

Additional file 1: Characteristics of included RCTs

Aerobic exercise only (n=18)						
	Study ID	Participants (Int/Con)	Intervention (Int)	Control (Con)	Primary outcomes (instrument)	Other outcomes (instrument)
sub-acute stroke survivors	Barbeau (2003) ^[29]	n=100 (50/50) (LE/LE)	F: 4x/w for 6w I: ur T: 20min/d T: TAEX with BWS +PT	F: 4x/w for 6w I: ur T: 20min/d T: TAEX without BWS +PT	Walking endurance & speed (10MWT) + Motor recovery (STREAM) + Balance (BBS) +	
	Kosak (2000) ^[30]	n=56 (22/34) (LE/LE)	F: 5d/w for duration of inpatient stay I: ur T: 45min/d T: PBWSTT +PT of the same FIT	F: 5d/w for duration of inpatient stay I: ur T: 45min/d T: ABAW+PT of the same FIT	Walking endurance (distance until fatigue) 0 Walking speed (patients' average speed during 2min) 0	
	Visintin (1998) ^[31]	n=100 (50/50) (LE/LE)	F: 4x/w for 6w I: ur T: 20min/d T: TAEX with BWS +PT	F: 4x/w for 6w I: ur T: 20min/d T: TAEX without BWS +PT	Walking endurance (10MWT) + Walking speed (middle 3m of a 10m-walkway) + Motor recovery (STREAM) + Balance (BBS) +	
both	Mayo (2013) ^[45]	n=87 (43/44) (LE/LE)	F: daily for 12 months I: 50-70% HRR T: 15-30min/d T: home ex. program with mobility ex. & brisk walking involving stationary cycling	F: daily for 12 months I: 11-15 on Borg Scale (6-20 ratings) T: 15-30min/d T: home ex. program with mobility ex. & brisk walking	Walking capacity (6minWT) 0	HRQoL (RAND-36) 0 Balance (BBS) 0 Physical function (SIS) 0 Depression (GDS) 0
	Dean (2012) ^[42]	n=151 (76/75) (LE/UE)	F: at least 3x/w for 40w over 12 months I: nr T: 45-60min/d T: home ex. program and weekly circuit-style group ex. class (progressive balance & strengthening ex., walking, stair climbing)	F: at least 3x/w for 40w over 12 months I: nr T: 45-60min/d T: home ex. program and weekly circuit-style group ex. class to improve UE and cognitive functions (task-related strength & coordination training; sequencing tasks)	Walking capacity (6minWT) + Walking speed (10MWT) + Amount of falls (Fall calendars) 0	Fall risk (SF-PPA) 0 Physical activity (steps/d) (Digimax pedometer) 0 HRQoL (SF-12) 0 Community participation (AAP) + Isometric knee muscle strength 0 Activity (TUG) 0
chronic stroke survivors	Bang (2013) ^[40]	n=30 (15/15) (LE/LE)	F: 5x/w for 4 weeks I: ½ of max overground walking speed, then increased T: 30min/d plus 10min video T: gait-related video, then treadmill training	F: 5x/w for 4 weeks I: ½ of max overground walking speed, then increased T: 30min/d plus 10min video T: gait-unrelated video, then treadmill training	Walking endurance (6minWT) + Dynamic balance test (TUG) + Gait speed (10MWT) + Walking capacity (max flexed knee angle in the swing phase (Dartfish motion analysis software)) +	
	Carda (2013) ^[41]	n=38 (19/19) (LE/LE)	F: 5x/w for 6w I: 80% of 6minWT speed, then progressively increased T: 45min/d (PT) + 30min/d (treadmill training)	F: 5x/w for 6w I: 80% of 6minWT speed, then progressively increased T: 45min/d (PT) + 30min/d (treadmill training)	Walking endurance (6minWT) +	Gait speed (10MWT) + Dynamic balance test (TUG) +

Additional file 1: Characteristics of included RCTs

			T: PT + treadmill training with 5% descending slope	T: PT + treadmill training with 5% ascending slope		
chronic stroke survivors	Jin (2013) ^[43]	n=128 (65/63) (LE/LE)	F: 5x/w for 12w I: 50-70%HRR T: 40min/d T: progressive aerobic cycling	F: 5x/w for 12w I: 20-30%HRR T: 40min/d T: conventional therapy (stretching and overground walking training)	Cardiovascular fitness (VO ₂ peak) + HRR + (cycle ergometer)	Knee extension muscle strength (isokinetic dynamometer) + Walking endurance (6minWT) + Balance (BBS) 0 Spasticity of LE (MASc) 0
	Tang (2013) ^[46]	n=50 (25/25) (LE/LE)	F: 3x/w for 6 months I: progressed from 40-80%HRR T: 60min/d T: high-intensity aerobic ex. (brisk level and inclined overground walking, cycle ergometry)	F: 3x/w for 6 months I: < 40% HRR T: 60min/d T: low-intensity non-aerobic balance/flexibility program (stretching, weight bearing, balance ex.)	Cardiovascular fitness (VO ₂ peak) 0	Arterial stiffness (pulse pressure in mm/Hg) + Ambulatory capacity (6minWT) 0 Hemodynamics & cardiac function (echocardiography; 2D-Doppler) + Lipid, glucose & homocysteine levels 0
	Globas (2012) ^[32]	n=38 (20/18) (LE/LE&UE)	F: 3d/w for 13w I: 40-80% HRR T: 30-50min/d T: Progressive graded, high-intensity TAEX	F: 3d/w for 13w I: 40-80% HRR T: 30-50min/d T: PT, then TAEX-cross	Peak exercise capacity (VO ₂ peak) + Walking capacity (6minWT) +	Gait velocity (10MWT) + Leg strength (5 chair-raise) 0 Balance (BBS) 0 Self-rated mobility (RMI) + HRQoL (SF-12) +
	Jin (2012) ^[44]	n=133 (68/65) (LE/LE)	F: 5x/w for 8w I: 50-70%HRR T: 40min/d (plus 30min+10min) T: progressive aerobic cycling with lower limb weights on the paretic limb (plus balance exercise and stretching)	F: 5x/w for 8w I: 20-30% HRR T: 40min/d (plus 30min+10min) T: low intensity overground walking (plus balance exercise and stretching)	Cardiorespiratory fitness (VO ₂ peak) + Walking endurance (6minWT) + Mobility (RMI) 0	Muscle strength (isokinetic dynamometer) + Balance (BBS) 0 Spasticity of LE (MASc) 0
	Moore (2010) ^[33]	n=20 (10/10) (LE/LE)	F: 2-5d/w for 4w for PT and LT I: 0-85% HRR or Borg 17/ LT session T: nr T: Progressive TAEX with BWS 4w PT- 4w LT- 4w delay period	F: 2-5d/w for 4w for PT and LT I: 0-85%HRR or Borg 17/ LT session T: nr T: Progressive TAEX with BWS 4w PT- 4w delay period- 4w LT	Self-selected 0 and fastest velocity + (Gait MAT II) Walking endurance (12MWT) 0 Physical fitness (O ₂ cost +; peak treadmill speed +; VO ₂ 0) Mobility (TUG 0; StepWatch +) Balance (BBS) 0	
	Quaney (2009) ^[34]	n=38 (19/19) (LE/LE&UE)	F: 3d/w for 8w I: 40-70% HRR T: 45min/d T: Progressive, resistive aerobic ex. on a stationary bike	F: 3d/w for 8w I: nr T: 45min/d T: Stretching ex. at home	Vo ₂ max (metabolic stress test) + Mobility (TUG) + Motor learning (SRTT) for response time + / for random sequence response time 0 Balance (BBS) 0 Sensorimotor function (FMMA) 0	

Additional file 1: Characteristics of included RCTs

					Conditional learning ability (PGFM) + Rule learning (WCST) 0 Selective attention (Stroop task21) 0 Visual search ability & working memory (Trail-Making Task) 0
chronic stroke survivors	Lennon (2008) ^[35]	n=48 (24/24) (LE&UE / LE&UE)	F: 2d/w for 10w I: 50-60% HRR T: 30min/d T: Cycle ergometer ex.	F: nr I: nr T: nr T: Usual care (excluding aerobic ex.)	Fitness testing (VO ₂ +; RPE 0 ; peak wattage (Nm) +; CRS +; resting heart rate (bpm) 0 ; blood pressure 0 ; BMI 0 ; fasting lipids 0) Daily activities (FAI) 0 Depression (HADS) 0
	Luft (2008) ^[36]	n=113 (37/34) (LE/LE)	F: 3d/w for 6 month I: 40-60% HRR T: 40min/d T: Progressive TAEX <i>Subset (N=15) for fMRI testing</i>	F: 3d/w for 6 month I: nr T: 40min/d T: Stretching <i>Subset (N=17) for fMRI testing</i>	Cardiorespiratory fitness (VO ₂ peak) + Gait velocity (10MWT) + Walking ability & endurance (6minWT) 0 <i>fMRI +</i>
	Macko (2005) ^[37]	n=61 (32/29) (LE/LE)	F: 3d/w for 6 month I: 40-70% HRR T: 40min/d T: Progressive TAEX	F: 3d/w for 6 month I: Treadmill at 30-40% HRR T: 35min / 5min T: Stretching / Treadmill walking	Cardiorespiratory fitness (VO ₂ peak L/min) + Economy of gait (VO ₂ mL/kg/min) 0 Ambulatory performance measures (10MWT 0 ; 6minWT +) Functional Mobility (RMI 0 ; WIQ +)
	Peurala (2005) ^[38]	n=45 (15/15/15) (LE/LE/LE)	F: 5d/w for 3w & additional PT 5d/w for 3w for all groups I: ur T: 20min/d & additional PT 55min/d for all groups T: G1: Gait trainer ex. with FES G2: Gait trainer ex. without FES G3: Practicing walking		Walking speed (10MWT) 0 & endurance (6minWT) 0 Postural sway (force plate) 0 Spasticity of LE (MASc) + in the ankle (only in G3) but 0 in the knee and hip (all groups) Muscle force (scale 0-5) + for the ankle dorsiflexors (only in G1) and + for the hip flexors (only in G2) but 0 for the knee extensors (all groups) Motor ability (MMAS) 0 Functional independence (FIM) 0
	Potempa (1995) ^[39]	n=42 (19/23) (LE/LE&UE)	F: 3d/w for 10w I: 20-94 watts T: 30min/d T: Progressive cycle ergometer	F: 3d/w for 10w I: nr T: 30min/d T: PROM ex.	Physical fitness (HR at rest and during ex. (RR interval) 0 ; blood pressure (sphygmomanometer) for the systolic + but for the diastolic blood pressure during ex. 0 ; metabolic parameters VO ₂ +; VCO ₂ +; VE + and RER 0 (MGCESTS); workload (ergometer) +; exercise time (ergometer) +) Sensorimotor function (FMMA) 0

Additional file 1: Characteristics of included RCTs

Resistance exercise only (n=8)						
	Study ID	Participants (Int/Con)	Intervention (Int)	Control (Con)	Primary outcomes (instrument)	Other outcomes (instrument)
chronic stroke survivors	Clark (2013) ^[52]	n=35 (18/17) (LE/LE)	F: 3x/w for 5w (plus 3w) I: 3-4x 10 reps (nr) T: 90min/d (90min/d) T: ECC-PRT of the paretic leg (followed by PBWSTT)	F: 3x/w for 5w (plus 3w) I: 3-4x 10 reps (nr) T: 90min/d (90min/d) T: CON-PRT of the paretic leg (followed by PBWSTT)	CON 0 and ECC 0 muscle strength quadriceps (isokinetic dynamometer) Muscle activity of the (RF+VM) + , (ST+BF) 0 (EMG) Walking speed (motion analysis system) 0	
	Lee (2013) ^[53]	n=33 (11/11/11) (LE/LE/nr)	F: 5x/w for 6w I: 3 sets of 70% of 1RM T: ur T: G1: PRT with CKC ex. on a leg press G2: PRT with OKC ex. on a leg press G3: routine activities, no regular exercise program		LE muscle activity (in %) of the RF + , BF + , GC + + and TA + + (EMG) Balance (Good Balance System platform: (A-P) + + & (M-L) + + sway velocities (mm/s)) + (more significant changes in favor of G1 in post hoc analysis)	
	Waldman (2013) ^[54]	n=24 (12/12) (LE/LE)	F: 3x/w for 6w I: nr T: 60min/d T: active movement training for strengthening ankle muscles plus passive stretching for ROM therapy through a portable robotic device	F: 3x/w for 6w I: nr T: 60min/d T: stretching plantar flexors and AROM exercises for ankle mobility and strength	Isometric ankle muscle strength (DF + & PF 0) / ankle AROM (DF 0 & PF 0) and PROM (DF +) (robotic device) LE muscle endurance (6minWT) 0 LE movement (STREAM) + Gait evaluations (F-SCAN; in-shoe plantar pressure mapping system) + Balance ability (BBS) 0 Plantar flexor spasticity (MASc) +	
	Flansbjerg (2008) ^[47]	n=24 (15/9) (LE/LE&UE)	F: 2d/w for 10w I: 6-8 reps in 2 sets, 80% 1RM T: 90min/d with 6min PRT T: PRT of the knee muscles	F: nr I: nr T: nr T: Usual daily activities	Muscle strength (dynamic + & isokinetic + ; MASc 0) Gait performance (TUG + ; Fast gait speed 0 ; 6minWT 0) Perceived participation (SIS) +	
	Yang (2006) ^[48]	n=48 (24/24) (LE/LE&UE)	F: 3d/w for 4w I: ur T: 30min/d T: ex. for LE strengthening (circuit class)	F: nr I: nr T: nr T: Usual care	LE muscle strength (dynamometer) + LE muscle endurance (6minWT) + Gait velocity, cadence & stride length (GAITRite) + Mobility (TUG) + Balance (step test) +	
	Ouellette (2004) ^[49]	n=42 (21/21) (LE/LE&UE)	F: 3d/w for 12w I: 3 sets, 8-10 reps/set, 70% 1RM T: nr T: Supervised high-intensity PRT with 4 ex.	F: 3d/w for 12w I: nr T: nr T: Bilateral ROM ex. + UE stretching	LE muscle strength (1RM Leg Press + ; knee extension ex. + ; DF-ex. in the paretic + & in the non-paretic limb 0 ; PF-ex. + ; peak muscle power Leg Press 0 ; knee extension ex. +) LE muscle endurance (6minWT) 0 Stair-climb time (10-stair flight) 0 Repeated chair-rise time 0 Gait velocity (10MWT) 0 Function & disability (LLFDI) 0	Self-perceived ability for 5 functional tasks (ESES) 0 Self-reported functional outcome (PF10) 0 Depression (GDS) 0

Additional file 1: Characteristics of included RCTs

chronic stroke survivors	Kim (2001) ^[50]	n=20 (10/10) (LE/LE)	F: 3d/w for 6w I: 3 sets, 10 reps/set at RM T: 45min/d T: max concentric isokinetic strength training	F: 3d/w for 6w I: nr T: 45min/d T: PROM of paretic LE	Isokinetic strength of LE (dynamometer) 0 Walking speed (level-walking and stair-walking) 0 HRQoL (SF-36) 0 Mental health (MSC) 0
	Dean (2000) ^[51]	n=9 (5/4) (LE/UE)	F: 3d/w for 4w I: nr T: 60min/d T: Task-related strength training (circuit of 10 workstations)	F: 3d/w for 4w I: nr T: 60min/d T: Practiced UE tasks (circuit of workstations & ex.)	Walking speed (10MWT) + and endurance (6minWT) + LE function; force production (TUG) + Balance (step test) +

Additional file 1: Characteristics of included RCTs

Aerobic and resistance exercises (n=11)						
	Study ID	Participants (Int/Con)	Intervention (Int)	Control (Con)	Primary outcomes (instrument)	Other outcomes (instrument)
sub-acute stroke survivors	Duncan (2003) ^[55]	n=92 (44/48) (LE&UE / LE&UE)	F: 3d/w for 12w I: nr T: 90min/d T: Supervised in-home strength, endurance and balance program	F: nr I: nr T: nr T: Usual care + completing intervention log	Muscular strength (dynamometer and ankle & knee isometric peak torque) 0 Cardiorespiratory endurance (peak aerobic capacity) + UE-function (WMFT) 0 LE & UE motor control (Fugl-Meyer) 0 Mobility (10MWT 0 , 6minWT +) Balance (BBS) +	
	Duncan (1998) ^[56]	n=20 (10/10) (LE&UE / LE&UE)	F: 3d/w for 12w I: nr T: 90min/d T: Supervised in-home strength, endurance and balance program	F: nr I: nr T: nr T: Usual care + completing intervention log	Gait speed (10MWT) + & walking distance (6minWT) 0 Motor recovery LE + and UE 0 (FMMA) ADL (BI of ADL) 0 and (LS-IADL) 0 HRQoL (SF-36) 0 Balance (BBS) 0 Upper extremity function (Jebsen test) 0	
both	Salbach (2004) ^[57]	n= 91 (44/47) (LE/UE)	F: 3d/w for 6w I: nr T: 60min/d T: 10 functional tasks to strengthen the LE & to improve walking balance, speed & distance	F: 3d/w for 6w I: nr T: nr T: Seated UE activities	Walking capacity (6minWT) +	Comfortable and max pace (5MWT) + Mobility (TUG) 0 Balance (BBS) 0
chronic stroke survivors	Lee (2010) ^[58]	n=48 (12/12/12/12) (LE/LE/ LE/LE)	F: 3d/w for 12w for all groups I: PRT: 2 sets, 8 reps/set, 50-80% 1RM Cycling: 50-80% HRR T: 30min/d for all groups T: G1: aerobic cycling + sham PRT G2: sham cycling + PRT G3: aerobic cycling + PRT G4: sham cycling + sham PRT		Max muscle force (pneumatic resistance machines; fixed dynamometer) + 0 Max muscle power (peak force, velocity) + 0 Muscle endurance (as many repetitions as possible) + 0 Strength/PRT Aerobic/cycling	
	Lee (2008) ^[59]	n=52 (13/13/14/12) (LE/LE/ LE/LE)	F: 3d/w for 12w for all groups I: PRT: 2 sets, 8 reps/set, 50-80% 1 RM Cycling: 50-80% HRR T: 30min/d for all groups T: G1: aerobic cycling + sham PRT G2: sham cycling + PRT G3: aerobic cycling + PRT G4: sham cycling + sham PRT		Mobility (10MWT, 6minWT) 0 Stair climbing test & power + 0 Strength/PRT Aerobic/cycling	Max muscle force (pneumatic resistance machines; fixed dynamometer) + 0 Muscle endurance (as many repetitions as possible) + 0 Cardiorespiratory fitness + (V ₀₂ peak, PO peak +, peak HR) HRQoL (SF-36) + 0
	Pang (2008) ^[60]	n=63 (32/31)	F: 3d/w for 19w I: ur T: 60min/d T: FAME: cardiorespiratory	F: 3d/w for 19w I: nr T: 1h/d T: Seated UE program, no	Walking capacity (6minWT) + V ₀₂ max (Excalibur cycle ergometer) + Muscle strength (dynamometer) in the paretic + & in the non-paretic knee 0	

Additional file 1: Characteristics of included RCTs

		(LE/UE)	fitness, mobility, balance, LE strengthening	aerobic ex., no LE strengthening, no balance	Balance (ABCS 0 ; BBS 0)
chronic stroke survivors	Mead (2007) ^[61]	n=66 (32/34) (LE&UE / LE&UE)	F: 3d/w for 12w I: Endurance: at least Borg 13, PRT: 4-15 reps per ex. T: 75min/d T: Progressive endurance training (cycle ergometer) & PRT	F: 3d/w for 12w I: nr T: 75min/d T: Relaxation	Physical fitness (VO ₂ mL/kg + ; NPR 0) Mobility (RMI 0 ; reach 0 ; sit-to-stand 0 ; elderly mobility score 0 ; TUG +) ADL (FIM 0 ; NE-ADL 0) HRQoL (SF-36) + Depression (HADS) 0
	Olney (2006) ^[62]	n=74 (38/36) (LE/LE)	F: 3d/w for 10w I: ur T: 90min/d T: Supervised ex. sessions: graded walking and/or cycling program+ strength training	F: 3d/w for 10w I: nr T: 90min/d T: 1w supervised & 9w unsupervised ex. Sessions at home, (same sessions as intervention group)	Walking endurance (6minWT) 0 Strength of LE muscles (dynamometer) 0 Oxygen cost (PCI) 0 Activity (HAP) + Physical and mental health (SF36) 0
	Pang (2005) ^[63]	n=63 (32/31) (LE/UE)	F: 3d/w for 19w I: ur T: 60min/d T: FAME: mobility, cardiorespiratory fitness, balance, LE strengthening	F: 3d/w for 19w I: ur T: 60min/d T: Seated UE program, no aerobic ex., no LE strengthening, no balance	VO ₂ max (Excalibur cycle ergometer) + Walking endurance (6minWT) + Muscle strength (dynamometer) in the paretic + & in the non-paretic knee 0 Activity and participation (PASIPD) 0 Femoral neck bone mineral density (dual-energy x-ray absorptiometry) in the paretic + & in the non-paretic leg 0 Balance (BBS) 0
	Carr (2003) ^[64]	n=40 (nr/nr) (LE&UE/ LE&UE)	F: 3d/w for 16w I: Endurance: 40-70% of max wattage, Strength: 2sets, 10 reps/set T: 20-40min/d + strength ex. T: Aerobic & strength training (same aerobic program & progressively increasing strength-training)	F: 3d/w for 16w I: 40-70% of max wattage T: 20-40min/d T: Aerobic training only (UE&LE body ergometer)	VO ₂ max (stress test) + Muscle strength (Biodex strength assessment): knee flexion, knee extension 0 , shoulder extension&flexion + Blood lipid panel (cholesterol + , glucose 0 , lipids 0)
	Teixeira-Salmela (1999) ^[65]	n=13 (6/7) (LE/LE)	F: 3d/w for 10w I: Aerobic ex.: 50-70% HRR, Strength: 3sets, 10 reps/set, 50-80% 1RM T: 60-90min/d T: Graded walking& stepping or cycling& LE muscle strengthening	F: nr I: nr T: nr T: No intervention for 10w, then the same 10-week program as intervention group	Comfortable gait speed (middle 22meters of 30meters) + Activity per day (AAS) + Quality of life (NHP) + Comfortable stair-climbing speed + Physical activity (HAP) + LE muscle strength (dynamometer) + LE spasticity of quadriceps (pendulum test) 0 & ankle PF (controlled resistance to passive stretch) 0

Additional file 1: Characteristics of included RCTs

Legend: + = significant between-group difference / 0 = non-significant difference between groups / both in favor of intervention group.

AAP = Adelaide Activities Profile, ABAW = aggressive bracing assisted walking, ABCS = Activity-Specific Balance Confidence Scale, ADL = Activities of Daily Living, (A-L) = antero-posterior, BBS = Berg Balance Scale, BF = biceps femoris, BI = Barthel Index, BMI = Body Mass Index, BWS = body weight support, BWSTT = body weight supported treadmill training, CKC = closed kinetic chain, CMSA = Chedoke-McMaster Stroke Assessment, CON = concentric, CRS = Cardiac Risk Score, d = days, DF = dorsiflexion, ECC = eccentric, EMG = electromyography, ESES = Ewart's Self Efficacy Scale, ex. = exercise, FAI = Frenchay Activities Index, FAME = Fitness and Mobility Exercises, FIM = Functional Independence Measure, FMMA = Fugl-Meyer Motor Assessment, fMRI = functional Magnet Resonance Imaging, GC = gastrocnemius, GDS = Geriatric Depression Scale, HADS = Hospital Anxiety and Depression Scale, HAP = Human Activity Profile, Hfmax = maximal heart rate, HR = heart rate, HRR = Heart Rate Reserve, HRQoL = Health Related Quality of Life, LE = lower extremity, LLFDI = Late Life Function and Disability Instrument, LS-IADL = Lawton Scale of Instrumental Activities of Daily Living, LT = locomotor training, MAS = Motor Assessment Scale, MASc = Modified Ashworth Scale, max = maximum, min = minutes, minWT = minute walking test, (M-L) = medio-lateral, MSC = Mental Health Component Summary Score, MWT = meter walking test, NE-ADL = Nottingham Extended Activities of Daily Living, NPR = Nottingham Power Rig, nr = not reported, OKC = open kinetic chain, PADS = Physical Activity and Disability Scale, PASIPD = Physical Activity for Individuals with Physical Disability, PBWSTT = Partial body weight supported treadmill training, PCI = Physiological Cost Index, PF = plantar flexion, PF10 = Physical Functioning Subscale, PGIC = Patient Global Impression of Change, PNF = Proprioceptive Neuromuscular Facilitation Patterns, PO = power output, PPA = Physiological Profile Assessment, PROM = Passive Range of Motion, PRT = Progressive resistance training, PT = Physical Therapy, reps = repetitions, RF = rectus femoris, (1)RM = (One) Repetition Maximum, RMI = Rivermead Mobility Index, RPE = Borg Rate of Perceived Exertion, SF = Short Form, SF36 = 36-item Short-Form Health Survey, SIS = Stroke Impact Scale, ST = semitendinosus, STREAM = Stroke Rehabilitation Assessment of Movement, TA = tibialis anterior, TAEX = Aerobic Treadmill Exercise, TUG = Timed up and go test, UE = upper extremity, ur = unclear reporting, VM = vastus medialis, VO_2 = oxygen consumption, w = weeks, WIQ = Walking Impairment Questionnaire, WMFT = Wolf Motor Function Test, FES = Functional Electric Stimulation.