

**Table II - Studies with a 3-month treatment protocol included in the systematic review**

| Author (year)                                                      | Hering et al. (2017) [22]                                                                                                                                                                         | Stegen et al. (2011) [25]                                                                                                                                                                                              |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sample</b>                                                      | 24 (M + W)<br>IG = 12<br>CG = 12 (48.4 ± 8.9 years)<br>12 to 24 months after BS                                                                                                                   | 15 (M= 4; W= 11)<br>IG:8<br>CG:7<br>(40.5 ± 8.1 years) 1 month after BS                                                                                                                                                |
| <b>Duration/Weekly Frequency of the physical exercise protocol</b> | 3 months<br>3xweek                                                                                                                                                                                | 3 months<br>3xweek                                                                                                                                                                                                     |
| <b>Physical exercise protocol</b>                                  | AEROB 2weeks 35min ↑<br>45min 64 to 77% HRmax<br>PSE (12-14)<br>ST 3 of 12 rep w/ 30 to 60s<br>RECOV MMII LP; ABD; EX                                                                             | ST 30min (10min CYCLE +<br>10min WALK + 10min STEP)<br>60% ↑ 75% HRR<br>ST 25min PUSH and EX ELB<br>and KNEE w/ 15 initial sessions<br>2x 15rep at 60% 1RM<br>18 final 3x sessions of 10rep at<br>75% 1RM w/ 60s RECOV |
| <b>Variables of interest</b>                                       | FF<br>HGS<br>MS<br>BC                                                                                                                                                                             | BC<br>STATIC MS<br>DYNAMIC MS                                                                                                                                                                                          |
| <b>Instruments</b>                                                 | IWT<br>DINAM<br>SSL<br>BIA                                                                                                                                                                        | ANTHROP<br>BIA<br>BM= FFM + FM<br>1RM HOLTEN METHOD<br>SSL<br>DINAM                                                                                                                                                    |
| <b>Findings</b>                                                    | IG X CG<br>FF: ↑ 143.3 ± 86.6 m x CG ↓<br>32.50 ± 75.93<br>HGS: IG ↑ DINAM right side<br>2.5kg x CG ↓ 0.9kg<br>BM 12 weeks: IG ↓<br>BM 24 weeks: IG ↓ 2.9kg x<br>GC ↑ 2.9kg 2.4kg x CG ↑<br>1.0kg | IG X CG<br>FPM: IG = CG<br>CC: IG = CG<br>MS MMSS: IG ↑ BÍC 18,8%; ↑<br>TRÍC 26,3% x CG ↓ BÍC 23,8%;<br>↓ TRIC 26.9%<br>MS MMII: IG ↑ 63,3% QUADR x<br>CG ↓ 19,9% QUADR<br>FC MS: CG ↓ 16% QUADR;<br>36% BÍC; 39% TRIC |

\*IG = Intervention Group; CG = Control Group; WHR = Waist-Hip Ratio; BS = Bariatric Surgery; MS = Muscle Strength; AEROB = Aerobic training; ST = Strength training; HRR = Reserve Heart Rate; MMSS = Upper Limbs; LLLL = Lower Limbs; PSE = Perception of Effort; Rep = Repetitions; INT = Intensity; 1RM = one maximum repetition; BM = Body Mass; BC = Body Composition; FM = Fat Mass; FFM = Fat-Free Mass; BMD = Bone Mineral Density; IWT = Incremental Walking Test; HR = Heart Rate; LP = Leg Press; SIT = Sit-ups; PUSH = Push-ups; EX = Extensions; ELB = Elbow; KNEE = Knee; FF = Physical Function; OPC = Optional; IP = Initial Phase; FP = Final Phase; VFV = visceral fat volume; WALK = Walking; STEP = "stepping"; "=" = no significant difference; HGS = Handgrip Strength; FC = Functional Capacity; TREAD = Treadmill; DINAM = Dynamometer; MF = Muscle Function; SSL = Sit and Stand Up Test; STRETCH = Stretching; ANTHROP = Anthropometry; LCT = Ladder Climbing Test; AFV = Abdominal Fat Volume; BIA = Bioimpedance; DEXA = Bone Densitometry; VOL= Volume; HR-pQCT = high-resolution peripheral quantitative computed tomography; BRM = Bone Remodeling Markers; EXBIO = Biochemical Tests; HRdRes = Capacity and Frequency of Resistance; QUADR = Quadriceps; HAMS = Hamstrings; BÍC = Biceps; TRÍC = Triceps; DELT = Deltoid; PEIT = Pectoral; CYCLE = Cycle ergometer; BREATH. = Breathing Exercises; LM = lean mass; HRmax = maximum heart rate; RECOV = Recovery; LE = Lateral elevation; PULL = Pull or Pull Down; BENCH = Bench press; SQUAT = Squat; CALF = Calf; FEM = Femur; DR = Distal Radio