

**Table 3:** Measurements about cardioventilatory profile as presented in the eight eligible studies included in the systematic review.

	GROUPS	TYPE OF EXERCISE	Wpeak (W) (mean ± sd)	VO <sub>2</sub> peak (mL/min/kg) (mean ± sd)	VEpeak (L/min) (mean ± sd)	HRpeak (Beats/min) (mean ± sd)	VT <sub>1</sub> (mean ± sd)	VT <sub>2</sub> (mean ± sd)
Olivier 2010 [7]	G1: RH without aerobic training G2: RH with aerobic training	one-leg cycling with the untreated knee (OLC) A1: before RH program A2: after RH program	G1A1: 133 ± 11 G2A1: 132 ± 9 G1A2: 120 ± 10 G2A2: 152 ± 9	G1A1: 29 ± 4 G2A1: 28 ± 4 G1A2: 26 ± 4 G2A2: 30 ± 5	G1A1: 86 ± 21 G2A1: 83 ± 17 G1A2: 76 ± 16 G2A2: 92 ± 20	G1A1: 184 ± 7 G2A1: 188 ± 9 G1A2: 185 ± 5 G2A2: 191 ± 8	G1A1: 69 ± 5 (W) G2A1: 63 ± 7 G1A2: 71 ± 5 G2A2: 73 ± 8	(W) G2A1: 86 ± 9 G1A2: 80 ± 8 G2A2: 97 ± 8
Almeida 2018 [5]	G1: before ACLR G2: 6 months after ACLR G3: control healthy group	running to a treadmill	N/A	G1: 45.2 ± 4.3 G2: 48.9 ± 3.8 G3: 56.9 ± 4.2	N/A	N/A	G1: 30.3 ± 5.1 (mL/kg/min) G2: 34.3 ± 3.5 G3: 37.2 ± 3.7	G1: 38.3 ± 4.1 (mL/kg/min) G2: 41.4 ± 4.5 G3: 49.1 ± 3.6
Andrade 2014 [14]	G1: involved knee G2: uninjured knee	exercise in closed kinetic chain A1: moderate exercise A2: anaerobic threshold A3: peak effort	N/A	(L/min) G1A2: 0.96 ± 0.22 G1A3: 1.81 ± 0.47 G2A1: 0.58 ± 0.25 G2A2: 0.98 ± 0.34 G2A3: 1.75 ± 0.45	G1A1: 18.4 ± 5.1 G1A2: 25.6 ± 5.1 G1A3: 62.1 ± 17.9 G2A1: 18.9 ± 5.4 G2A2: 26.4 ± 5.5 G2A3: 63.6 ± 19.6	G1A1: 88 ± 12 G1A2: 104 ± 14 G1A3: 137 ± 21 G2A1: 90 ± 14 G2A2: 105 ± 16 G2A3: 141 ± 21	N/A	N/A
Bagley 2020 [4]	G1: leg with ACLR G2: the healthy leg of same subject	single-leg cycling on both legs	G1: 127 ± 29 G2: 127 ± 29	G1: 30.55 ± 8.55 G2: 31.22 ± 7.24	N/A	G1: 169 ± 27 G2: 169 ± 12	G1: 21.09 ± 7.97 (mL/kg/m) G2: 20.65 ± 3.04	N/A
Colak 2011 [8]	ACLR patients	G1: walking 50 m/min G2: walking 70 m/min G3: walking 90 m/min	N/A	N/A	N/A	N/A	N/A	N/A
McHugh 1994 [16]	G1: ACL deficiency G2: healthy control	Walking and jogging A1: 53.6 m/min A2: 80.5 m/min A3: 107.2 m/min A4: 134.1 m/min A5: 160.9 m/min	N/A	(Steady state VO <sub>2</sub> consumption) G1A1: 9.9 ± 0.2 G1A2: 12.8 ± 0.2 G1A3: 18.5 ± 0.3 G1A4: 29.9 ± 0.4 G1A5: 36.5 ± 0.6 G2A1: 10.4 ± 0.2 G2A2: 12.6 ± 0.2 G2A3: 18 ± 0.3 G2A4: 28.6 ± 0.3 G2A5: 33.7 ± 0.3	N/A	N/A	N/A	N/A
Iliopoulos 2017 [15]	G1: ACL rupture without ACLR G1a: copers G1b: non-copers G2: control group	A1: flat treadmill A2: uphill treadmill A3: downhill treadmill	N/A	(Steady state VO <sub>2</sub> consumption) G1A1: 16.6 ± 2.0 G1aA1: 16.8 ± 2.2 G1bA1: 16.4 ± 1.8 G2A1: 13.9 ± 1.8 G1A2: 20.2 ± 3.7 G1aA2: 20.3 ± 2.3 G1bA2: 20.0 ± 5.0 G2A2: 16.2 ± 1.2 G1A3: 14.2 ± 2.1 G1aA3: 14.3 ± 1.8 G1bA3: 13.9 ± 2.5 G2A3: 11.4 ± 1.5	(Steady state VE) G1A1: 30.4 ± 4.9 G1aA1: 29.7 ± 4.3 G1bA1: 31.2 ± 4.8 G2A1: 28.6 ± 3.7 G1A2: 36.4 ± 7.7 G1aA2: 35.1 ± 5.2 G1bA2: 37.8 ± 10.0 G2A2: 33.0 ± 5.0 G1A3: 26.1 ± 4.5 G1aA3: 26.3 ± 4.2 G1bA3: 25.8 ± 5.0 G2A3: 23.8 ± 2.3	(Steady state HR) G1A1: 120.8 ± 14.8 G1aA1: N/A G1bA1: N/A G2A1: 103.0 ± 8.5 G1A2: 131.2 ± 17.1 G1aA2: N/A G1bA2: N/A G2A2: 105.4 ± 8.6 G1A3: 114.6 ± 12.1 G1aA3: N/A G1bA3: N/A G2A3: 99.3 ± 9.0	N/A	N/A
Iliopoulos 2017 [13]	G1: ACLR with BPTB G2: ACTR with HT G3: control group	A1: flat treadmill A2: uphill treadmill A3: downhill treadmill	N/A	(Steady state VO <sub>2</sub> consumption) preG1A1: 16.5 ± 2.3 preG2A1: 16.6 ± 2.6 preG3A1: 13.9 ± 1.9 preG1A2: 20.3 ± 3.9 preG2A2: 21.3 ± 2.7 preG3A2: 16.7 ± 1.3 preG1A3: 13.7 ± 2.3 preG2A3: 14.7 ± 2.2 preG3A3: 11.5 ± 1.5 postG1A1: 14.9 ± 2.3 postG2A1: 15.1 ± 2.1 postG3A1: 14.2 ± 1.8 postG1A2: 18.0 ± 3.0 postG2A2: 18.7 ± 2.1 postG3A2: 16.3 ± 1.1 postG1A3: 12.7 ± 1.8 postG2A3: 12.9 ± 1.6 postG3A3: 11.7 ± 1.5	(Steady state VE) preG1A1: 30.6 ± 2.3 preG2A1: 30.1 ± 4.6 preG3A1: 27.4 ± 2.9 preG1A2: 37.7 ± 4.2 preG2A2: 37.0 ± 7.2 preG3A2: 33.6 ± 4.7 preG1A3: 26.0 ± 1.4 preG2A3: 25.9 ± 4.9 preG3A3: 23.5 ± 2.1 postG1A1: 28.2 ± 1.8 postG2A1: 26.4 ± 3.9 postG3A1: 27.6 ± 2.8 postG1A2: 35.0 ± 2.3 postG2A2: 31.8 ± 5.3 postG3A2: 33.7 ± 4.6 postG1A3: 24.1 ± 2.3 postG2A3: 22.0 ± 3.8 postG3A3: 23.7 ± 2.0	(Steady state HR) preG1A1: 121.1 ± 9.3 preG2A1: 119.3 ± 12.1 preG3A1: 105.4 ± 8.4 preG1A2: 135.6 ± 14.9 preG2A2: 129.7 ± 15.0 preG3A2: 116.1 ± 11.5 preG1A3: 112.3 ± 8.8 preG2A3: 110.9 ± 8.8 preG3A3: 98.7 ± 10.1 postG1A1: 108.1 ± 9.2 postG2A1: 107.1 ± 9.4 postG3A1: 103.8 ± 7.6 postG1A2: 117.0 ± 10.9 postG2A2: 117.2 ± 10.9 postG3A2: 113.8 ± 11.2 postG1A3: 98.7 ± 5.6 postG2A3: 101.3 ± 6.9 postG3A3: 98.1 ± 7.2	N/A	N/A

RH: rehabilitation, ACLR: anterior cruciate ligament reconstruction, ACL: anterior cruciate ligament, BPTB: bone patellar tendon bone, HT: hamstring tendons, W: power output, N/A: not applicable, VO<sub>2</sub>: O<sub>2</sub> uptake, VE: minute ventilation, HR: heart rate, VT<sub>1</sub>: first ventilatory threshold, VT<sub>2</sub>: second ventilatory threshold.