**SDC 2 (Table).** Quality assessment of studies included in the meta-analysis a

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Study, year of publication | Study sample  (0 to 4) | VO2max assessment  (0 to 2) | Qmax assessment  (0 to 3) | a-vO2diff assessment  (0 or 1) | Confounding variables (0 to 3) | Data  (0 to 3) | Total quality score |
| Bonne et al ([2](#_ENREF_2)), 2014 | 1 | 2 | 2 | 0 | 1 | 2 | 8 |
| Wang et al ([9](#_ENREF_9)), 2014 | 3 | 2 | 2 | 0 | 3 | 3 | 13 |
| Weng et al A ([10](#_ENREF_10)), 2013 | 2 | 2 | 0 | 0 | 2 | 2 | 8 |
| Weng et al B ([10](#_ENREF_10)), 2013 | 2 | 2 | 0 | 0 | 2 | 2 | 8 |
| Macpherson et al ([5](#_ENREF_5)), 2011 | 1 | 1 | 1 | 0 | 1 | 3 | 7 |
| Murias et al ([6](#_ENREF_6)), 2010 | 1 | 1 | 0 | 0 | 2 | 3 | 8 |
| Helgerud et al A ([3](#_ENREF_3)), 2007 | 1 | 2 | 2 | 0 | 2 | 3 | 10 |
| Helgerud et al B ([3](#_ENREF_3)), 2007 | 1 | 2 | 2 | 0 | 2 | 3 | 10 |
| Helgerud et al C ([3](#_ENREF_3)), 2007 | 1 | 2 | 2 | 0 | 2 | 3 | 10 |
| Helgerud et al D ([3](#_ENREF_3)), 2007 | 1 | 2 | 2 | 0 | 2 | 3 | 10 |
| Beere et al ([1](#_ENREF_1)), 1999 | 3 | 0 | 1 | 1 | 1 | 2 | 8 |
| Spina et al ([8](#_ENREF_8)), 1992 | 1 | 2 | 2 | 0 | 1 | 2 | 8 |
| Klausen et al ([4](#_ENREF_4)), 1982 | 1 | 0 | 1 | 1 | 1 | 2 | 6 |

a-vO2diff, arteriovenous oxygen difference; Qmax, maximal cardiac output; VO2max, maximal oxygen consumption

a Adapted from to the Systematic Appraisal of Quality for Observational Research (SAQOR) ([7](#_ENREF_7))

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