**Supplementary Appendix Table 2 The exercise inventions’ characteristics of eligible studies**

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| **Author, year** | **Methods of exercise** | **Dose of exercise** | **Intensity of exercise** | **Setting of exercise** | **Supervision of exercise** | **Group of exercise** |
| [Sungkarat 2017]46 | Tai ji. | Attended Tai Chi classes 3 weeks (9 sessions), then practiced Tai Chi at home three times per week for 12 weeks. | No information provided. | In the exercise room at the Department of Physical Therapy and at home. | A certified Tai Chi instructor taught Tai Chi. Then, participants practiced in home and fill in a logbook immediately after their exercise sessions to maximize the accuracy of information. | Participants in the Tai Chi group attended Tai Chi classes, then practiced Tai Chi at home individually. |
| [Suzuki 2013]48 | Multicomponent exercise. | Biweekly 90-minute sessions, a total of 6 months. | Approximately 60% of maximum heart rate. | No information provided. | Two trained physiotherapists involved in geriatric rehabilitation conducted each intervention. Attendance at each session was recorded. | Each exercise class contained 16–17 participants. |
| [Takao 2012]39 | Multicomponent exercise. | 90 min/d, 2 d/wk., a total of 80 times over 12 months. | Approximately 60% of maximum heart rate. | No information provided. | Two physiotherapists involved in geriatric rehabilitation and three well-trained instructors conducted each intervention. | The exercise class consisted of 16–17 participant, then practiced at home individually. |
| [Hong 2017]43 | Resistance exercises. | 60 min per session, twice per week for 12 weeks; | About 65% of maximum heart rate reserve. | No information provided. | No information provided. | All participants exercised together as a group. |
| [Chun 2017]40 | Aerobic training. | 60 min per class, thrice-weekly for the 6 months. | The range of 60% to 70% of heart rate reserve. | No information provided. | Participants were monitored by researcher in each class. Class attendance was calculated. | All participants exercised together as a group. |
| [Kang 2014]44 | High-Speed Elastic Band Training. | 60min/d, twice-weekly High-Speed Elastic Band Training and thrice-weekly Home-Based training for 12 weeks. | The range of Rating of Perceived Exertion is 12-13(heart rate reserve is 60% to 79%). | No information provided. | No information provided. | No information provided. |
| [Teresa 2016]41 | Aerobic exercise training. | 6 months intervention. | The range of 60% to 70% of heart rate reserve. | Aerobic exercise Training classes. | All Aerobic exercise Training group classes were led by instructors certified to instruct seniors. Class attendance was recorded by the instructors. | All participants exercised together as a group. |
| [Varela 2012]49 | 1.Aerobic exercise at 40% of heart rate reserve; 2. Aerobic exercise at 60% of heart rate reserve. | Three 30-minute sessions a week，training 12 weeks and follow-up six months. | 1. 40% of heart rate reserve; 2. 60% of heart rate reserve. | No information provided. | The exercise program supervised by a physiotherapist. | All participants exercised individually. |
| [Eyre 2017]42 | 1.Yoga training program; 2. Memory enhancement training program. | A 60-minute Yoga class per week, and a daily 12-minute Yoga meditation and homework assignment. | No information provided. | Yoga classes and home. | Daily homework assignment. | All participants exercised together as a group. |
| [Sungkarat 2018]47 | Tai Chi. | The 10-form Tai Chi for 9 sessions (3 times per week for 3 weeks). Then practiced Tai Chi at home 3 times per week for 6 months (72 sessions). | No information provided. | Department of Physical Therapy and home. | Tai Chi instructors supervised participants in Tai Chi classes. Participants fill in a logbook immediately after exercise. Family members remind participants, post exercise schedule, and administering a weekly reminder telephone call. | Participants attended Tai Chi classes as a group and practiced at home individually. |
| [Nascimento2014]45 | Multimodal physical exercise. | Three one-hour sessions per week for six months. | The range of 60%–80% of heart rate reserve. | No information provided. | All sessions were monitored by at least five physical education professionals. | All participants exercised together as a group. |