

**Supplementary Material**

**Table S1.** Detailed TesTex Scoring of all analysed studies.

Study name	Eligibility criteria specified	Randomisation specified	Allocation concealment	Groups similar at baseline	Assessors blinded	Outcome measures assessed >85% of participants	Intention to treat analysis	Between group statistical comparisons reported	Point estimates reported	Activity monitoring in control group	Relative exercise intensity review	Exercise volume & energy expended	Overall TESTEX
Tew et al., 2019	YES	YES	NO	NO	NO	YES (3)	NO	YES (2)	YES	NO	NO	YES	9
Atan & Karavelioglu 2020	YES	YES	NO	YES	NO	YES (3)	NO	YES (2)	YES	NO	NO	YES	10
Stavrinou et al., 2018 HIIT 2/wk.	YES	NO	NO	YES	NO	YES (1)	NO	YES (2)	YES	NO	YES	YES	8
Stavrinou et al., 2018 3/wk.	YES	NO	NO	YES	NO	YES (1)	NO	YES (2)	YES	NO	YES	YES	8
Connolly et al., 2017	NO	NO	NO	NO	YES	NO	NO	YES (2)	YES	NO	NO	YES	5
Romain et al., 2019	YES	YES	YES	YES	NO	YES (3)	YES	YES (2)	YES	NO	YES	YES	13

Madssen et al., 2014	YES	YES	NO	NO	NO	YES (3)	NO	YES (2)	YES	NO	NO	NO	8
Burn et al., 2021	YES	NO	NO	NO	NO	YES (3)	NO	YES (2)	YES	NO	YES	NO	8
Connolly et al., 2020	NO	YES	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	YES	NO	8
Engel et al., 2019	YES	NO	NO	YES	NO	YES (2)	NO	YES (2)	YES	NO	NO	NO	7
Ellingsen et al., 2017	YES	NO	NO	YES	NO	YES (3)	YES	YES (2)	YES	NO	NO	YES	10
Adams et al., 2018	YES	YES	NO	NO	NO	YES (2)	NO	YES (2)	YES	YES	YES	YES	10
Alarcón-Gomez et al., 2021	YES	YES	NO	NO	NO	YES (2)	NO	YES (2)	YES	NO	YES	YES	9
Stavrinou et al., 2019 2/wk.	YES	NO	NO	YES	NO	NO	NO	YES (2)	YES	YES	YES	YES	8
Stavrinou et al., 2019 3/wk.	YES	NO	NO	YES	NO	NO	NO	YES (2)	YES	YES	YES	YES	8
Mueller et al., 2021	YES	YES	YES	NO	NO	YES (3)	NO	YES (2)	YES	NO	YES	YES	11
Chrysohoou et al., 2014	YES	YES	NO	NO	NO	YES (1)	YES	YES (2)	YES	NO	NO	YES	8
Ballin et al., 2014	NO	YES	YES	YES	NO	YES (3)	NO	YES (2)	YES	NO	YES	YES	11
Ghram et al., 2021	YES	YES	NO	NO	YES	YES (2)	NO	YES (2)	YES	NO	NO	YES	9

Tew et al., 2017	YES	YES	YES	NO	YES	YES (3)	NO	YES (2)	YES	NO	NO	YES	11
Ochi et al., 2022	YES	YES	NO	YES	YES	YES (2)	NO	YES (2)	YES	NO	NO	NO	9
Woodfield et al., 2022	YES	YES	NO	NO	NO	YES (2)	YES	YES (2)	YES	NO	NO	YES	9
Malmo et al., 2016	YES	NO	NO	NO	NO	YES (1)	NO	YES (2)	YES	YES	NO	YES	7
Mokhtarzade et al., 2017	YES	NO	NO	YES	NO	NO	NO	YES (2)	YES	NO	YES	YES	7

Figure S1. Physical QoL funnel plot.

