**Supplementary Table 6.** Subgroup analyses models for SMD meta-analysis

| Subgroup | No. | SMD | LL | UL | $I^2$ |
|---|---|---|---|---|---|
| Comorbidities | 6 | −0.119 | −0.342 | 0.104 | 0 |
| No comorbidities | 5 | −0.312 | −0.633 | 0.01 | 23 |

SMD, standardized mean difference; LL, lower limit; UL, upper limit.

**Supplementary Table 7.** Meta-regressions models for standardized mean difference meta-analysis

| Meta-regressions | No. | coef | SE | *P* value | $I^2$ |
|---|---|---|---|---|---|
| Age, yr | 11 | −0.0067 | 0.0129 | 0.617 | 0 |
| Sample size | 11 | 0.0045 | 0.0043 | 0.326 | 0 |
| Length | 11 | 0.0085 | 0.0065 | 0.223 | 0 |
| T2DM duration, yr | 9 | −0.0168 | 0.0566 | 0.775 | 3.55 |
| Resistance group | 9 | 0.0263 | 0.0932 | 0.787 | 10.49 |
| Control group | 9 | −0.0136 | 0.040 | 0.748 | 10.06 |
| %Body fat total | 6 | 0.016 | 0.035 | 0.666 | 26.59 |
| Resistance group | 6 | 0.0051 | 0.0343 | 0.888 | 30.98 |
| Control group | 6 | 0.0294 | 0.034 | 0.436 | 17.27 |
| HbA1c total | 10 | 0.0798 | 0.1875 | 0.681 | 0 |
| Resistance group | 10 | 0.0885 | 0.163 | 0.603 | 0 |
| Control group | 10 | 0.0364 | 0.1716 | 0.837 | 0 |
| Blood glucose total | 8 | 0.0026 | 0.008 | 0.755 | 10.47 |
| Resistance group | 8 | 0.0036 | 0.0061 | 0.571 | 6.53 |
| Control group | 8 | −0.00076 | 0.0067 | 0.915 | 11.22 |
| Women, % | 11 | 0.00387 | 0.0055 | 0.504 | 0 |

SE, standard error; T2DM, type 2 diabetes mellitus; HbA1c, glycosylated hemoglobin.