Fig. 4. (A) Subgroup analysis by session duration (minutes per session).

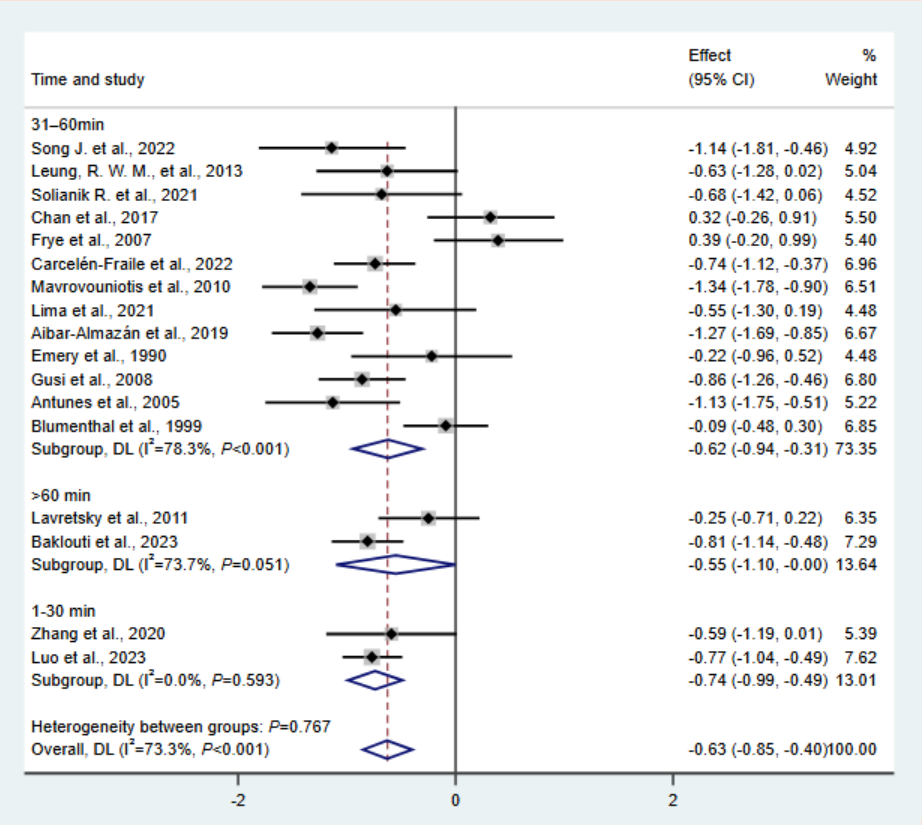


Fig. 4. (B) Subgroup analysis by weekly exercise frequency (sessions per week).

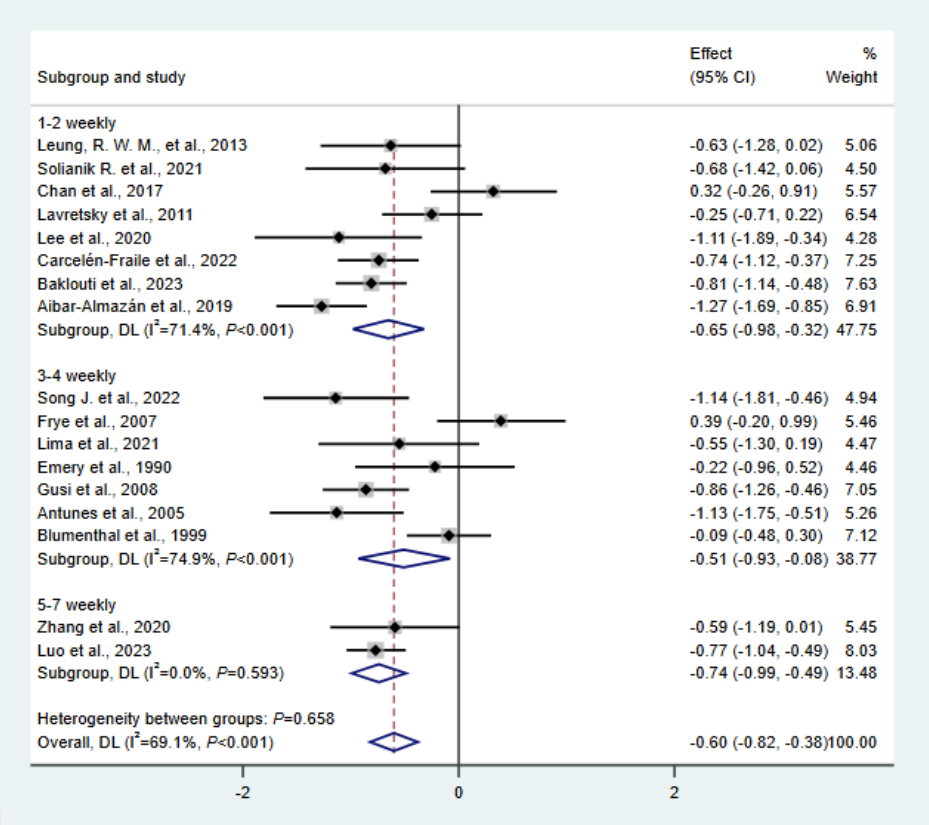


Fig. 4. (C) Subgroup analysis by intervention period (weeks).

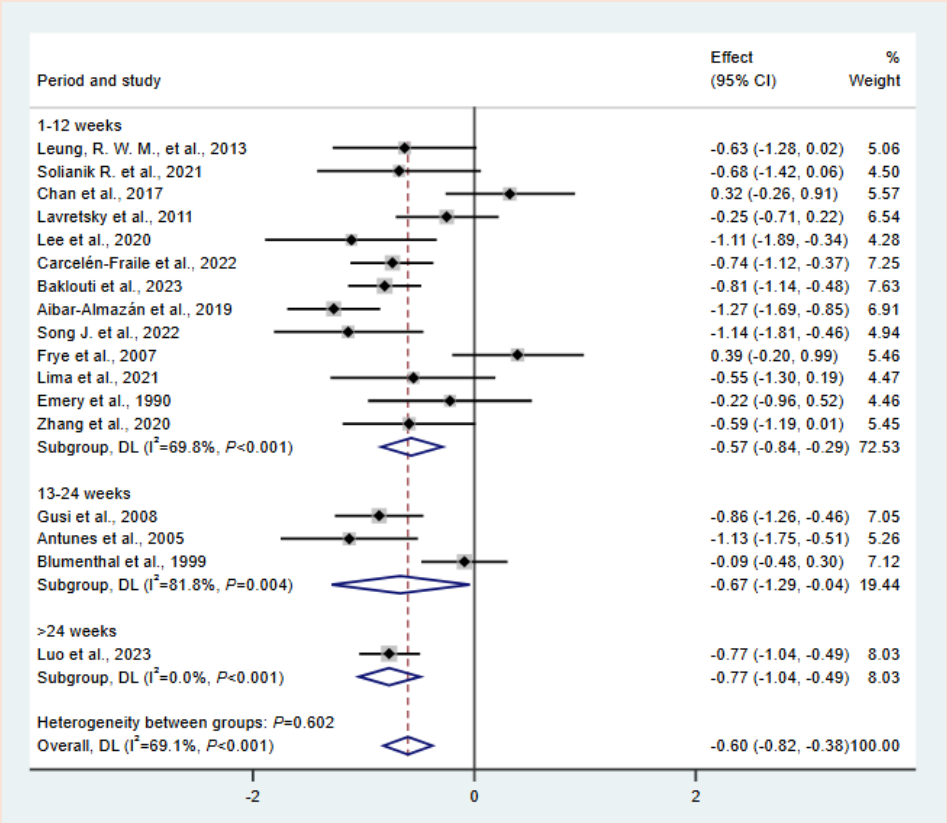
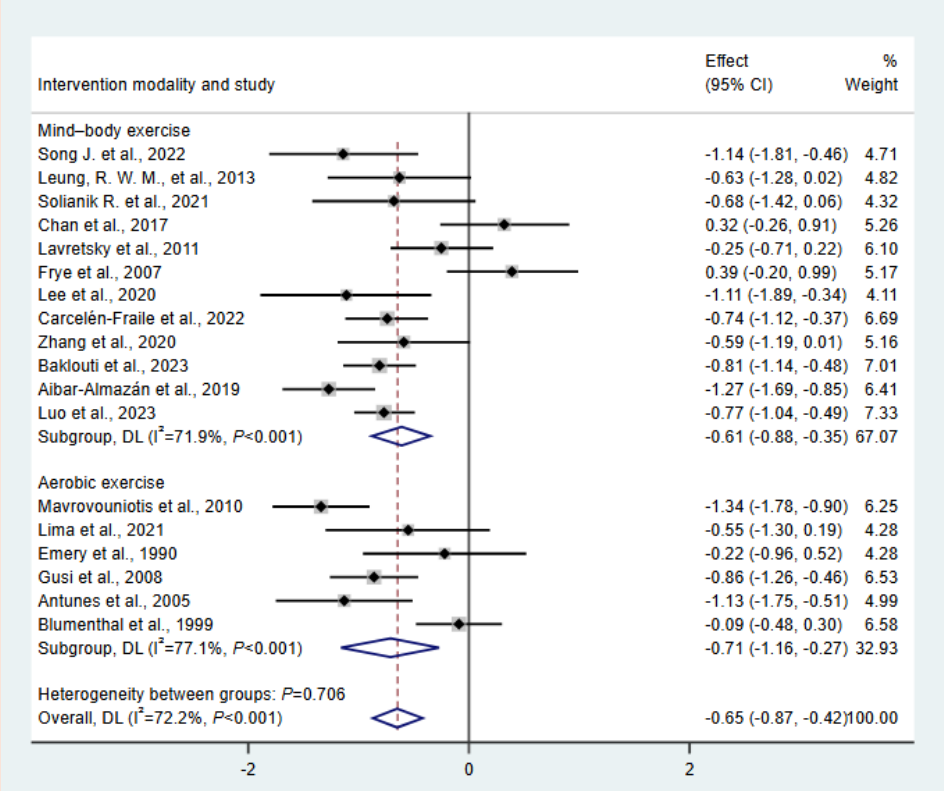


Fig. 4. (D) Subgroup analysis by intervention modality.



CI: confidence interval; DL: DerSimonian–Laird
Weights and between-subgroup heterogeneity test are from random effects model.