

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	(hypertension):ti AND (aerobic*):ti" (hypertension):ti AND (endurance*):ti" (hypertension):ti AND weight*):ti" (hypertension):ti AND HIIT):ti" (hypertension):ti AND MICT):ti" (hypertension):ti AND fitness):ti" (hypertension):ti AND resistance):ti" (hypertension):ti Combined):ti" (hypertension):ti multicomponent):ti" (blood pressure):ti AND (aerobic*):ti" (blood pressure):ti AND (endurance*):ti" (blood pressure):ti AND weight*):ti" (blood pressure):ti AND HIIT):ti" (blood pressure):ti AND MICT):ti" (blood pressure):ti AND fitness):ti" (blood pressure):ti AND resistance):ti" (blood pressure):ti Combined):ti" (blood pressure):ti multicomponent):ti" (systolic):ti AND (aerobic*):ti" (systolic):ti AND (endurance*):ti" (systolic):ti AND weight*):ti" (systolic):ti AND HIIT):ti" (systolic):ti AND MICT):ti" (systolic):ti AND fitness):ti" (systolic):ti AND resistance):ti" (systolic):ti Combined):ti" (systolic):ti multicomponent):ti" (diastolic):ti AND (aerobic*):ti" (diastolic):ti AND (endurance*):ti" (diastolic):ti AND weight*):ti" (diastolic):ti AND HIIT):ti" (diastolic):ti AND MICT):ti" (diastolic):ti AND fitness):ti" (diastolic):ti AND resistance):ti" (diastolic):ti Combined):ti" (diastolic):ti multicomponent):ti" (hypertensive):ti AND (aerobic*):ti" (hypertensive):ti AND (endurance*):ti" (hypertensive):ti AND weight*):ti" (hypertensive):ti AND HIIT):ti" (hypertensive):ti AND MICT):ti" (hypertensive):ti AND fitness):ti" (hypertensive):ti AND resistance):ti" (hypertensive):ti Combined):ti" (hypertensive):ti multicomponent):ti"

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*

	<p> 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 </p>
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