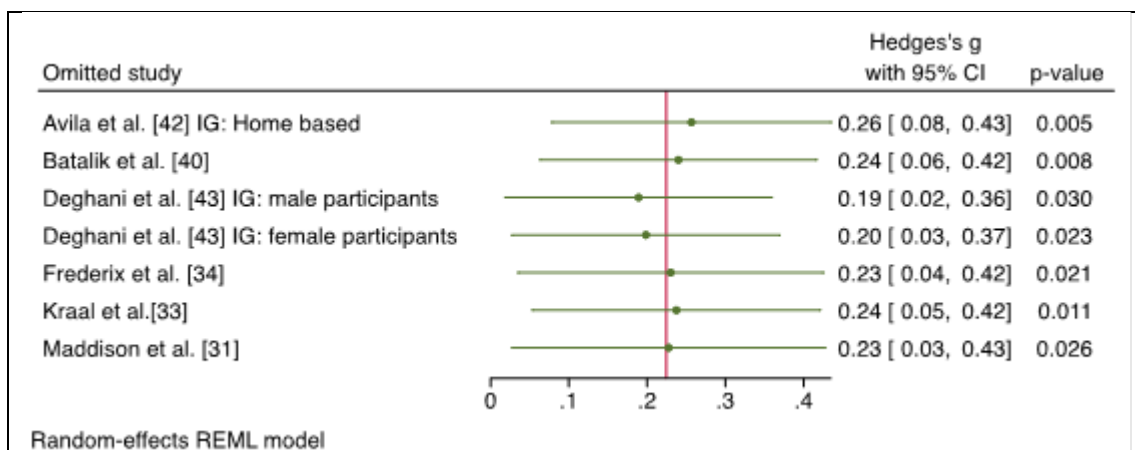
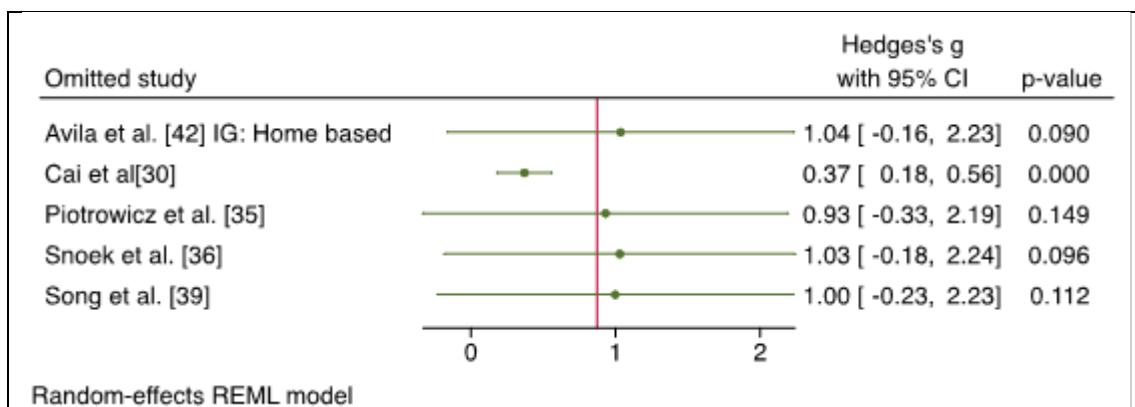


Supplementary Figure S1. Results from the Restricted Maximum Likelihood (REML) random effects meta-analysis concerning the mean difference in cardiorespiratory fitness (CRF)(ml/kg/min) change post-intervention, between the home-based cardiac rehabilitation group(HBCR) and the center-based cardiac rehabilitation(CBCR).



Supplementary Figure S2. Results from the Leave-one out meta-analysis between the home-based cardiac rehabilitation group (HBCR) and center-based cardiac rehabilitation (CBCR).



Supplementary Figure S3. Results from the Leave-one out meta-analysis between the home-based cardiac rehabilitation group (HBCR) and the usual care group (UC).

### Heterogeneity analysis

```

Effect-size label: Hedges's g
Effect size: _meta_es
Std. err.: _meta_se
Study label: Study

Meta-analysis summary
Random-effects model
Method: REML

Number of studies =      5
Heterogeneity:
    tau2 =  1.1945
    I2 (%) =  96.41
    H2 =  27.85

-----
Study |      Hedges's g      [95% conf. interval]      % weight
-----+-----
Avila et al. [42] IG: Home based |      0.221      -0.280      0.722      19.77
Cai et al.[30] |      2.894      2.335      3.452      19.52
Piotrowicz et al. [35] |      0.653      0.243      1.063      20.11
Snoek et al. [36] |      0.269      -0.024      0.562      20.46
Song et al. [39] |      0.382      -0.019      0.783      20.14
-----+-----
theta |      0.872      -0.106      1.850

Test of theta = 0: z = 1.75      Prob > |z| = 0.0806
Test of homogeneity: Q = chi2(4) = 72.94      Prob > Q = 0.0000

```

Supplementary Figure S4. Heterogeneity analysis of the included studies comparing the home-based cardiac rehabilitation group (HBCR) versus the usual care group (UC).