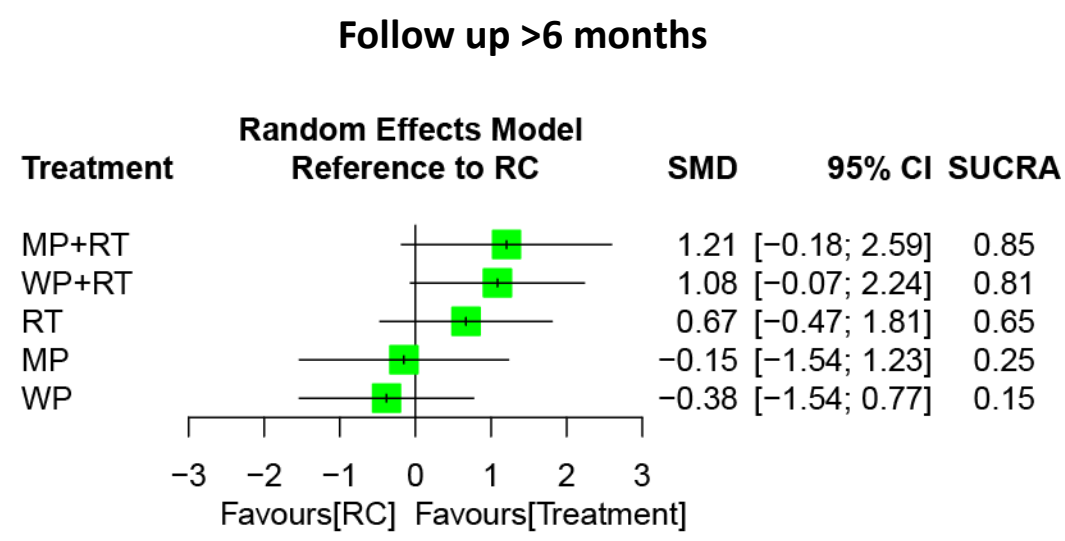
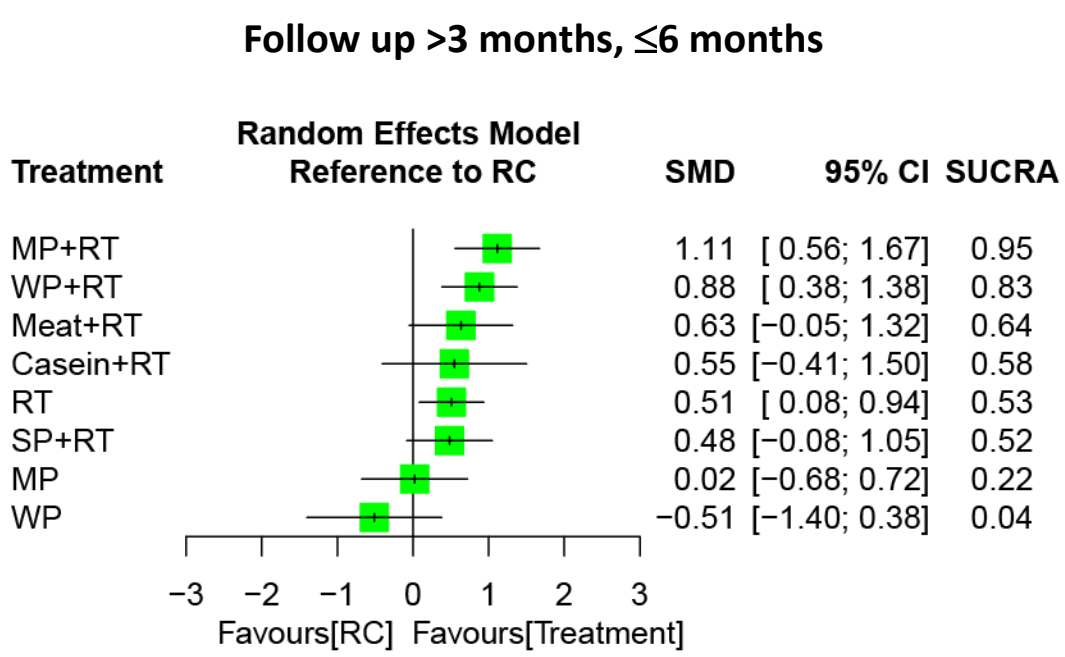
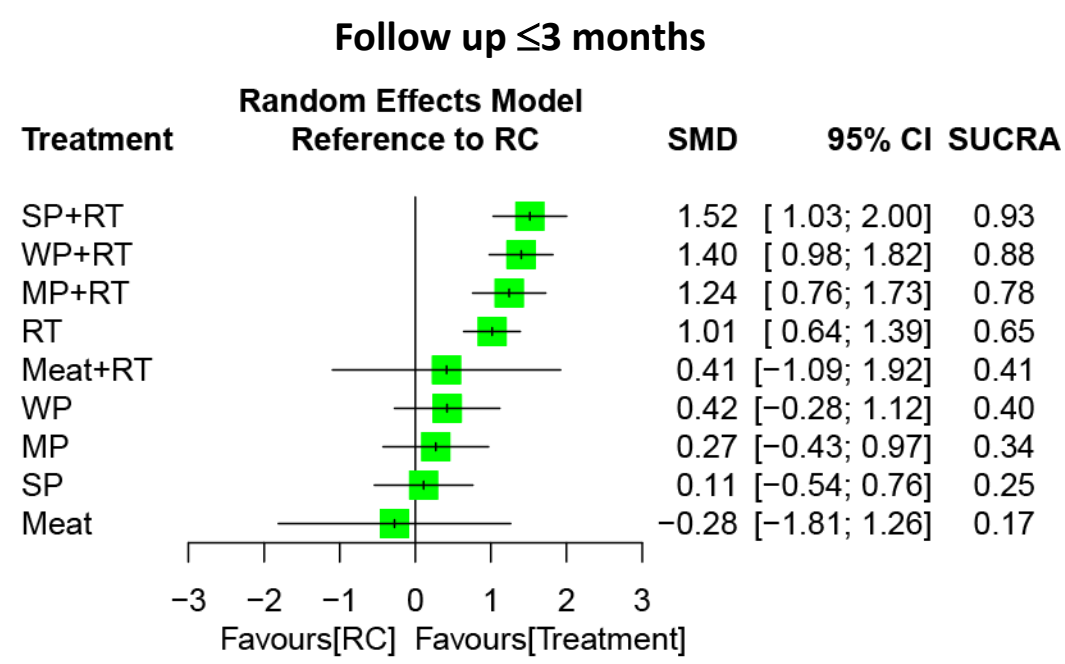
Figure S5. Forest plot of node-splitting results for leg strength



Supplementary Figure S6. Relative effects among treatment regimens for handgrip strength at each follow-up time frame



Supplementary Figure S7. Relative effects among treatment regimens for leg strength at each follow-up time frame



Supplementary Figure S8. Relative effects among treatment regimens for walking speed at each follow-up time frame

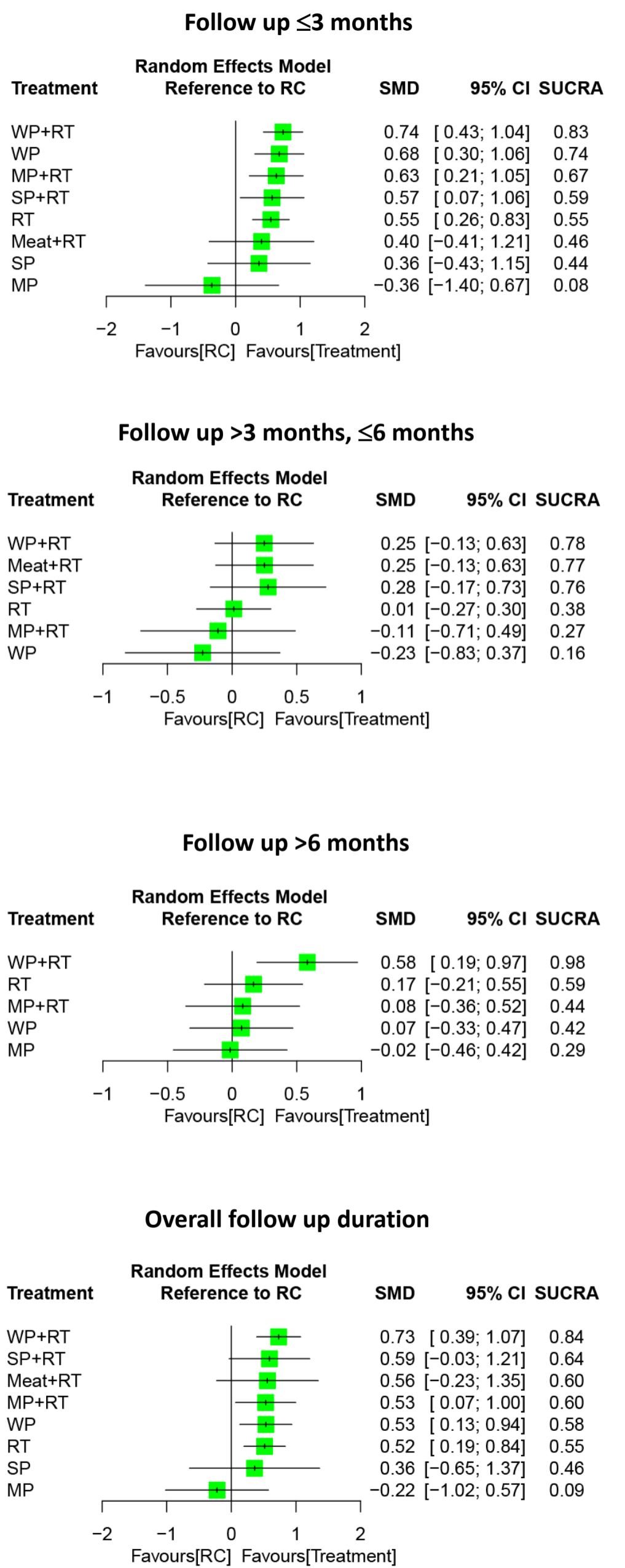
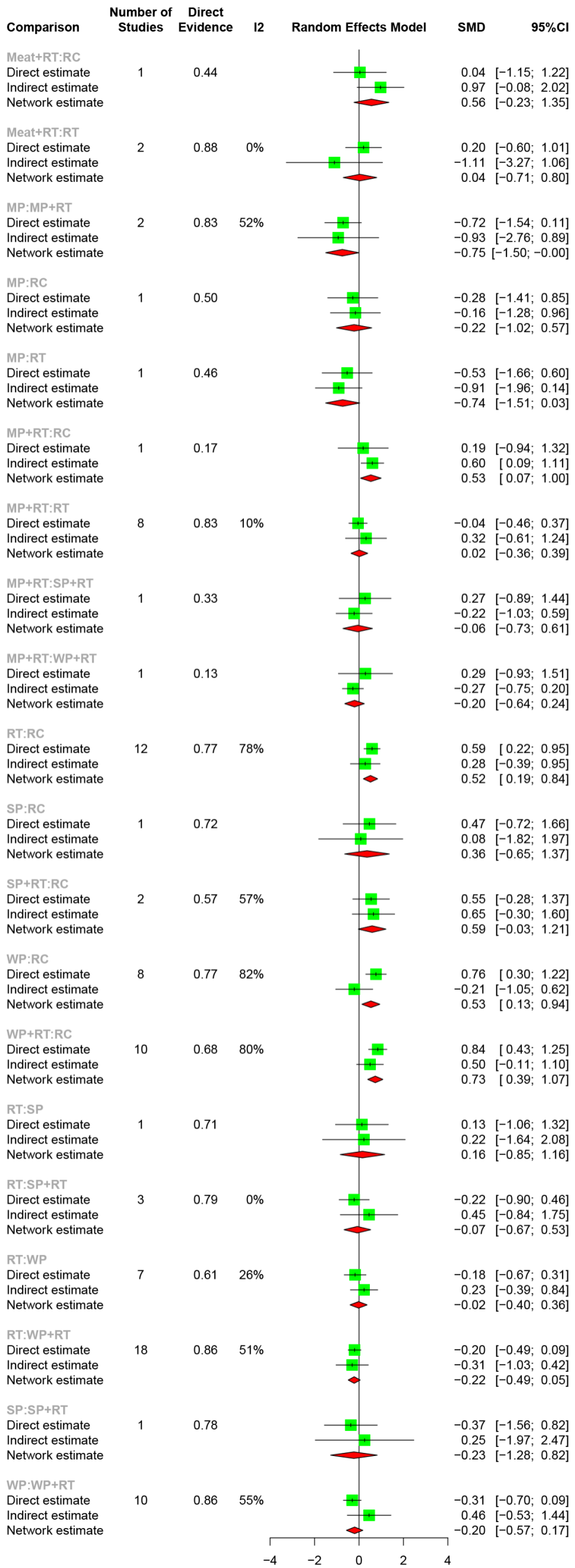


Figure S9. Forest plot of node-splitting results for walking speed



Supplementary Figure S10. Relative effects among treatment regimens for chair rise at each follow-up time frame

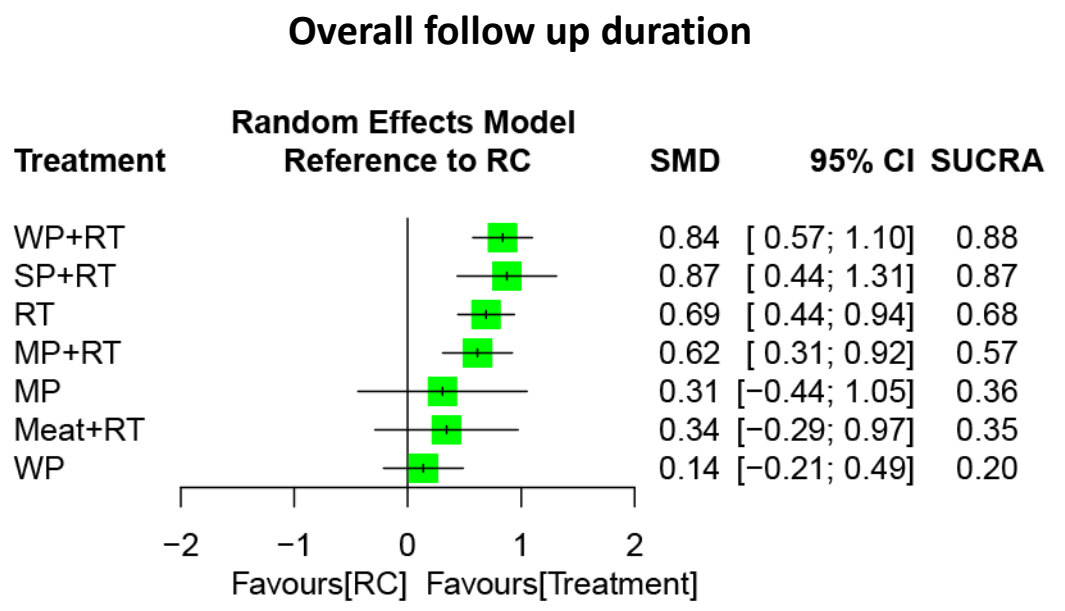
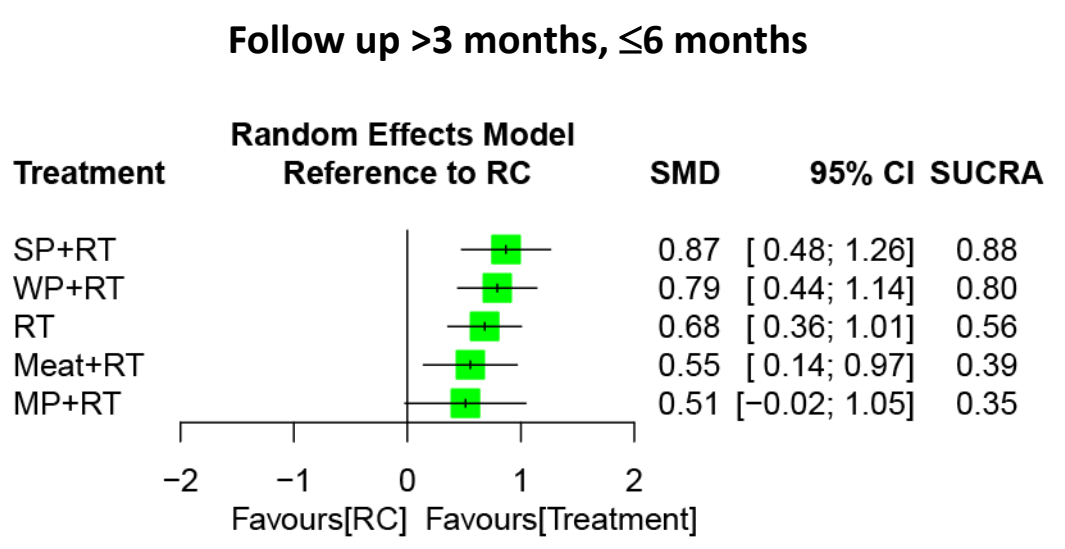
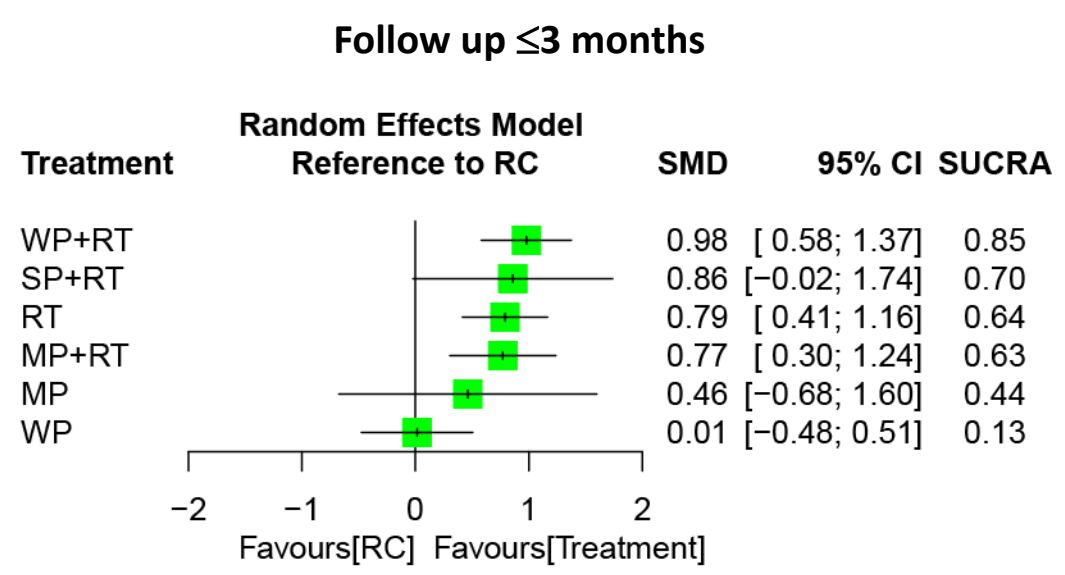
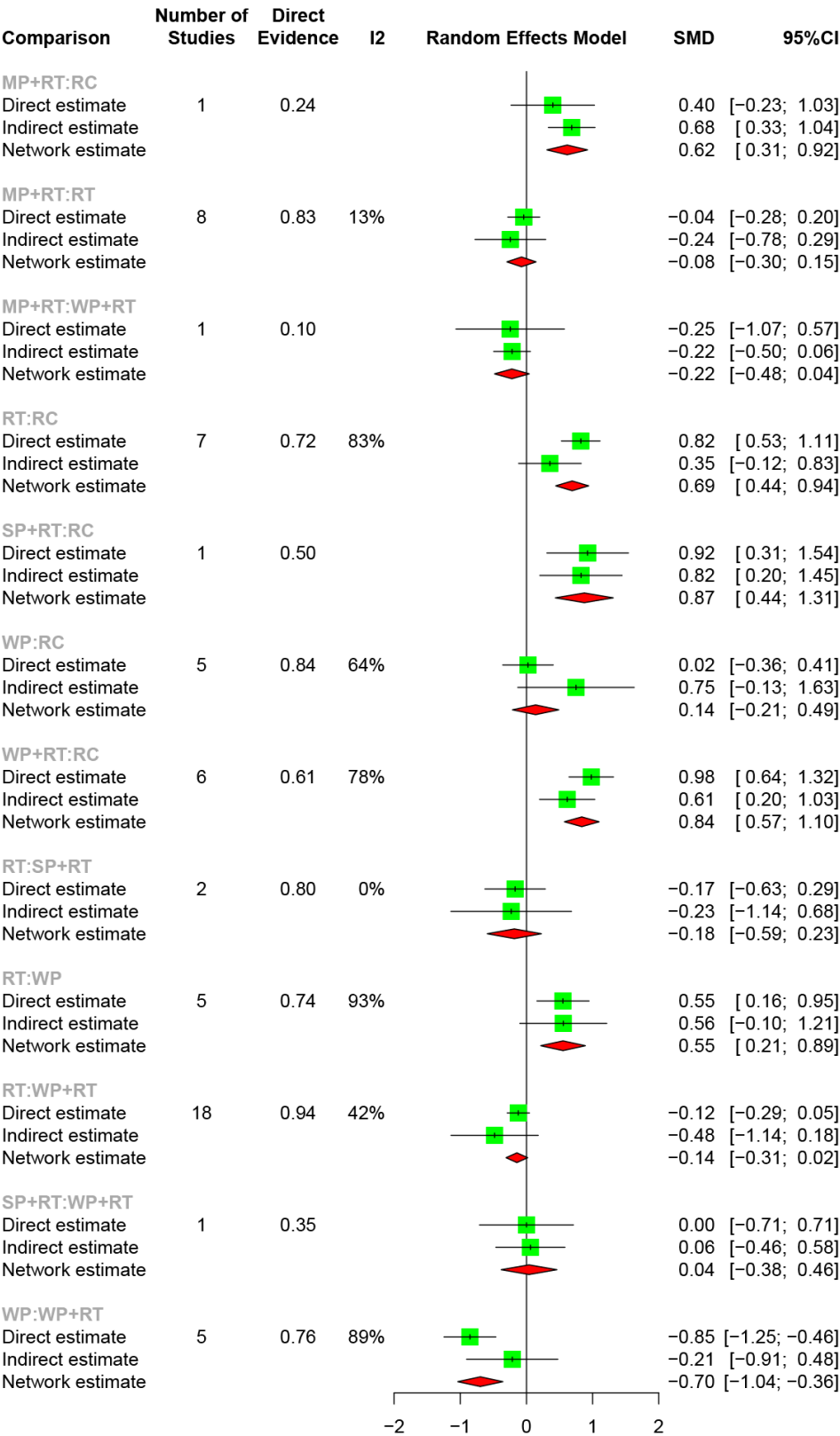
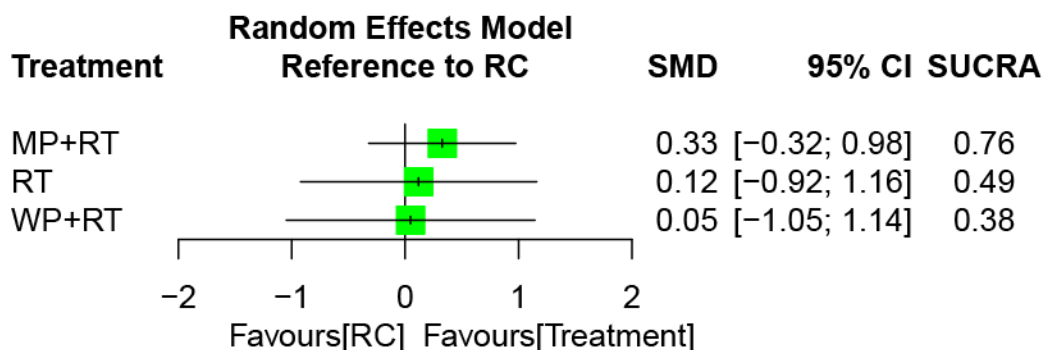


Figure S11. Forest plot of node-splitting results for chair rise

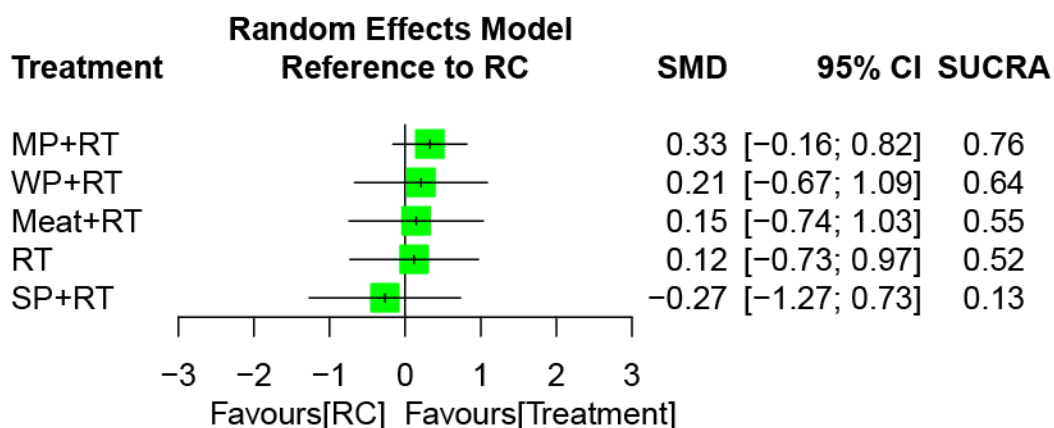


Supplementary Figure S12. Relative effects among treatment regimens for timed up-and-go task at each follow-up time frame

Follow up ≤ 3 months



Follow up >3 months, ≤ 6 months



Overall follow up duration

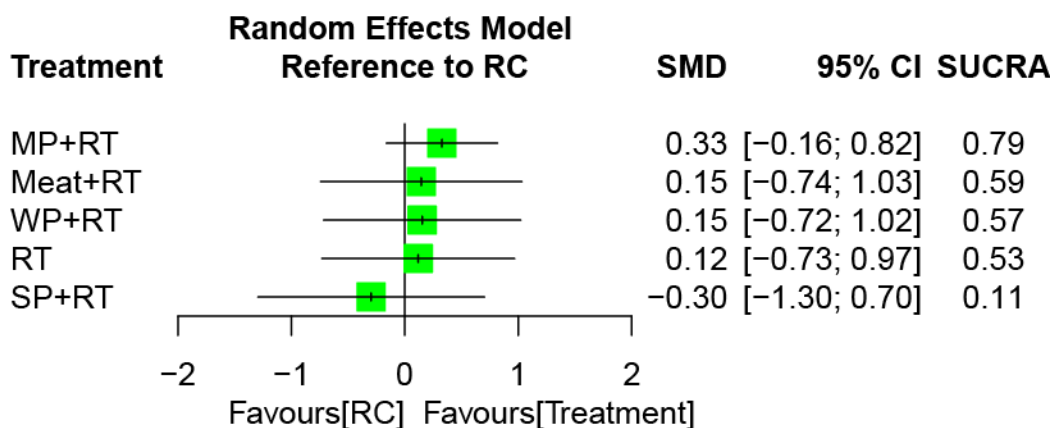
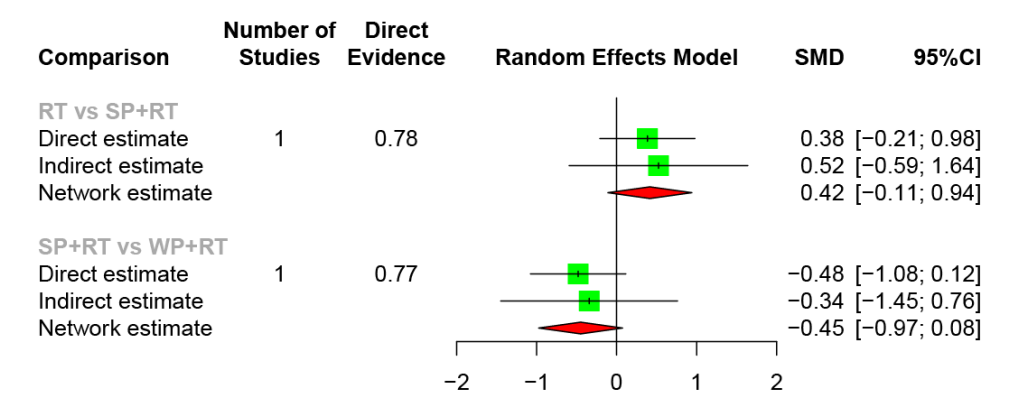


Figure S13. Forest plot of node-splitting results for timed up and go



Supplementary Figure S14. Relative effects among treatment regimens for Short Physical Performance Battery at each follow-up time frame

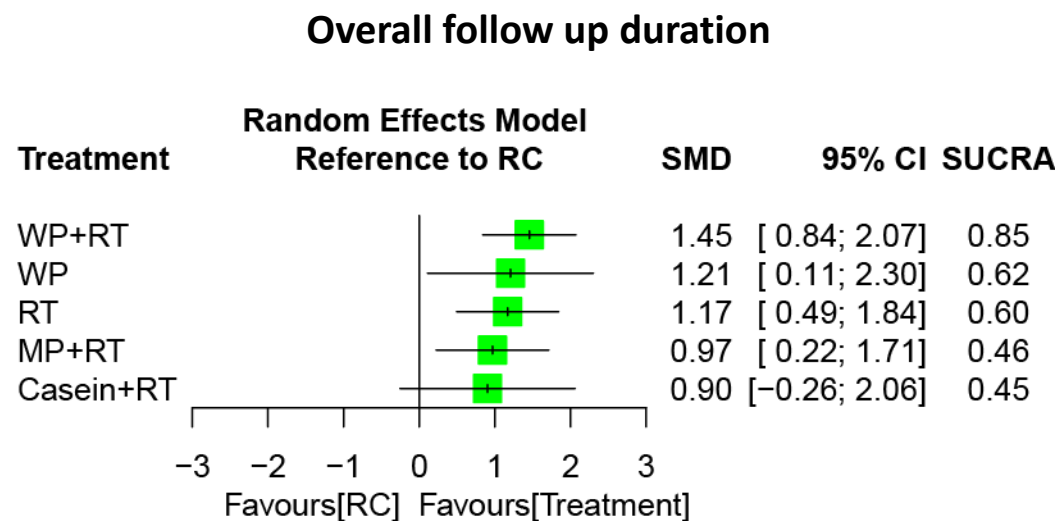
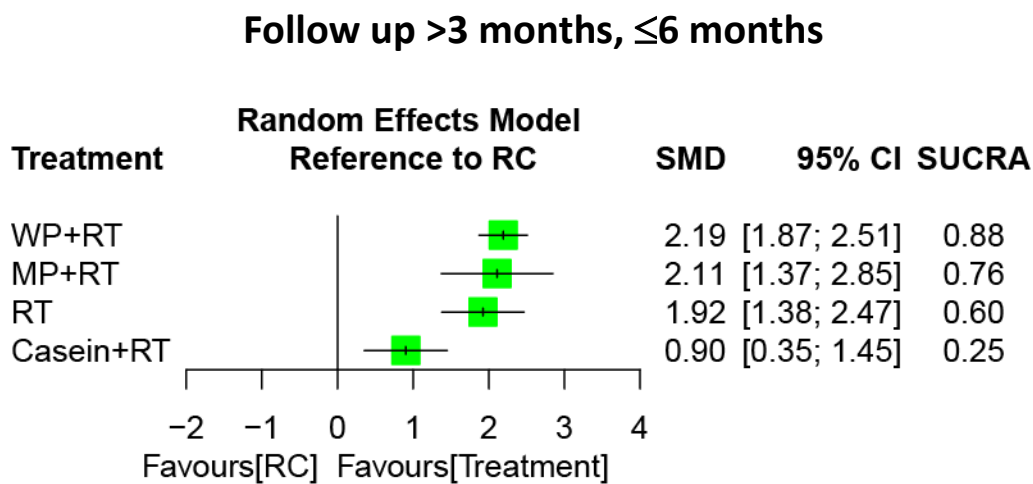
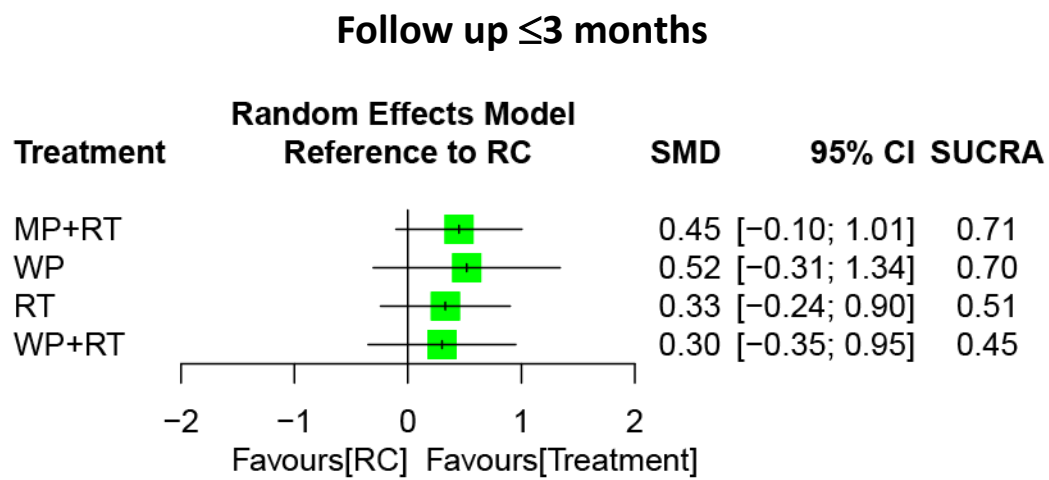
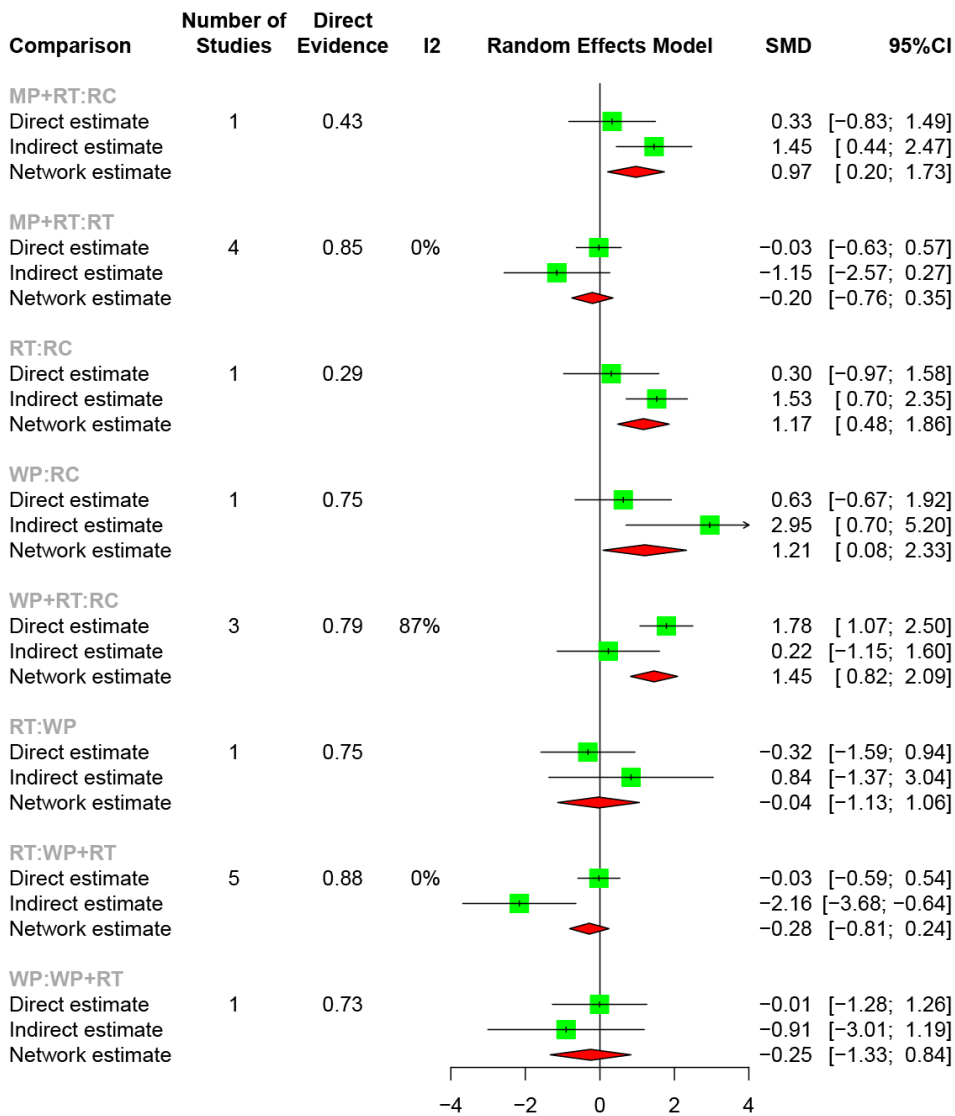


Figure S15. Forest plot of node-splitting results for SPPB



Supplementary figure S16

