Exercise Programs for Muscle Mass, Muscle Strength and Physical Performance in Older Adults with Sarcopenia: A Systematic Review and Meta-Analysis

Wangxiao Bao, Yun Sun, Tianfang Zhang, Liliang Zou, Xiaohong Wu, Daming Wang, Zuobing Chen

Department of Rehabilitation Medicine, First Affiliated Hospital, Zhejiang University School of Medicine, Hangzhou, China
Supplementary Figure 1. Funnel Plot Asymmetry Test for publication bias analysis: ASM (A), ASM/height² (B), grip strength (C), five chair stands time (B), gait speed (E) and TUG test (F).
**Supplementary Figure 2. Effects of exercise programs on the total body skeletal muscle mass in older adults with sarcopenia.**

Forest plot of difference in mean change from baseline in SMM (A) and SMM/height² (B) after the intervention. SMM, total body skeletal muscle mass. CI confidence interval, IV, inverse variance, Std, standardized.