

**Supplementary File 2 - Table of excluded studies**

<b>Authors</b>	<b>Year</b>	<b>Title</b>	<b>Reason for exclusion</b>
<i>Walter et al.</i>	1996	Acute responses to using walking poles in patients with coronary artery disease	No adequate comparison group and no adequate follow-up (< 2 weeks)
<i>Oakley et al.</i>	2008	Nordic poles immediately improve walking distance in patients with intermittent claudication	No adequate comparison group and no adequate follow-up (< 2 weeks)
<i>Kocur et al.</i>	2009	Estimation of energy expenditure during various forms of exercise training in early cardiac rehabilitation	No adequate comparison group and no adequate follow-up (< 2 weeks)
<i>Allet et al.</i>	2009	Effect of different walking aids on walking capacity of patients with poststroke hemiparesis	No adequate comparison group and no adequate follow-up (< 2 weeks)
<i>Rybicki et al.</i>	2015	Oxygen uptake during Nordic walking training in patients rehabilitated after coronary events	No adequate comparison group and no adequate follow-up (< 2 weeks)
<i>Piotrowicz et al.</i>	2014	Feasibility of home-based cardiac telerehabilitation: results of TeleInterMed study	No comparison group
<i>Lejczak et al.</i>	2016	Nordic walking may safely increase the intensity of exercise training in healthy subjects and in patients with chronic heart failure	No adequate comparison group and no adequate follow-up (< 2 weeks)
<i>Vehí et al.</i>	2016	Nordic walking for cardiovascular prevention in patients with ischaemic heart disease or metabolic syndrome	No comparison group