

Table I - Studies included in the systematic review

Author (year)	Sample	Duration and weekly frequency of the physical exercise protocol	Physical exercise protocol	Variables of interest	Instruments	Results
Hering <i>et al.</i> (2017) [22]	24 (W + M) IG = 12 CG = 12 (48.4 ± 8.9 years) 12 a 24 month after BC	3 months 3x weeks	TA 2 weeks 35min ↑ 45min 64 a 77% HRmax PSE (12-14) TF 3 de 12 rep c/ 30 a 60s RECOV LL, LP; ABD; EX	FF FPM MS BC	ISWT DINAM TSLC BIOIMPED	IG X CG FF: ↑ 143,3 ± 86,6 m x CG ↓ 32,50 ± 75,93 FPM: IG ↑ DINAM right side 2,5kg x CG ↓ 0,9kg MC 12 weeks: IG ↓ 2,4kg x CG ↑ 1,0kg MC 24 weeks: IG ↓ 2,9kg x CG ↑ 2,9kg
Mundbjerg <i>et al.</i> (2018) [23]	60 (m =18; w= 42) IG = 32 CG = 28 (42.3 ± 9.1 years) 12 a 24 month after BC	6 months 2x weeks	TA 15min CYCLE 6-20 PSE + 10min OPC 50% VO2máx ↑ 50 a 70% ↑ 70% TF 10min UL, EL; PD; BENCH 20 rep 60% 1RM ↑ 15 rep 65% 1RM ↑ 10 rep 75% 1 RM	BC MS UL MS LL	ANTHROP DINAM TSLC TSE	IG X CG MC 12 months: IG = CG MC 24 months: IG ↓ 0,1 kg x CG ↑ 2,1 kg MS LL: IG ↑ 8,3N MS UL: IG = CG
Mundbjerg <i>et al.</i> (2018) [24]	60 (M= 18; W= 4) IG = 32 CG = 28	6 months 2x weeks	TA 15min CYCLE + 15min OPC TF 10min UL	BC VGA	ANTHROP SCANNER	IG X CG MC 12 months: IG = CG MC 24 months: IG ↓ 0,1 kg x CG ↑ 2,1 kg VGV: IG = CG RCQ: IG = CG

	(42.3 ± 9.1 years) 12 a 24 month after BC		FSI: 50% VO2máx to FSF: 70%			
Stegen <i>et al.</i> (2011) [25]	15 (M= 4; W= 11) IG: 8 CG: 7 (40.5 ± 8.1 anos) 1 month after BC	3 months 3x weeks	TA 30min (10min CYCLE + 10min CAM + 10min STEP) 60% ↑ 75% FCR TF 25min FLE e EX ELB e KNEE c/ 15 initial session 2x 15rep a 60% 1RM; 18 final session 3x de 10rep a 75% 1RM c/ 60s RECUP	BC FM STATIC MS DYNAMIC	ANTHROP BIOIMPED MC= MLG + MG 1RM METOD HOLTEN DINAM TSL	IG X CG FPM: IG = CG CC: IG = CG MS UL: IG ↑ BÍC 18,8%; ↑ TRÍC 26,3% x CG ↓ BIC 23,8%; ↓ TRIC 26,9% MS LL IG ↑ 63,3% QUADR x CG ↓ 19,9% QUADR CF MS: CG ↓ 16% QUADR; 36% BÍC; 39% TRÍC
Murai <i>et al.</i> (2019) [27]	W = 70 IG = 35 (40.0 ± 7.8) CG = 35 (42.1 ± 8.2) 3 months after BC	6 months 3x weeks	TA 30 a 60min (↑ 10 min every 4 weeks) CAM EST (50%) TF 3x 8 a 12 rep LLLL + UL LG; EX leg; ½ SQUAT; BENCH; PD; ROW e CALF c/ 60 RECUP ↑ 5% load	DMO VOL. DMO BC MRO	DEXA HR-pQCT EXBIO	TF ↓ the loss of DMO no FEM, QUADR e RD e ↓ collagen type I C-telopeptide, procollagen and sclerostin
Noack-Segovia <i>et al.</i> (2019) [28]	43 (W= 32; M= 11) IG = 21 CG = 22	6 months 3x weeks	TA 30min TREAD WALK 54% ↑ 59% HRdRes	BC MS	BIOIMPED DINAM	IG X CG (after 6 months) MC: IG = CG MS: IG = CG MM: IG = CG

(33 ± 6.9 years) 1 month after BC	TF 15min UL BIC; TRIC; DELT; PEIT ↑ INT e REP 1RM CYCLE 15min ST LL+ UL c/ BREATH.	MG: IG = CG
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*IG = Intervention Group; CG = Control Group; WHR = Waist-Hip Ratio; BS = Bariatric Surgery; MS = Muscle Strength; AEROB = Aerobic training; ST = Strenght 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; BIC = Biceps; TRIC = 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