

Table S1 Search strategies for electronic databases

PubMed/MEDLINE	("resistance training"[Title/Abstract] AND "blood pressure"[Title/Abstract]) AND (clinicaltrial[Filter] OR randomizedcontrolledtrial[Filter]) ((("resistance training"[Title/Abstract] OR "strength training"[Title/Abstract]) AND ("blood pressure"[Title/Abstract] OR "Diastolic Pressure"[Title/Abstract] OR "Pulse Pressure"[Title/Abstract] OR "pressure pulse"[Title/Abstract] OR "Systolic Pressure"[Title/Abstract])) AND (randomizedcontrolledtrial[Filter])) ((("exercise isometric"[Title/Abstract] OR "exercises isometric"[Title/Abstract] OR "Isometric Exercises"[Title/Abstract] OR "Isometric Exercise"[Title/Abstract]) AND ("blood pressure"[Title/Abstract] OR "Diastolic Pressure"[Title/Abstract] OR "Pulse Pressure"[Title/Abstract] OR "pressure pulse"[Title/Abstract] OR "Systolic Pressure"[Title/Abstract])) AND (randomizedcontrolledtrial[Filter]))
VHL/LILACS	(treino de força OR treinamento com pesos musculação OR programa de fortalecimento por levantamento de peso OR programa de musculação por levantamento de peso OR programa de musculação por carga de peso OR programa de fortalecimento por carga de peso) AND (pressão sanguínea OR pressão sistólica OR pressão diastólica AND (type_of_study:(("clinical_trials")) (exercício isométrico OR exercício resistido isométrico) AND (pressão sanguínea OR pressão sistólica OR pressão diastólica) (strength training OR weight training OR bodybuilding OR weightlifting strengthening program OR weightlifting strengthening program OR weightlifting strengthening program OR weightlifting strengthening program) AND ("blood pressure" OR "diastolic pressure" OR "pulse pressure" OR "pressure, pulse" OR "systolic pressure") AND (type_of_study:(("clinical_trials")) ((("exercise, isometric" OR "exercises, isometric" OR "isometric exercises" OR "isometric exercise")) AND (ti:(("blood pressure" OR "diastolic pressure" OR "pulse pressure" OR "pressure, pulse" OR "systolic pressure")))) AND (type_of_study:(("clinical_trials"))
PEDro, SCOPUS, Web of Science	Resistance Training* Blood Pressure* Isometric exercise* Blood Pressure*