

Additional File 4 - GRADE Summary of Finding Table: Progressive Resistive Exercise (PRE) or Combined Progressive Resistive Exercise (PRE) and Aerobic Exercise Compared with No Exercise for Adults Living with HIV

Outcomes	Anticipated absolute effects (95% CI)		Number of Participants (studies)	Quality of the evidence (GRADE)	Comments
	Risk with No Exercise	Risk with PRE or Combined PRE and Aerobic Exercise 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 0.12 log10copies higher (0.23 lower to 0.46 higher)	99 (4 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 3.71 ml/kg/min higher (1.73 higher to 5.70 higher)	82 (3 RCTs)	⊕⊕⊕⊖ MODERATE	*Significant improvement in VO2max among exercisers compared with non-exercisers. ^Estimate suggests a potential clinically important improvement in VO2max.
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 kg higher (2.37 higher to 21.36 higher)	44 (2 RCTs)	⊕⊕⊖⊖ LOW	*Significant improvement in upper body strength among exercisers compared with non-exercisers. ^Estimate suggests a potential clinically important improvement in strength.

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 kg 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 2.5 kg higher (0.32 higher to 4.67 higher)	129 (5 RCTs)	⊕⊖⊖⊖ VERY LOW	*Significant increase in body weight among exercisers compared with non-exercisers. Increase in body weight interpreted as a favourable outcome as reflection of increase in muscle mass.
BODY COMPOSITION Body Mass Index (kg/m²)	The mean Body Mass Index (kg/m ²) in the control group was 0	The mean Body Mass Index (kg/m ²) in the intervention group was 0.40 kg/m ² higher (0.22 lower to 1.03 higher)	131 (5 RCTs)	⊕⊕⊕⊖ MODERATE	No significant difference in change in body mass index between groups.
BODY COMPOSITION Fat Mass (kg)	The mean Fat Mass (kg) in the control group was 0	The mean Fat Mass (kg) in the intervention group was 0.36 kg higher (0.5 lower to 1.23 higher)	103 (4 RCTs)	⊕⊕⊕⊖ MODERATE	No significant difference in change in fat mass between groups.

LEGEND: *Bold and asterisk text in the comments section indicates significant increase/improvement for the outcome. Increases in strength and body weight were considered favourable outcomes with exercise. ^Estimate suggests a potential clinically important change in outcome.

GRADE Working Group grades of evidence

High quality: We are very confident that the true effect lies close to that of the estimate of the effect.

Moderate quality: We are moderately confident in the effect estimate: The true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different.

Low quality: Our confidence in the effect estimate is limited: The true effect may be substantially different from the estimate of the effect.

Very low quality: We have very little confidence in the effect estimate: The true effect is likely to be substantially different from the estimate of effect.