

Table S1 Literature search strategy

Items	Specification
PubMed-20	((("High-Intensity Interval Training"[Mesh]) OR ((((((High Intensity Interval Training) OR (High-Intensity Interval Trainings)) OR (High-Intensity Intermittent Exercise) OR (High-Intensity Intermittent Exercises)) OR (Sprint Interval Training)) OR (Sprint Interval Trainings)) OR (HIIT))) AND (("Asthma"[Mesh]) OR ((Asthmas) OR (Bronchial Asthma)))) AND (Random*)
Embase-47	((High-Intensity Interval Training or (High Intensity Interval Training or High-Intensity Interval Trainings or High-Intensity Intermittent Exercise or High-Intensity Intermittent Exercises or Sprint Interval Training or Sprint Interval Trainings or HIIT)) and (Asthma or (Asthmas or Bronchial Asthma) and Random*).af.
Cochrane-42	((High-Intensity Interval Training or (High Intensity Interval Training or High-Intensity Interval Trainings or High-Intensity Intermittent Exercise or High-Intensity Intermittent Exercises or Sprint Interval Training or Sprint Interval Trainings or HIIT)) and (Asthma or (Asthmas or Bronchial Asthma) and Random*).af.
Web of Science-22	((High-Intensity Interval Training) OR ((((((High Intensity Interval Training) OR (High-Intensity Interval Trainings)) OR (High-Intensity Intermittent Exercise) OR (High-Intensity Intermittent Exercises)) OR (Sprint Interval Training)) OR (Sprint Interval Trainings)) OR (HIIT))) AND ((Asthma) OR ((Asthmas) OR (Bronchial Asthma)))) AND (Random*) (Topic)