

Study	Participant's information	Type of Training	Frequency (Days)	Intensity	Duration (mins)	Programme length (weeks)	Outcome measures
<b>Cardiorespiratory interventions</b>							
Ada, 2013	102 participants (71 males and 31 females) Experiment group 1 = 70 ± 11, Experiment group 2 = 64 ± 12, Control group = 63 ± 13	Cardiorespiratory (Treadmill and overground training)	3	Speed progressed from 0.4 to 0.7m/s and using the Berg borg RPE scale	30 minutes	Experimental Group 1&2 = 16 weeks Control Group 2 = 8 weeks	10m walk test, 6min walk test
Aidar, 2018	36 participants (19 males, 17 females) Group 1 = 51.8 ± 8.5, Group 2 52.7±6.7	Cardiorespiratory (Aqua training)	2	Omni resistance exercise scale,	45-60 minutes	12	Up and Go test, timed 7.62m walk test,
Bateman, 2001	157 participants (97 males, 60 females) Group 1 = 44.7 ± 13.3 Group 2 = 41.7 ± 14.3	Cardiorespiratory (Cycle Ergometer)	3	60-80% age rated maximum heart rate	<30 minutes	12	10m walk test
Da Cunha, 2002	15 participants (15 males, 0 females) Group 1 = 58.90 ± 12.90, Group 2 = 57.80 ± 5.50	Cardiorespiratory (Treadmill)	5	Progressive speed and stride lengths on the treadmill controlled by the therapist	20 minutes	3	5m walk test, 5min walk test,
Eich, 2004	50 participants (NR) Group 1 = 62.4 ± 4.8, Group 2 = 64 ± 6.	Cardiorespiratory (Treadmill and gait training)	5	60% heart rate reserve	30 minutes	3	10m walk test, 6min walk test,
Glasser 1986	20 participants (10 male, 10 female) Aged between 40-75	Cardiorespiratory (Kinotron)	5	Set speed for 5 weeks	20-60minutes	3	Not relevant
Globas, 2012	36 participants (29 male, 7 female) 68.7 ± 6.3	Cardiorespiratory (Treadmill)	3	40-50% progressing to 60-80% Heart rate reserve	10-20 min increasing to 30-50mins	12	6min walk test, 10m walk test

Gordon 2013	128 participants (58 male, 70 female) Group 1 = 64.9 (11.1) Group 2 = 63.4 (9.4)	Cardiorespiratory (Overground community-based walking)	3	60-85% of age predicted maximum heart rate (220-age)	15min progressing by +5min per week	12	6min walk test
Ivey 2010	53 participants (29 male, 24 female) Group 1 = 62±8 Group 2 = 60±8	Cardiorespiratory (Treadmill)	3	40-50% progressing to 60-70% Heart rate reserve	10-20min Increasing to 40mins	24	6min walk test
Ivey 2011	38 participants (NR) Group 1 = 61±8 Group 2 = 62±10	Cardiorespiratory (Treadmill)	3	40-50% progressing to 60-70% Heart rate reserve	10-20min Increasing to 40mins	24	6min walk test, 10m walk test, VO <sub>2</sub> peak
Jin, 2013	128 participants (94 male, 34 female) Group 1 = 57.6 ± 6.6 Group 2 = 56.3 ± 6.5	Cardiorespiratory (Cycle ergometer)	5	Commencing at 40%-50% heart rate reserve progressing 5% heart rate reserve every 2 weeks up to 70% heart rate reserve	40mins	12	6min walk test, knee extensor
Kang, 2012	30 participants (16 male, 14 female) Group 1 = 55.9 (6.5) Group 2 = 56.3 (7.6) Group 3 = 56.1 (7.8)	Cardiorespiratory (Treadmill)	3	Self-paced speed with progression of 0.1km/h	30mins	4	6min walk test, 10m walk test, timed up and go
Katz-leurer, 2003	92 participants (50 male, 43 female) 63 ± 11	Cardiorespiratory (Cycle ergometer)	5 then 3	85% of age-predicted maximal heart rate (HR) ((220-age) × 0.85)	20 then 30mins	2 then 6 (total 8)	Not relevant
Kim, 2014	22 participants (13 male, 9 female) Group 1 = 50.18 ± 10.29 Group 2 = 50.73 ± 7.24	Cardiorespiratory (Community walking programme)	5	Self-paced community walking training programme	60mins	4	10m walk test, 6min walk test,
Kuys, 2011	30 participants (12 males, 18 female) Group 1 = 63 ± 14 Group 2 = 72 ± 17	Cardiorespiratory (Treadmill)	3	40% progressing to 60% heart rate reserve or a Berg borg scale between 11-14	30mins	6	6min walk test, 10m walk test

Lennon 2008	48 participants (28 male, 20 female) Group 1 = 60.5 ± 10.0 Group 2 = 59.0 ± 10.3	Cardiorespiratory (Cycle ergometer)	2	50-60% maximum heart rate, RPE, VO2	30 mins	10	3min Cycle ergometer test, VO2, Power and RPE
Mackay-lyons, 2013	50 participants (29 male, 21 female) Group 1 = 61.5 ± 15.4 (29-88) Group 2 = 59.0 ± 12.7 (41-78)	Cardiorespiratory Body weight supported treadmill training	5/week for 6 weeks then 3/week for 6 weeks	Target heart rates corresponding to 60%-75% of baseline VO2peak Initially treadmill speed 80%-90% of self-paced overground speed with 20%-30% body weight supported for ambulatory independent participants and 70%-80% of overground speed with 40% body weight supported for ambulatory dependent participants	60mins	12	6min walk test, 10m walk test, VO2peak
Mao 2015	24 participants (unclear)	Cardiorespiratory Body weight supported treadmill training	5	Treadmill walking with 30%-40% body weight supported. Body support was decreased, and treadmill speed increased. No further detail for percentage assisted body support was provided. Speed initially 0.5 miles/h (0.8 km/h) for 20 min progressing to 2.5 miles/h (4.0 km/h) for 40 min	20 up to 40mins	3	10m walk test
Moore, 2010	20 participants (14 male, 6 female) 50±15	Cardiorespiratory (Treadmill gait training with overhead harness)	2-5 a week	80-85% age predicted maximum heart rate	NR	4	12min walk test, timed up and go, gait velocity
Mudge 2009	58 participants (32 male, 26 female) Group 1 Median	Cardiorespiratory (Circuit training)	3	self-exercise intensity	30 mins	4	6min walk test, 10m walk test

	= 71.0 (44.0–86.0) Group 2 Median = 76.0 (39.0–89.0)						
Park, 2011	25 participants (12 male, 13 female) Group 1 = 59.38±8.46 Group 2 = 56.92±7.79	Cardiorespiratory Overground community-based walking	3	Community-based ambulation training	60mins	4	6min walk test, 10m walk test, 300m community walkway
Pohl, 2002	60 participants (43 male, 17 female) Group 1 = 61.6±10.6 Group 2 = 57.1±13.9 Group 3 = 58.2±10.5	Cardiorespiratory Treadmill & Gait training	3	Progressive speed on treadmill	30mins	4	10m walk test
Potempa 1995	42 participants (23 male, 19 female) 43-72	Cardiorespiratory Cycle ergometer	3	30-50% maximum effort	30mins	10	Graded Exercise Test
Salbach, 2004	91 participants (56 male, 43 female) Group 1 = 71±12 Group 2 = 73±8	Cardiorespiratory (Circuit training)	3	Self-exercise intensity	55mins	6	6min walk test, 5m walk test, timed up and go
Sandberg 2016	56 participants (28 male, 28 female) Group 1 = 71.3±7.0 Group 2 = 70.4±8.1	Cardiorespiratory Cycling (maximum exercise element)	2	Class included 2 x 8-min periods of high-intensity exercise (14-15 RPE; 75% maximum oxygen consumption; 80% maximum heart rate)	60mins	12	6min walk test, 10m walk test, timed up and go, graded cycle ergometer test (peak work rate, Watts)
Smith 2008	20 participants (12 male, 8 female) Group 1 = 57.8 ± 7.0 Group 2 = 56 ± 8.3	Cardiorespiratory Treadmill & Gait training	3	RPE <13	20 minutes	4	Not relevant

Takami 2010	36 participants (0 male, 36 female) "Group 1 = 66.1 ± 6.3 Group 2 = 71.1 ± 10.6 Group 3 = 66.9 ± 10.6"	Cardiorespiratory "Treadmill gait training with body weight support "	6	For heart rate, an intervention was terminated if heart rate was >110 beats/min at rest or increased 30% during an intervention. In addition, an intervention was stopped if SPO2 was <90%, breathing rate was >30 breaths/min, or the modified Borg scale <sup>21</sup> ), score was >7.	10mins	3	10m walk test, 5m walking backwards
Topcuoglu 2015	40 participants (22 male, 18 female) Group 1 = 65.95±8.7 Group 2 = 67.5±11.2	Cardiorespiratory Arm Cranking ergometer	5	10 watts/minute	30 mins	4	Not relevant
Vanroy 2017	59 participants (38 male, 21 female) 65.4±10	Cardiorespiratory MOTOMed seated cycling ergometer	3	60-75% heart rate reserve	30mins (Total sessions 51min reducing to 40mins)	12	10m walk test, VO2peak, RPE
Wang 2014	54 participants (36 male, 18 female) Group 1 = 54±7.2 Group 2 = 52±12.1	Cardiorespiratory Wheelchair seated pedalling ergometry	3	target heart rate = ((peak heart rate in the exercise test - resting heart rate) x 50%-70%) + resting heart rate.	30 mins	6	Graded Exercise Test (watts)
Yang 2014	30 participants (22 male, 8 female)	Cardiorespiratory	5	Cycling training consisted of 15-min sessions each of forward and backward cycling including: 150-s passive warm-up; 10-min active pedalling at 50-70 rpm at an intensity of stage 13 of the Borg scale; 150 s of passive cool-down	30 mins	4	6min walk test, 10m walk test

Resistance Intervention							
Aidar 2016	24 participants (15 male, 9 female)	Resistance exercise	3	8-10 reps & Omni resistance exercise scale,	45-60 minutes	12	1RM
Arabsadeh 2018	20 participants (15 male, 5 female)	Resistance exercise	3	Self-exercise intensity	50mins	4	Not relevant
Bale 2008	18 participants (7 male, 11 female)	Resistance exercise	3	10-15 repetitions to achieve moderate fatigue	50mins	4	12m walk test, Muscle strength
Sims 2009	45 participants (27 male, 18 female)	Resistance exercise	2	3x8/10 repetitions at 80% 1RM	NR	10	1RM
Son 2014	28 participants (15 male, 13 female)	Resistance exercise	5	3 sets of 8-10 repetitions at 70% 1RM	30mins	6	Timed up and go
Taylor-philliae 2014	145 participants (77 male, 68 female)	Resistance exercise	3	Tai Chi Exercises	40mins	12	2mins Step test
Buyukvural 2015	50 participants (33 male, 17 female)	Resistance exercise	5	5-10 repetitions	NR	3	10m walk test, 6min walk test, Stair climb, timed up and go
Coroian 2018	20 participants (16 male, 4 female)	Resistance exercise	3	6 sets of 8 repetitions increasing from 40%-70% of maximal baseline torque	45mins	5	muscle strength (Isokinetic)
Frenandez-Gonzalo 2016	29 participants (22 male, 7 female)	Resistance exercise	2	Maximal effort	NR	12	Quadriceps femoris volume

Flansbjer 2008	24 participants (14 male, 10 female)	Resistance exercise	2	6-10 repetitions equivalent to 80% of maximum load	90mins	12	Isokinetically strength, timed up and go, gait speed, 6min walk test
Inaba 1973	77 participants (37 male, 40 female)	Resistance exercise	"Daily"	50% and 100% maximum weight	NR	4-8 weeks	Strength supine test, selective strength (10RM)
Ivey 2017	30 participants (21 male, 9 female)	Resistance exercise	3	10-15, decreasing from 20 repetition maximum across sets	unclear	12	1RM, 6min walk test, 10m walk test, VO2 peak
Kim 2001	20 participants (14 male, 6 female)	Resistance exercise	3	Maximal effort 3x 10 repetitions	30 mins	6	8m walk test, stair climb, Isokinetic strength
Knox 2018	144 participants (72 male, 72 female)	Resistance exercise	6 (average 0.5 per week)	3 set of 10 repetitions; progressed individually	60mins	12	6min walk test, timed up and go
Ouellette 2004	42 participants (28 male, 14 female)	Resistance exercise	3	70% 1 repetition maximum: 3 x 8-10 repetitions	Unclear (duration based on repetitions)	12	6min walk test, Stair climb, chair rise time
Lee 2013a	33 participants (20 male, 13 female)	Resistance exercise	5	3 sets of 8-10 repetitions 70% of 1RM	Unclear (duration based on repetitions)	6	Not relevant

Lee 2013b	39 participants (25 male, 14 female)	Resistance exercise	5	3 sets of 8-10 repetitions at 70% of 1RM	Unclear (duration based on repetitions)	6	Not relevant
Verheyden 2009	33 participants (20 male, 13 female)	Resistance exercise	4	Exercises gradually introduced and number of repetitions by physiotherapist	30 mins	5	Not relevant
Winstein 2004	60 participants (33 male, 27 female)	Resistance exercise	3	intervention, knowledge of results (eg, load, number of repetitions) was provided systematically during the therapy.	60mins	8	Grip strength, Pinch force, Isometric torque
Zou 2015	56 participants (22 males, 34 females)	Resistance exercise	3	3 sets 15 repetitions; initial intensity causing failure 10-12 repetitions, then reduce to allow completion to 15	40mins	8	paretic and non-paretic leg press at 1RM
Mixed Interventions							
Cooke 2010	109 participants (65 male, 44 female)	Mixed Intervention	4	5 repetitions with progression to 50 repetitions (5 sets of 10)	60mins	6	Knee Extensor, 10m walk test
Dean 2018	45 participants (30 male, 15 female)	Mixed Intervention	2 classes (+ home exercise)	Self-exercise intensity	120mins	6	Timed up and go
Donaldson 2009	30 participants (13 male, 17 female)	Mixed Intervention	4	5 repetitions with progression to 50 repetitions (5 sets of 10)	60mins	6	Handgrip
Duncan 1998	20 participants (NR)	Mixed Intervention	3	Self-exercise intensity	90mins	12	10m walk test, 6min walk test



Duncan 2003	92 participants (50 male, 43 female)	Mixed Intervention	3	50-60% heart rate reserve	90-120mins	4	10m walk test, 6min walk test
Furnari 2014	40 participants (20 male, 20 female)	Mixed Intervention	3	Self-exercise intensity	60mins	4	Not relevant
Galvin 2011	40 participants (20 male, 20 female)	Mixed Intervention	7	Self-exercise intensity	35mins	8	6min walk test
Kim 2016a	20 participants (13 male, 7 female)	Mixed Intervention	5	Treadmill speed/ gradient TheraBand repetitions/load	90mins	4	6min walk test
Kim 2017a	29 participants (22 male, 7 female)	Mixed Intervention	3	Resistance increases Treadmill speed increase	30mins	6	10m walk test, Time up and go, Handgrip strength
Knox 2018	144 participants (72 male, 72 female)	Mixed Intervention	6 (average 0.5 per week)	Reduced support and increased complexity and more demanding home-based walking	60mins	12	6min walk test, timed up and go
Langhammer 2007	75 participants (Unclear)	Mixed Intervention	2-3 a week	70%-80% maximum pulse (cardiorespiratory component) 50%-60% one repetition maximum (strength component)	45mins	unclear	Grip strength
Letombe 2010	18 participants (11 male, 7 female)	Mixed Intervention	4	Cardiorespiratory training: 70%-80% maximal cycling power Strength training; 6 x 10 repetitions at 50%-60% maximum Rating	40-60mins	4	Graded Exercise Test (Power (W))

Mead 2007	66 participants (36 male, 30 female)	Mixed Intervention	3	Rating of perceived exertion: 13-16	40-75mins	12-14 (total of 36 sessions)	sit to stand time, timed up and go
Moore 2015	40 participants (34 male, 6 female)	Mixed Intervention	3	Increasing load and repetitions 40%-50% maximum heart rate increasing to 70%-80%	40-60mins	19	Bicycle exercise test, 10m walk test, 6min walk test
Richards 1993	27 participants (unclear)	Mixed Intervention	5	Speed	104mins	5	Gait velocity
Richards 2004	63 participants (43 male, 20 female)	Mixed Intervention	5	Walking Speed	60mins	8	Timed up and go
Shin 2011	21 participants (8 male, 13 female)	Mixed Intervention	5	Cardiorespiratory progressive but < 40% heart rate re- serve Strength training described only as 'medium intensity' of 5-15 repetitions	60mins	4	Not relevant
Teixeira 1999	13 participants (7 male, 6 female)	Mixed Intervention	3	50%-70% maximum work rate (cardiorespiratory component) 50%-80% 1 repetition maximum, 3 x 10 repetitions (strength component)	60-90mins	10	Gait speed (22m) Stair climb
Toledano-Zarhi 2011	28 participants (21 male, 7 female)	Mixed Intervention	Cardiorespiratory 90 min Group 45-55 min	Cardiorespiratory 50%-70% of maximal heart rate	30-55mins	6	6min walk test, Bruce treadmill test

Van de port 2012	250 participants (NR)	Mixed Intervention	2	Self-exercise intensity	90mins	12	6min walk test, 5 metre comfortable walking speed test and timed up and go
Yang 2006	48 participants (32 male, 16 female)	Mixed Intervention	3	The progressive resistance strength training programme was designed as a circuit class, with subjects completing practice at a series of workstations.	30mins	4	muscle strength, 6min walk test, Gait performance, Step test, timed up and go
Zedlitz 2012	83 patients (43 male, 40 female)	Mixed Intervention	2	Cardiorespiratory and strength progressed from 40%-70%	120	12	6min walk test