**(SDC 6) Table S5.** Univariate meta-regression on main outcomes mean difference and exercise type, resistance training duration, weekly volume and peak intensity.

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| --- | --- | --- | --- | --- | --- | --- |
| **Outcomes** | **n** | **RT components** | **Range** | **Coeff ± SE** | **95% CI** | **P-value** |
| **Body composition** |  |  |  |  |  |  |
| Body fat, % | 11 | Type | RT alone/ RT combined | 0.1±0.5 | -1.0 to 1.1 | .888 |
| 11 | Training duration, wk | 12 to 48 | -0.0±0.03 | -0.07 to 0.07 | .965 |
| 11 | RT weekly volume, reps | 306 to 975 | -0.0±0.001 | -0.002 to 0.001 | .650 |
| 10 | RT intensity, 1-RM | 70 to 85% | 0.05±0.06 | -0.1 to 0.2 | .456 |
| Fat mass, kg | 15 | Type | RT alone/ RT combined | -0.3±0.3 | -1.0 to 0.5 | .458 |
| 15 | Training duration, wk | 12 to 48 | -0.01±0.02 | -0.06 to 0.04 | .628 |
| 14 | RT weekly volume, reps | 306 to 975 | 0.001±0.001 | -0.0 to 0.003 | .139 |
| 14 | RT intensity, 1-RM | 60 to 85% | -0.004±0.03 | -0.06 to 0.06 | .897 |
| Trunk fat mass, kg | 8 | Type | RT alone/ RT combined | -0.5±0.3 | -1.4 to 0.3 | .149 |
| 8 | Training duration, wk | 12 to 48 | -0.03±0.02 | -0.08 to 0.02 | .158 |
| 8 | RT weekly volume, reps | 306 to 682 | 0.002±0.001 | -0.001 to 0.004 | .129 |
| 8 | RT intensity, 1-RMǂ | 80 to 85% | - | - | - |
| Lean mass, kg | 14 | Type | RT alone/ RT combined | -0.3±0.3 | -1.0 to 0.3 | .303 |
| 14 | Training duration, wk | 12 to 48 | -0.01±0.02 | -0.05 to 0.02 | .385 |
| 13 | RT weekly volume, reps | 306 to 975 | -0.0±0.001 | -0.002 to 0.001 | .819 |
| 14 | RT intensity, 1-RM | 60 to 85% | -0.0±0.01 | -0.02 to 0.02 | .965 |
| Appendicular lean mass, kg | 9 | Type | RT alone/ RT combined | -0.3±0.2 | -0.7 to 0.05 | .076 |
| 9 | Training duration, wk | 12 to 24 | -0.03±0.01 | -0.06 to 0.003 | .075 |
| 9 | RT weekly volume, reps | 320 to 975 | 0.0±0.001 | -0.001 to 0.002 | .589 |
| 9 | RT intensity, 1-RMǂ | 80 to 85% | - | - | - |
| **Functional capacity** |  |  |  |  |  |  |
| 400-m walk, sec | 8 | Type | RT alone/ RT combined | 7.7±5.9 | -6.7 to 22.2 | .239 |
| 8 | Training duration, wk | 12 to 24 | -0.8±0.7 | -2.5 to 1.0 | .332 |
| 8 | RT weekly volume, reps | 270 to 975 | 0.02±0.02 | -0.02 to 0.05 | .341 |
| 8 | RT intensity, 1-RM | 75 to 87% | -0.7±0.5 | -1.9 to 0.5 | .182 |
| **Secondary outcomes** |  |  |  |  |  |  |
| VO2peak, ml.kg.min-1 | 5 | Type | RT alone/ RT combined | -0.3±0.6 | -2.3 to 1.6 | .630 |
| 5 | Training duration, wk | 12 to 24 | 0.0±0.0 | -0.1 to 0.2 | .651 |
| 4 | RT weekly volume, reps | 305 to 720 | 0.0±0.0 | -0.1 to 0.1 | .598 |
| 3 | RT intensity, 1-RM | 70 to 85% | -0.0±0.0 | -0.6 to 0.5 | .614 |
|  |  |  |  |  |  |  |
| Chest press, kg | 11 | Type | RT alone/ RT combined | -6.1±1.9 | -10.4 to -1.9 | .010 |
| 11 | Training duration, wk | 12 to 48 | -0.02±0.1 | -0.3 to 0.3 | .907 |
| 10 | RT weekly volume, reps | 135 to 504 | 0.02±0.01 | -0.01 to 0.04 | .110 |
| 10 | RT intensity, 1-RM | 70 to 85% | -0.6±0.1 | -0.9 to -0.4 | <.001 |
| Leg extension, kg | 7 | Type | RT alone/ RT combined | -0.6±3.1 | -8.7 to 7.4 | .851 |
| 7 | Training duration, wk | 12 to 24 | 0.1±0.2 | -0.5 to 0.6 | .738 |
| 6 | RT weekly volume, reps | 135 to 324 | -0.03±0.01 | -0.06 to -0.002 | .043 |
| 6 | RT intensity, 1-RMǂ | 80 to 85% | - | - | - |
| Leg press, kg | 11 | Type | RT alone/ RT combined | -21.2±10.2 | -44.4 to 1.9 | .068 |
| 11 | Training duration, wk | 12 to 48 | -0.8±0.6 | -2.1 to 0.6 | .220 |
| 10 | RT weekly volume, reps | 149 to 379 | 0.1±0.1 | -0.0001 to 0.3 | .050 |
| 10 | RT intensity, 1-RM | 70 to 85% | 0.3±1.4 | -2.9 to 3.5 | .854 |
| Seated row, kg | 5 | Type | RT alone/ RT combined | -14.9±2.9 | -24.1 to -5.6 | .014 |
| 5 | Training duration, wk | 12 to 24 | -0.3±0.5 | -2.0 to 1.4 | .624 |
| 5 | RT weekly volume, reps | 160 to 683 | 0.03±0.01 | 0.01 to 0.05 | .032 |
| 5 | RT intensity, 1-RMǂ | 83 to 85% | - | - | - |

ǂ, insufficient data for analysis; 1-RM, 1-repetition maximum; 95% CI, 95% confidence intervals; BMI, Body mass index; Coeff, Meta-regression coefficient; n, Number of comparisons; PSA, Prostate-specific antigen; RT, Resistance training; SE, Standard error; VO2peak, Peak Oxygen Uptake; wk, Weeks.