**(SDC 3) Table S3.** Risk of bias of included studies.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcome** | **Randomisation process** | **Deviation from intended interventions** | **Missing outcome data** | **Measurement of the outcome** | **Selection of the reported result** | **Overall bias** |
| Body composition, n= 15 |  |  |  |  |  |  |
| Low risk | 15 (100%)  | 15 (100%) | 15 (100%) | 13 (86.7%) | 15 (100%) | 13 (86.7%) |
| Some concerns | 0 | 0 | 0 | 2 (13.3%) | 0 | 2 (13.3%) |
| High risk | 0 | 0 | 0 | 0 | 0 | 0 |
| Functional capacity, n= 13 |  |  |  |  |  |  |
| Low risk | 12 (92.3%) | 13 (100%) | 13 (100%) | 3 (23.1%) | 13 (100%) | 3 (23.1%) |
| Some concerns | 1 (7.7%) | 0 | 0 | 10 (76.9%) | 0 | 10 (76.9%) |
| High risk | 0 | 0 | 0 | 0 | 0 | 0 |
| Cardiorespiratory fitness, n= 5 |  |  |  |  |  |  |
| Low risk | 5 (100%) | 5 (100%) | 5 (100%) | 3 (60.0%) | 4 (80.0%) | 2 (40.0%) |
| Some concerns | 0 | 0 | 0 | 2 (40.0%) | 1 (20.0%) | 3 (60.0%) |
| High risk | 0 | 0 | 0 | 0 | 0 | 0 |
| Muscle strength, n= 13 |  |  |  |  |  |  |
| Low risk | 12 (92.3%) | 13 (100%) | 13 (100%) | 2 (15.4%) | 13 (100%) | 2 (15.4%) |
| Some concerns | 1 (7.7%) | 0 | 0 | 11 (84.6%) | 0 | 11 (84.6%) |
| High risk | 0 | 0 | 0 | 0 | 0 | 0 |
| PSA, n= 8 |  |  |  |  |  |  |
| Low risk | 8 (100%) | 8 (100%) | 8 (100%) | 8 (100%) | 8 (100%) | 8 (100%) |
| Some concerns | 0 | 0 | 0 | 0 | 0 | 0 |
| High risk | 0 | 0 | 0 | 0 | 0 | 0 |
| BMI, n= 6 |  |  |  |  |  |  |
| Low risk | 5 (83.3%) | 6 (100%) | 6 (100%) | 6 (100%) | 6 (100%) | 5 (83.3%) |
| Some concerns | 1 (16.7%) | 0 | 0 | 0 | 0 | 1 (16.7%) |
| High risk | 0 | 0 | 0 | 0 | 0 | 0 |

Legend: BMI, Body mass index; n, number of studies; PSA, Prostate-specific antigen.