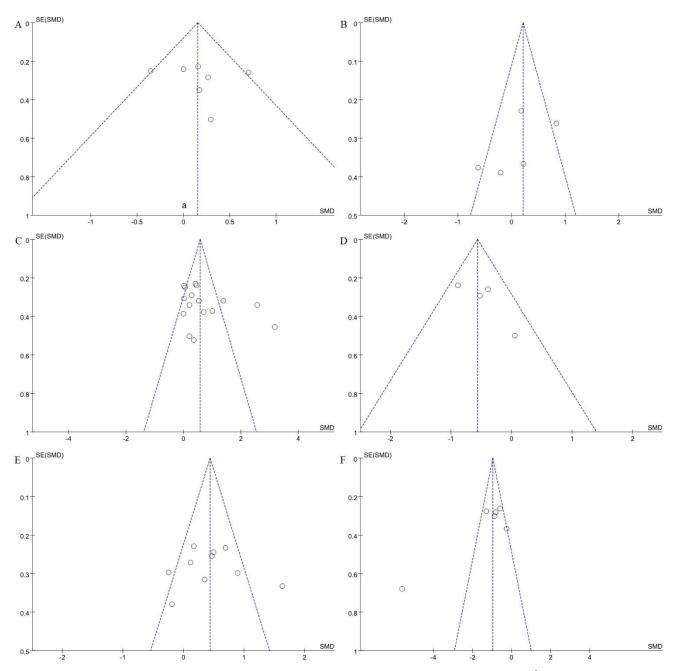
SUPPLEMENTARY DATA

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

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SUPPLEMENTARY DATA



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 DATA

А	Exercise				Control			Std. Mean Difference		Std. Mean Difference
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
	Chen, H. T.2017	0.1	4.0509	15	-0.4	3.7	15	22.3%	0.13 [-0.59, 0.84]	
	Chen, H. T.2018	0.17	2.9372	17	-0.29	2.74	16	24.5%	0.16 [-0.53, 0.84]	
	Piastra, G.2018	1.71	6.0835	35	-0.06	6.9	37	53.2%	0.27 [-0.20, 0.73]	
	Total (95% CI)			67			68	100.0%	0.21 [-0.13, 0.55]	-
	Heterogeneity: Chi ² = 0.14, df = 2 (P = 0.93); l ² = 0%									
	Test for overall effect:	Z = 1.21	(P = 0.2)	(3)						-1 -0.5 0 0.5 1 Favour [control] Favour [exercise]
										Favour [control] Favour [exercise]
В		E	xercise		С	ontrol			Std. Mean Difference	Std. Mean Difference
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
	Hamaguchi, K.2017	0.1	0.3	7	0	0.46	8	8.7%	0.24 [-0.78, 1.26]	
	Maruya, K.2016	0.02	0.6551	26	-0.07	0.68	14	21.5%	0.13 [-0.52, 0.78]	
	Piastra, G.2018	0.88	2.5585	35	-0.07	2.33	37	41.7%	0.38 [-0.08, 0.85]	
	Tsekoura, M.2018	0.155	0.5228	36	-0.01	0.66	18	28.1%	0.28 [-0.28, 0.85]	
	Total (95% CI)			104			77	100.0%	0.29 [-0.01, 0.59]	◆
Heterogeneity: Chi ² = 0.39, df = 3 (P = 0.94); l ² = 0%										
	Test for overall effect: 2									-4 -2 0 2 4 Favour [control] Favour [exercise]

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.