

**Table I - Main associations between interventions and outcomes based on the evidence map analysis**

<b>Interventions</b>	<b>Effect, n</b>	<b>Outcomes</b>
<b>Stretching</b>	Positive, 2	Restless legs syndrome
	No effect, 1	Adverse effects
<b>Physical activity</b>	Positive, 2	Prognosis
<b>Physical activity and/or unspecified exercise</b>	Inconclusive, 5	Physical fitness, depression, adverse effects, fatigue, quality of life
<b>Neuromuscular electrical stimulation</b>	No effect, 2	adverse effects, restless legs syndrome
	Positive, 2	physical fitness, muscle fitness
	Inconclusive, 4	cardiovascular outcomes, musculoskeletal outcomes, muscle mass, multiple or nonspecific
<b>Exercise + Health education</b>	Positive, 1	Physical aptitude
<b>Exercise + Neuromuscular electrical stimulation</b>	Potentially Positive, 3	Physical fitness, Muscle fitness
<b>Exercise + Behavior change techniques</b>	Potentially Positive, 3	Physical fitness, Multiple or nonspecific, Quality of life
<b>Exercise + Integrative and Complementary Practices + Sports</b>	Positive, 1	Depression
	Potentially Positive, 5	Anxiety, depression, fatigue, level of physical activity, quality of life
<b>Aerobic exercise</b>	Potentially Positive, 5	Musculoskeletal outcomes, Depression, Optimization of dialysis, Quality of life
	Positive, 26	Physical fitness, muscular fitness, cardiovascular outcomes, musculoskeletal outcomes, depression, glomerular filtration, body mass index, quality of life, restless legs syndrome, time duration of exercise
	No effect, 7	Cardiovascular outcomes, musculoskeletal outcomes, body mass index, optimization of dialysis, quality of life, cardiovascular risk
	Inconclusive, 10	Anxiety, physical fitness, cardiovascular outcomes, musculoskeletal outcomes, glomerular filtration, inflammatory markers, quality of sleep, quality of life
<b>Aerobic exercise + stretching</b>	No effect, 1	Sleep quality
<b>Aerobic exercise + resistance</b>	Potentially Positive, 10	Anxiety, muscle fitness, musculoskeletal outcomes, depression, glomerular filtration, inflammatory markers, multiple or nonspecific, quality of life
	Positive, 30	Physical fitness, muscular fitness, cramp, cardiovascular outcomes, fatigue, body mass index, inflammatory markers, quality of sleep, quality of life, optimization of dialysis
	Inconclusive, 13	Muscle fitness, musculoskeletal outcomes, adverse effects, glomerular filtration, body fat, body mass index, inflammatory markers, proteinuria, quality of life, multiple or nonspecific
	No effect, 1	Optimization of dialysis
<b>Aerobic exercise + resistance + stretching</b>	Potentially Positive, 1	Anxiety
	Positive, 3	Physical aptitude

<b>Aerobic exercise + resistance + respiratory muscle training + neuromuscular electrical stimulation</b>	Positive, 6	physical fitness, muscular fitness, musculoskeletal outcomes, optimization of dialysis, quality of life
	No effect, 1	Adverse effects
<b>Aerobic Exercise + Telehealth</b>	Inconclusive, 1	Cardiovascular outcomes
	Potentially Positive, 1	Quality of life
	Positive, 8	Physical fitness, muscular fitness, depression, cardiovascular outcomes, body fat, quality of life
<b>Home-based exercise</b>	Potentially Positive, 1	Muscle fitness
<b>Multiple or non-specific exercise</b>	Inconclusive, 2	optimization of dialysis, proteinuria
	Potentially Positive, 2	cardiovascular outcomes
	Positive, 4	physical fitness, depression, optimization of dialysis, quality of life
	No effect, 2	adverse effects, quality of life
<b>Resistance exercise</b>	Potentially Positive, 5	Physical fitness, muscle fitness, muscle mass, quality of life
<b>Upper Limb Musculature Training</b>	Positive, 2	Maturation of arteriovenous fistula
<b>Respiratory Muscle Training</b>	Potentially Positive, 1	Quality of life
	Positive, 1	Muscle fitness
<b>Yoga</b>	Potentially Positive, 1	Musculoskeletal outcomes