Supplementary table S3 Subgroup analyses

	Number of studies	Standarized mean difference between exercise and control (95% CI)	Test of heterogenity	
Subgroup analyses of the duration of the exercise program				
Erythrocyte sedimentation rate			**0.03**	**78.5%**
≤ 12 weeks	7	0.01 (-0.25, 0.27)		
>12 weeks	5	0.43 (0.15, 0.72)		
C-reactive protein			**Not applicable**	
≤ 12 weeks	8	-0.14 (-0.37, 0.08)		
>12 weeks	0	Not estimable		
Diagnosis specific disease activity scores			**0.61**	**0%**
≤ 12 weeks	9	0.16 (-0.04, 0.35)		
>12 weeks	3	0.23 (0.03, 0.43)		
Radiographic damage in small joints			**Not applicable**	
≤ 12 weeks	0	Not estimable		
>12 weeks	4	0.27 (0.07, 0.46)		
Pain			**0.60**	**0%**
≤ 12 weeks	8	0.27 (0.08, 0.46)		
>12 weeks	4	0.38 (0.04, 0.72)		
Fatigue			**0.77**	**0%**
≤ 12 weeks	7	0.35 (0.17, 0.53)		
>12 weeks	1	0.52 (-0.59, 1.64)		
Stiffness			**0.47**	**0%**
≤ 12 weeks	5	0.43 (0.14, 0.72)		
>12 weeks	2	0.61 (0.22, 1.01)		
Count of joints with active inflammation (pain, swelling and tenderness)			**0.86**	**0%**
≤ 12 weeks	3	0.37 (-0.04, 0.79)		
>12 weeks	2	0.31 (-0.18, 0.81)		
Joint tenderness			**0.64**	**0%**
≤ 12 weeks	2	0.12 (-0.31, 0.54)		
>12 weeks	2	0.25 (-0.14, 0.65)		

Subgroup analyses of the different modes

			p-value	I^2 (%)
Erythrocyte sedimentation rate			**0.08**	**60.6%**
Cardiorespiratory	4	-0.04 (-0.32, 0.24)		
Strength	4	0.42 (0.09, 0.75)		
Combined	4	0.38 (-0.06, 0.82)		
C-reactive protein			**0.59**	**0%**
Cardiorespiratory	5	-0.17 (-0.43, 0.08)		
Strength	0	Not estimable		
Combined	3	-0.02 (-0.52, 0.48)		
Diagnosis specific disease activity scores			**0.46**	**0%**
Cardiorespiratory	5	0.11 (-0.12, 0.34)		
Strength	2	0.41 (-0.01, 0.83)		
Combined	5	0.20 (0.01, 0.40)		
Radiographic damage in small joints			**0.70**	**0%**
Cardiorespiratory	1	0.52 (-0.10, 1.13)		
Strength	2	0.23 (-0.29, 0.74)		
Combined	1	0.24 (0, 0.48)		
Pain			**0.76**	**0%**
Cardiorespiratory	6	0.25 (0.03, 0.46)		
Strength	3	0.41 (0.01, 0.81)		
Combined	3	0.33 (-0.04, 0.71)		
Fatigue			**0.15**	**47.6%**
Cardiorespiratory	5	0.34 (0.12, 0.56)		
Strength	1	-0.18 (-0.85, 0.48)		
Combined	3	0.57 (0.20, 0.95)		
Stiffness			**0.18**	**40.8%**
Cardiorespiratory	3	0.32 (0.02, 0.62)		
Strength	2	0.42 (-0.01, 0.86)		
Combination	2	0.79 (0.38, 1.19)		
Count of joints with active inflammation (pain, swelling and tenderness)			**0.87**	**0%**
Cardiorespiratory	3	0.40 (0.02, 0.78)		
Strength	1	0.30 (-0.48, 1.08)		
Combination	1	0.15 (-0.71, 1.01)		
Joint tenderness			**0.64**	**0%**
Cardiorespiratory	2	0.12 (-0.31, 0.54)		

Strength	2	0.25 (-0.14, 0.65)		
Combination	0	Not estimable		
Subgroup analyses of supervised exercise				
Erythrocyte sedimentation rate			**0.71**	**0%**
Supervised	7	0.24 (-0.03, 0.52)		
Unsupervised	5	0.16 (-0.15, 0.48)		
C-reactive protein			**0.66**	**0%**
Supervised	5			
Unsupervised	2			
Diagnosis specific disease activity scores			**0.84**	**0%**
Supervised	7	0.20 (0.03, 0.37)		
Unsupervised	5	0.17 (-0.08, 0.42)		
Radiographic damage in small joints			**0.22**	**34.6%**
Supervised	2	0.20 (-0.03, 0.42)		
Unsupervised	2	0.48 (0.09, 0.87)		
Pain			**0.61**	**0%**
Supervised	5	0.35 (0.09, 0.61)		
Unsupervised	7	0.26 (0.05, 0.48)		
Fatigue			**0.55**	**0%**
Supervised	2	0.46 (0.09, 0.84)		
Unsupervised	6	0.33 (0.12, 0.55)		
Stiffness			**0.52**	**0%**
Supervised	3	0.40 (-0.03, 0.82)		
Unsupervised	4	0.56 (0.29, 0.83)		
Count of joints with active inflammation (pain, swelling and tenderness)			**0.79**	**0%**
Supervised	2	0.40 (-0.09, 0.89)		
Unsupervised	3	0.31 (-0.11, 0.73)		
Joint tenderness			**0.97**	**0%**
Supervised	3	0.19 (-0.17, 0.54)		
Unsupervised	1	0.20 (-0.30, 0.70)		