

Additional File 2 - GRADE Summary of Finding Table: Aerobic (constant or interval) Exercise or Combined Aerobic and Progressive Resistive Exercise (PRE) Compared with No Exercise for Adults Living with HIV

Outcomes	Illustrative comparative risks (95% CI)		Number of Participants (studies)	Quality of the evidence (GRADE)	Comments
	No Exercise	Aerobic Exercise or Combined Aerobic and Progressive Resistive Exercise (PRE) Compared with No Exercise			
IMMUNOLOGICAL / VIROLOGICAL Viral Load (log10copies)	The mean Viral Load (log10copies) in the control group was 0	The mean Viral Load (log10copies) in the intervention group was 0.18 higher (0.13 lower to 0.48 higher)	162 (6 RCTs)	⊕⊕⊕⊖ MODERATE	No significant difference in change in viral load between groups.
CARDIORESPIRATORY VO2 Max (ml/kg/min)	The mean VO2max (ml/kg/min) in the control group was 0	The mean VO2 max (ml/kg/min) in the intervention group was 2.87 higher (1.69 higher to 4.04 higher)	358 (8 RCTs)	⊕⊖⊖⊖ VERY LOW	*Significant improvement in VO2max among exercisers compared with non-exercisers.
STRENGTH Upper Body - Chest Press (1 repetition maximum; kg)	The mean Chest Press (1 repetition maximum; kg) in the control group was 0	The mean Chest Press (1 repetition maximum; kg) in the intervention group was 11.86 higher (2.37 higher to 21.36 higher)	44 (2 RCTs)	⊕⊕⊖⊖ LOW	*Significant improvement in upper body strength among exercisers compared with non-exercisers.

STRENGTH Lower Body - Leg Press (1 repetition maximum; kg)	The mean Leg Press (1 repetition maximum; kg) in the control group was 0	The mean Leg Press (1 repetition maximum; kg) in the intervention group was 50.96 higher (13.01 lower to 114.92 higher)	44 (2 RCTs)	⊕⊖⊖⊖ VERY LOW	No significant difference between groups, but a trend towards an improvement in lower body strength among exercisers compared with non-exercisers.
WEIGHT Body Weight (kg)	The mean Body Weight (kg) in the control group was 0	The mean Body Weight (kg) in the intervention group was 0.38 higher (1.55 lower to 2.31 higher)	151 (5 RCTs)	⊕⊕⊕⊖ MODERATE	No significant difference in change in body weight between groups.
BODY COMPOSITION Body Mass Index (kg/m2)	The mean Body Mass Index (kg/m2) in the control group was 0	The mean Body Mass Index (kg/m2) in the intervention group was 0.07 higher (0.52 lower to 0.66 higher)	227 (6 RCTs)	⊕⊕⊕⊕ HIGH	No significant difference in change in body mass index between groups.
QUALITY OF LIFE SF-36 Subscale Scores	The mean SF-36 Subscale Scores in the control group was 0	The mean SF-36 Subscale Scores in the intervention group was 6.47 higher (3.18 higher to 9.75 higher)	472 (2 RCTs)	⊕⊖⊖⊖ VERY LOW	*Significant improvement in quality of life scores among exercisers compared with non-exercisers.

LEGEND: *Bold and asterisk text in the comments section indicates significant improvement for the outcome.