

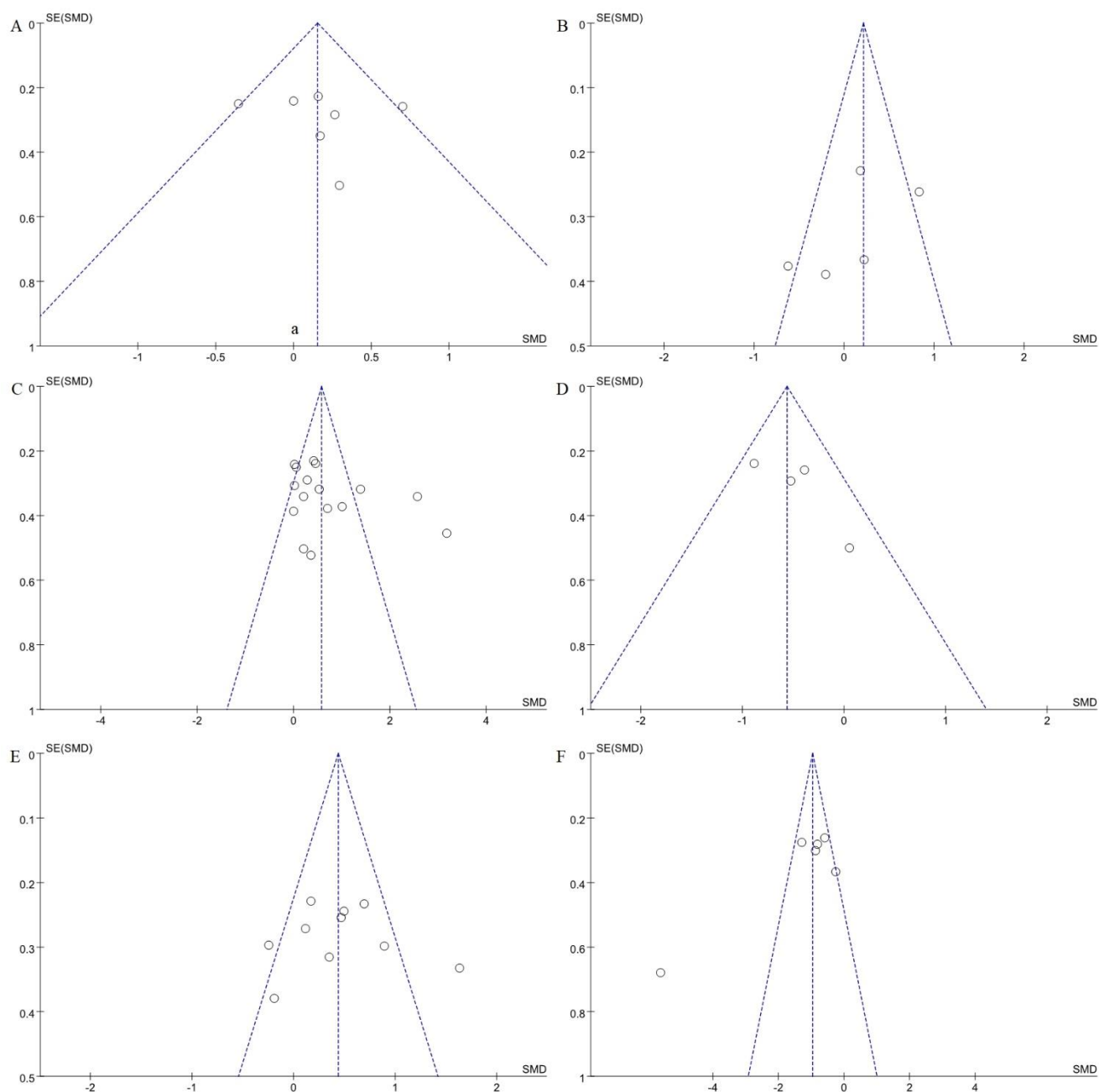
SUPPLEMENTARY DATA

# **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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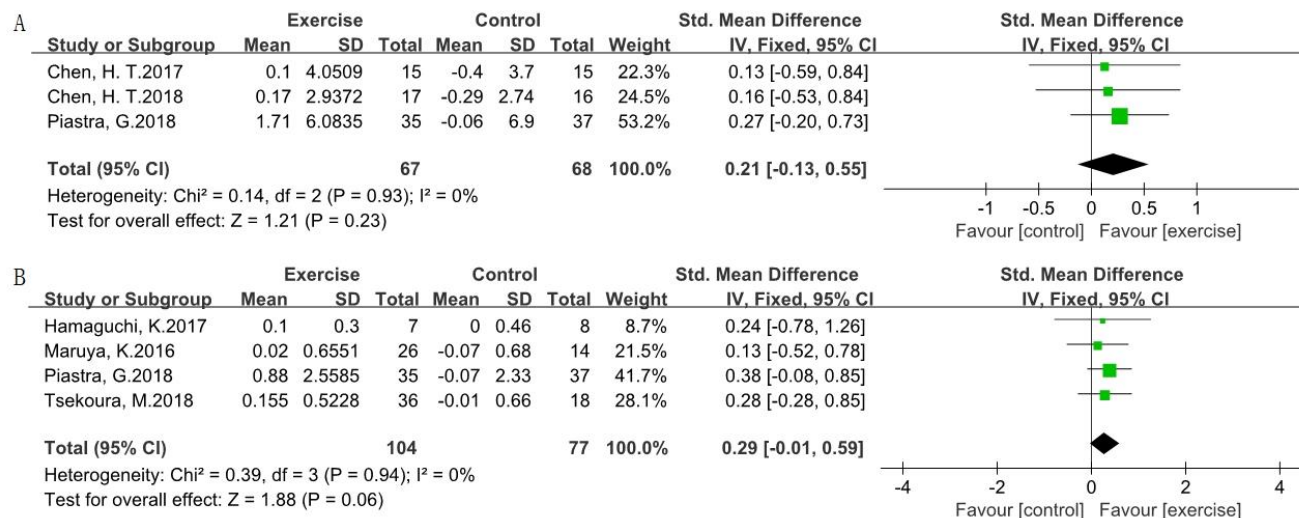
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# SUPPLEMENTARY DATA



**Supplementary Figure 1.** Funnel Plot Asymmetry Test for publication bias analysis: ASM (A), ASM/height<sup>2</sup> (B), grip strength (C), five chair stands time (D), gait speed (E) and TUG test (F).

# SUPPLEMENTARY DATA



**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/height<sup>2</sup> (B) after the intervention. SMM, total body skeletal muscle mass. CI confidence interval, IV, inverse variance, Std, standardized.