Figure 1. PRISMA flow chart for the study selection

Records identified through database searching (n = 1504)

Records removed because written in a language other than English (n = 119)

Records removed for title and abstract (n = 1285)

Full-text articles assessed for eligibility (n = 100)

Full-text articles excluded, with reasons: duplicates (n = 77) not meet inclusion criteria (n = 8)

RCTs included in qualitative data synthesis (n = 15)

RCTs on CAD (n = 2) RCTs on PAD (n = 7) RCTs on HF (n = 4) RCTs on Stroke (n = 2)

RCTs included in quantitative data synthesis (n = 6)

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, CRST: Chair Sit and Reach Test, UGT: Up and Go Test, 6MWT: Six-Minute Walking Test, peak VO2: Oxygen Uptake, SLIT: Symptom-limited incremental treadmill exercise test.