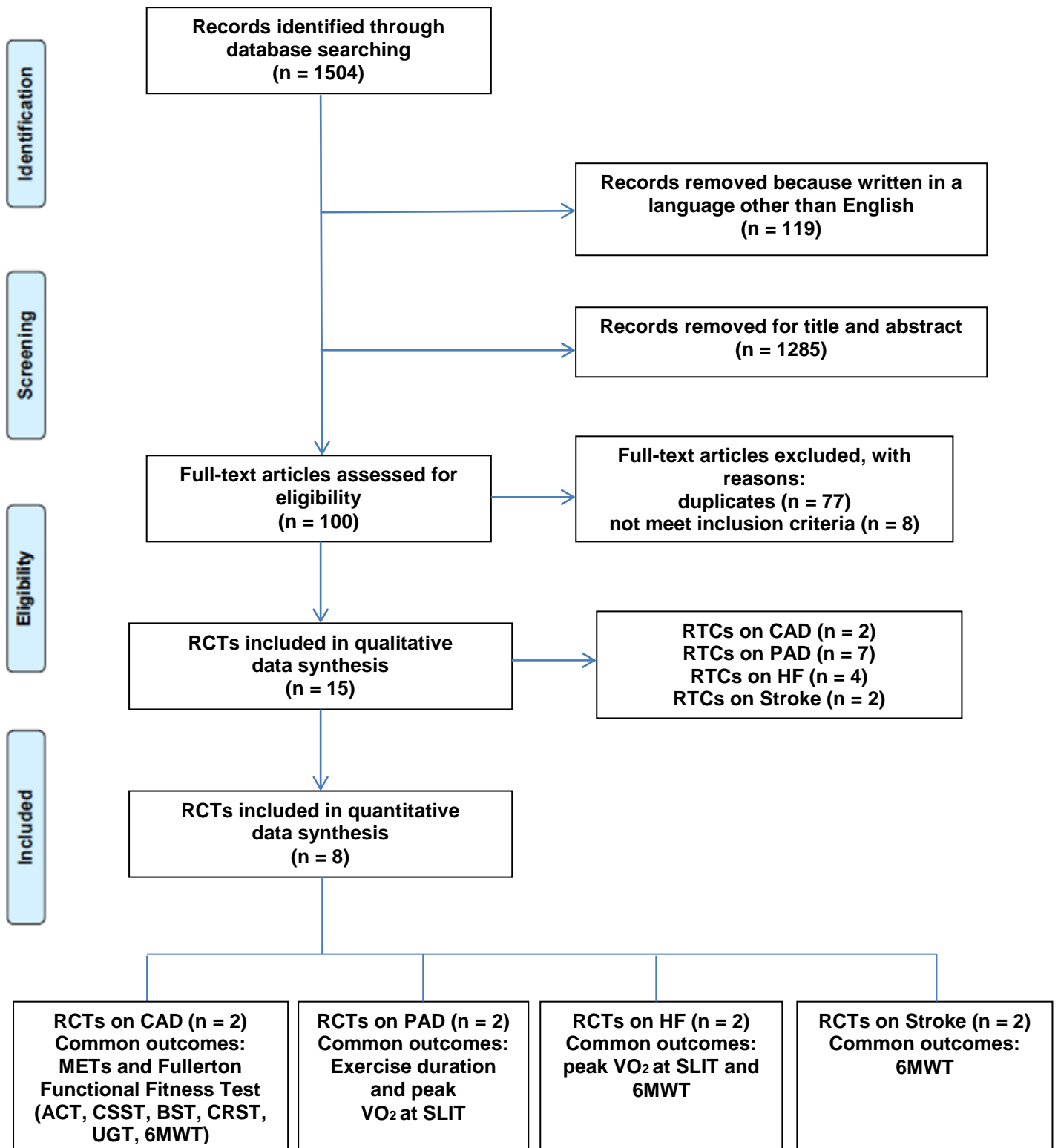


**Figure 1. PRISMA flow chart for the study selection**



Abbreviations. RCTs: Randomized Controlled Trials, CAD: Coronary Artery Disease, PAD: Peripheral Arterial Disease, HF: Heart Failure, MET: Metabolic Equivalent, ACT: Arm Curl Test, CSST: Chair Sit to Stand Test, BST: Back Scratch Test, CSRT: Chair Sit and Reach Test, UGT: Up and Go Test, 6MWT: Six-Minute Walking Test, peak VO<sub>2</sub>: Oxygen Uptake, SLIT: Symptom-limited incremental treadmill exercise test.