Table II - *General characteristics of the studies included in this review*

Study (year)	Country	Participants	Intervention	Control	Outcomes and evaluation time points	Results
Caminiti et al. (2021) [14]	Italy	Male subjects 45 yr old, enrolled in a cardiac rehabilitation program, with established diagnosis of hypertension (BP > 140/90 mmHg).	Patients performed aerobic exercises before resistance exercises in each session.	Each exercise session included 10 min of warm-up, 10 min of cool-down, and 60 min of aerobic exercise on a treadmill.	Blood pressure 12 weeks	Systolic and diastolic 24-h BP values decreased significantly (P < 0.01) in both groups, without between-groups differences (P = 0.11
Pedralli et al. (2020) [15]	Brazil	Participants were adults diagnosed with prehypertension or hypertension (resting SBP≥130 mmHg or DBP≥80 mmHg)	Combined aerobic and resistance training	Aerobic exercise training Resistance exercise training	Blood pressure 8 weeks	After 8 weeks of exercise training, blood pressure was reduced in all 3 groups: −5.1mmHg in SBP (95%CI –10.1, 0.0; p=0.003) in AT; −4.0mmHg in SBP (95%CI −7.8, −0.5; p=0.027) in RT; and −3.2mmHg in DBP (95%CI −7.9, 1.5; p=0.001) in CT.
Pires et al. (2020) [16]	Brazil	Resistant hypertension was defined as an uncontrolled BP despite the use of ≥3 antihypertensive medications at	Combined aerobic and resistance training	Aerobic exercise training Resistance exercise training	Blood pressure 8 weeks	Significant reductions on ambulatory BP were found in people with RH after AER, RES, and COM sessions.

		optimal doses, including a diuretic if possible, or patients with controlled BP using ≥4 antihypertensive medications				
Alemayehu et al. (2023) [17]	Ethiopia	The study's source population consisted of all hypertensive patients who met the inclusion criteria	Combined training group (resistance plus aerobic; CTG)	Aerobic training group (ATG) Resistance training group (RTG), Control group (CG)	Blood pressure 12 weeks	Combined training resulted in significant reductions in BP: SBP - 17.75mmHg, DBP -12.5 mmHg.
Masroor et al. (2018) [18]	India	Sedentary women aged 30–50 years and diagnosed with either Stage 1 or Stage 2 hypertension	Combined aerobic and resistance training (CART)	Not receive any supervised exercise intervention and continued to follow their usual medical routine	Blood pressure 4 weeks	CART group demonstrated a significant decrease in systolic blood pressure, and diastolic blood pressure ($p < 0.05$).