Table I - *Characteristics of the experimental studies included in this review*

Author/year (Country)	Sample	Participants	Intervention protocol
Figueroa *et al.* 2012 [19] (United States)	IG: 5 CG: 5	Women Age: 18 - 35 years Health condition: overweight and obese (BMI > 25 kg/m² < 40 kg/m²)	IG: Training on a vibrating platform with a frequency of 25 -30 Hz, 1-2 mm in amplitude, 3x/week, for 6 weeks. Series duration: 30 - 60 s. Rest periods: 60-30 s. Subjects wore a weight vest at 5% and 10% of their body weight during weeks 5 and 6, respectively. Dynamic exercises: 3 sec eccentric / 2 sec concentric for each repetition, considering 180º as total knee extension. Exercise 1: semi-squat with knees at 120° Exercise 2: semi-squat with 120° knees and wide base Exercise 3: Calf raise with maximum plantar flexion Static exercises: Exercise 1: Isometric squat with knees at 120° Exercise 2: Isometric squat with 120° knees and wide base Exercise 3: Calf raise with maximum plantar flexion 4 weeks washout period CG: instructed not to perform any type of physical exercise during the 6 weeks of duration
Figueroa *et al.* 2013 [20] (United States)	IG: 15 CG:13	Women Age: 53 - 59 years Health condition: prehypertension or stage 1 hypertension, overweight or obesity (BMI >25 kg/m²), postmenopausal	IG: Training on a vibrating platform, 3x/week, for 6 weeks. The vibration frequency ranged from 25-35 Hz, amplitude of 1mm. The number of sets and duration of each exercise varied progressively, respectively, from 1-2 and from 30 to 45 seconds. The duration of the recovery periods between sets was kept at 60 seconds. Dynamic exercises: 3 sec eccentric / 2 sec concentric for each repetition, considering 180º as total knee extension. Exercise 1: Squat with knees at 90° with feet in line Exercise 2: Squat with knees at 120º with feet in line Exercise 3: Calf raise with maximum plantar flexion Static exercises: Exercise 1: Isometric squat with knees at 90° with feet in line Exercise 2: Isometric squat with knees at 120° with feet in line Exercise 3: Isometric calf contraction with maximum plantar flexion CG: instructed not to perform any type of physical exercise during the study period

Pleguezuelos *et al.* 2013 [21] (Spain)	IG: 26 CG: 25	Men Age: 59 - 80 years Health condition: severe COPD	IG: Warm-up (10 minutes): exercises for upper and lower limbs and spine, Training with WBV with a frequency of 35 Hz and 2 mm of amplitude + static squat with 30° of hip flexion and 55° of knee flexion, with the upper limbs holding the platform bars, 6 sets of 4 repetitions of 30 seconds, with 60 s of rest between each set. Cool-down: Stretches (10 minutes) 18 sessions, 3x/week, for 6 weeks. CG: general recommendations on physical activity and lifestyle (Mediterranean Diet + at least 30 min of moderate-intensity walking daily)
Furness *et al.* 2014 [22] (Australia)	IG: 16 CG: 11	Both genders Age: 65 - 79 years Health condition: moderate COPD	IG: Training on a vibrating platform, with a frequency of 25 Hz, 2 mm of amplitude, 2x/week, for 6 weeks. Static semi-squat posture (knees bent at ~55°) 2-week washout period CG: Sham training on a vibrating platform, with characteristic noise, without vibration, 0 mm amplitude, 2x/week, for 6 weeks. Static semi-squat posture (knees bent at ~44°)
Braz Júnior *et al*. 2015 [4] (Brazil)	IG: 11 CG: 11	Both genders Age: 54 - 72 years Health condition: COPD	IG: 10 minutes of stretching for upper and lower limbs Vibration platform training: 3x/week for 12 weeks. Static semi-squat posture (120-130°), with feet 20 cm apart, upper limbs slightly flexed in support. Weeks 1-4: 30 s of WBV at 2 mm, 60 s of standing rest, total duration 10 minutes Weeks 5-8: 60 s of 4 mm WBV, 60 s of standing rest for 20 minutes Weeks 9-12: 60s of 4mm WBV, 60s of standing rest for 20 minutes All subjects participated in the intervention group and the control group, with a 3-month washout period. CG: no intervention
Figueroa *et al.* 2015 [23] (United States)	IG: 24 (12 with high ankle SBP, 12 with normal ankle SBP) CG:12	Post-menopausal women Age: 55 - 59 years old Health condition: prehypertension or stage 1 hypertension, overweight or obese (BMI >25 kg/m^2)	IG: Training on a vibrating platform, 3x/week, for 12 weeks. The vibration frequency ranged from 25-40 Hz, with low to high amplitude, duration of the exercise series from 30 to 60 seconds, number of series from 1 to 6 for each exercise, total duration of the training session: from 11 to 60 minutes and duration of recovery periods between sets of 60–30 seconds. Dynamic exercises, performed with socks on the feet: 3 sec eccentric/2 sec concentric for each repetition, considering 180º as total knee extension. Exercise 1: Squat with knees at 90° with feet in line Exercise 2: Squat with knees at 120º with feet in line

			Exercise 3: Squat with knees at 120° with feet apart Exercise 4: Calf raise with maximum plantar flexion Static exercises: Exercise 1: Isometric squat with knees at 90° with feet in line Exercise 2: Isometric squat with knees at 120° with feet in line Exercise 3: Isometric squat with knees at 120 degrees with feet apart Exercise 4: Isometric calf contraction with maximum plantar flexion CG: no exposure
Severino *et al*. 2016 [24] (United States)	IG: 13 CG: 14	Sedentary Hispanic women Age: 50 - 65 years Health condition: Obese (BMI > 30 and < 40 kg/m²) post-menopausal for at least 1 year	IG: Training on a vibrating platform, with a frequency of 25 Hz and 3 sets of 30s on/60s off (week 1), 30 Hz and 4 sets of 30s on/60s off (week 2), 35 Hz and 5 sets of 45s on/45s off (week 3), 35 Hz and 6 sets of 45s on/45s off (week 4), 40 Hz and 7 sets of 60s on/30s off (week 5), 40 Hz and 7 sets of 60s on/30s off (week 6), amplitude of 1 mm (weeks 1-3) and 2 mm (weeks 4-6), 3x/week for 6 weeks, associated with 4 dynamic exercises and 4 static exercises for the legs. Dynamic exercises: 3 sec eccentric/2 sec concentric for each repetition, considering 180º as total knee extension. Exercise 1: Squat with knees at 90° and normal posture Exercise 2: Squat with knees at 120° and normal posture Exercise 3: Squat with 120° knees and wide base Exercise 4: Calf raise with maximum plantar flexion Static exercises: Exercise 1: Isometric squat with knees at 90° Exercise 2: Isometric squat with knees at 120° Exercise 3: Isometric squat with 120° knees and wide base Exercise 4: Calf raise with maximum plantar flexion CG: no exposure
Wong *et al.* 2016 [18] (United States)	IG: 13 6 with BMI > 30 < 35 kg/m² 7 with BMI > 35 <40 kg/m² = 7 CG: 12 7 with BMI > 30 < 35 kg/m²	Women Age: 50 - 65 years Health condition: Obese (BMI > 30 kg/m² and < 40 kg/m²) postmenopausal for at least 1 year, pre-hypertensive or hypertensive stage 1	IG: Training on a vibrating platform, 3x/week with 48-hour intervals between sessions, for 8 weeks. The vibration frequency ranged from 25-40 Hz, with low to high amplitude, resulting in peak acceleration between 4.3 and 21.3 g, duration of the exercise series from 30 to 60 seconds, number of series from 1 to 5 for each exercise, total duration of training session: 11–60 minutes and duration of rest periods 60–30 seconds. Dynamic exercises, performed with socks on the feet: 3 sec eccentric/2 sec concentric for each repetition, considering 180º as total knee extension.

	5 with BMI > 35 <40 kg/m² = 7		Exercise 1: Squat with knees at 90° and normal posture Exercise 2: Squat with knees at 120° and normal posture Exercise 3: Calf raise with maximum plantar flexion Static exercises: Exercise 1: Isometric squat with knees at 90° Exercise 2: Isometric squat with knees at 120° Exercise 3: Calf raise with maximum plantar flexion CG: no exposure
Alvarez-Alvarado *et al.* 2017 [25] (United States)	IG: 25 CG: 13	Women Age: 18 - 25 years Health condition: overweight and obese (BMI > 27 kg/m² < 40 kg/m²)	IG: Training on a vibrating platform, 3x/week, for 6 weeks. Vibration frequency ranged from 30-35 Hz, with low to high amplitude. Duration of exercise series from 30 to 60 seconds, number of series from 1 to 8 for each exercise, total duration of training session: from 11 to 30 minutes and duration of rest periods of 60–45 seconds. Dynamic exercises, performed barefoot: 3s eccentric phase/3s concentric phase for each repetition, considering 180º as total knee extension. Exercise 1: Squat with knees at 90° and normal posture Exercise 2: Squat with knees at 120° and normal posture Exercise 3: Squat with 90° knees and wide base Exercise 4: Calf raise with maximum plantar flexion CG: no exposure
Spielmanns *et al.* 2017 [26] (Germany)	IG: 14 CG:13	Both genders Age: > 65 years Health condition: Stable COPD Stages I to III	IG: Warm-up (10 minutes): low-intensity walking on a treadmill or bicycle, stretching. Whole body vibration training (15 minutes): - Weeks 1 - 4: Frequency 6 to 10 Hz, amplitude 4 to 6 mm, 3 sets of 2 minutes with a 2-minute break between sets. - Weeks 5 - 8: Frequency from 12 to 18 Hz, amplitude from 4 to 6 mm, 3-minute sets with a 2-minute break between sets. - Weeks 9 - 12: Frequency 21 to 24 Hz, amplitude 4 to 6 mm, 3-minute sets with a 2-minute break between sets. Participants trained in a static semi-squat position in all weeks, with bare feet and knees at 150º, considering 180º as full extension, arms at the sides or supported on the support bar of the device. Cool-down: (5 minutes) Total duration of each workout: 30 minutes, 2 x/weeks, for 3 months CG: Supervised group calisthenics training: relaxation and breathing training

			associated with calisthenics, total duration of each training session: 30 minutes, 2x/week, for 3 months.
Neves *et al.* 2018 [27] (Brazil)	IG:10 (COPD) CG: 10 (healthy)	Both genders Age: 45 to 80 years Health condition: moderate COPD	IG: Training with WBV + static squat with 30º of knee flexion, with feet 28 cm apart, with upper limbs holding the platform bars, performing 6 sets of 30 s with 60 s of rest between each set, 3x/week, for 12 weeks. - Weeks 1-4: Frequency 30 Hz, amplitude 2 mm. - Weeks 5 - 8: Frequency of 35 Hz, amplitude of 2 mm - Weeks 9 - 12: Frequency of 40 Hz, amplitude of 2 mm CG: no exposure
Maia *et al.* 2019 [3] (Brazil)	IG: 6 CG: 6	Participants of both genders Age: 18 - 59 years Health condition: kidney transplant recipients with at least 1 year of transplant	IG: Training on a vibrating platform, with F=35 Hz, 2x/week for 12 weeks, amplitude of 2 mm in the first 2 weeks and 4 mm in the other weeks. Exposure time 10 minutes (weeks 1-4), 15 minutes (weeks 5-8), 20 minutes (weeks 9-12) CG: Training on a vibrating platform, with an attached plate promoting light vibration at 8 Hz of frequency and similar noise. Both groups performed the training in an upright position, with knees semi-flexed and feet 20 cm apart.

IG = Intervention group; CG = Control group; BMI = Body mass index; WBV = Whole body vibration; Hz = Hertz; UL = Upper limbs; SAH = Systolic arterial hypertension; COPD = chronic obstructive pulmonary disease