

ESM Table 4: Interventions were ranked 1st (best), 2nd or 3rd (worst) according to their efficacy, at each step of the MCMC simulation. The proportion of times an intervention was ranked in each position gives the probability that is best, 2nd best or worst, respectively, for each outcome.

Outcome	number of included studies (patients)	Probabilities		
		best	2 nd best	worst
HbA1c	14 (854)			
AET		5.6%	93.7%	0.7%
RT		0%	0.8%	99.2%
CT		94.4%	5.5%	0.1%
FG	9 (329)			
AET		6.2%	91.5%	2.3%
RT		0.2%	2.5%	97.3%
CT		93.6%	6%	0.4%
TC	9 (433)			
AET		6%	26.6%	67.4%
RT		33.2%	46.9%	19.9%
CT		60.8%	26.5%	12.7%
LDL	11 (566)			
AET		20.1%	40.7%	39.2%
RT		23.3%	36.8%	39.9%
CT		56.6%	22.5%	20.9%
HDL	12 (596)			
AET		18%	65.4%	16.6%
RT		4%	18%	78%
CT		78%	16.6%	5.4%
TG	11 (551)			
AET		0.2%	38.4%	61.4%
RT		0.5%	61%	38.5%
CT		99.3%	0.6%	0.1%
DBP	10 (536)			
AET		6.2%	44.7%	49.1%
RT		10.2%	43.8%	46%
CT		83.6%	11.5%	4.9%
SBP	10 (536)			
AET		36.3%	57.8%	5.9%
RT		2.4%	9.8%	87.8%
CT		61.3%	32.4%	6.3%
BW	11 (712)			
AET		2.5%	88.4%	9.1%
RT		0.1%	9.4%	90.5%
CT		97.4%	2.2%	0.4%

AET, aerobic exercise training; BW, body weight; CT, combined training; DBP, diastolic blood pressure; FG, fasting glucose; RT, resistance training; SBP, systolic blood pressure; TC, total cholesterol; TG, triacylglycerols;