Supplementary file 2. Planned covariates to examine.

Characteristics	Variable
Study	Publication year, impact factor of journal, country study conducted, type of control group, bias (sequence generation, allocation concealment, blinding of participants & personnel, blinding of outcome assessors, incomplete outcome data, selective outcome reporting), type of analysis, funding
Participant	Age, gender, race/ethnicity, maturational stage
Exercise	Type (aerobic, strength, both), length, frequency, intensity, duration, total minutes, total minutes (adjusted for compliance), mode, compliance, exercise supervision, setting, number of sets, number of repetitions, rest between sets, number of exercises, type of resistance, equipment used, fidelity (design, training, delivery, receipt, enactment)
Outcome	Baseline values for primary outcomes (BMI in $kg^,m^{2,}$, fat mass, percent fat), method used to assess adiposity, i.e., instrumentation