Appendix 1. Search strategy and databases

Databases	Search strategy
MEDLINE	("Pilates Practitioners"[Title/Abstract]) OR ("Young People"[Title/Abstract]) OR ("Old People"[Title/Abstract]) OR (Aged[Title/Abstract]) OR (Elderly[Title/Abstract]) OR (Young[Title/Abstract]) OR Adult [Title/Abstract] AND ("Pilates"[Title/Abstract] OR "Pilates Training"[Title/Abstract] OR "Pilates Based Exercises"[Title/Abstract] OR "exercises pilates based"[Title/Abstract] OR "Pilates Based Exercises"[Title/Abstract] OR "training pilates"[Title/Abstract] OR "Pilates Method"[Title/Abstract]) OR "Motor activity"[Title/Abstract] OR "Pilates Exercise" [Title/Abstract] OR "Pilates Activity" [Title/Abstract] AND ("Quality of life"[Title/Abstract] OR "Lifestyle"[Title/Abstract] OR "Life Quality"[Title/Abstract] OR "health related quality of life"[Title/Abstract] OR "Health Related Quality"[Title/Abstract] OR "HRQOL"[Title/Abstract]) AND (Observational OR "Observational Study" OR Survey OR "Cross - Sectional" OR "Cross sectional" OR Cohort OR Association OR Relationship OR Correlation)
EMBASE	('pilates practitioners':ab,ti OR 'young people':ab,ti OR 'old people':ab,ti OR aged:ab,ti OR elderly:ab,ti OR young:ab,ti OR adult:ab,ti OR adults:ab,ti) AND (pilates:ab,ti OR 'pilates training':ab,ti OR 'exercises pilates based':ab,ti OR 'pilates based exercises':ab,ti OR 'training pilates':ab,ti OR 'pilates method':ab,ti OR 'motor activity':ab,ti OR 'pilates exercise':ab,ti OR 'pilates activity':ab,ti) AND ('quality of life':ab,ti OR 'lifestyle':ab,ti OR 'life quality':ab,ti OR 'health related quality of life':ab,ti OR 'health related quality':ab,ti OR 'hrqol':ab,ti) AND (observational OR 'observational study' OR survey OR 'cross - sectional' OR 'cross sectional' OR cohort OR association OR relationship OR correlation)
WEB OF SCIENCE	AB=("Pilates Practitioners" OR "Young People" OR "Old People" OR Aged OR Elderly OR Young OR Adult OR Adults) AND AB=(Pilates OR "Pilates Training" OR "Pilates Based Exercises" OR "exercises pilates based" OR "Pilates Based Exercises" OR "training pilates" OR "Pilates Method" OR "Motor activity" OR "Pilates Exercise" OR "Pilates Activity") AND AB=("Quality of life" OR Lifestyle OR "Life Quality" OR "health related quality of life" OR "Health Related quality" OR "HRQOL") AND TS=(Observational OR "Observational Study" OR Survey OR "Cross - Sectional" OR "Cross sectional" OR Cohort OR Association OR Relationship OR Correlation)
SCOPUS	(TITLE-ABS-KEY ("Pilates Practitioners" OR "Young People" OR "Old People" OR aged OR elderly OR young OR adult OR adults) AND TITLE-ABS-KEY (pilates OR "Pilates Training" OR "Pilates Based Exercises" OR "exercises pilates based" OR "Pilates Based Exercises" OR "training pilates" OR "Pilates Method" OR "Motor activity" OR "Pilates Exercise" OR "Pilates Activity") AND TITLE-ABS-KEY ("Quality of life" OR lifestyle OR "Life Quality" OR "health related quality of life" OR "health related quality" OR "HRQOL") AND ALL (observational OR "Observational Study" OR survey OR "Cross - Sectional" OR "Cross sectional" OR cohort OR association OR relationship OR correlation)) AND (LIMIT-TO (DOCTYPE , "ar")) AND (LIMIT-TO (SUBJAREA , "MEDI") OR LIMIT-TO (SUBJAREA , "NURS") OR LIMIT-TO (SUBJAREA , "HEAL") OR LIMIT-TO (SUBJAREA , "NEUR") OR LIMIT-TO (SUBJAREA , "PSYC") OR LIMIT-TO (SUBJAREA , "MULT"))
GOOGLE SCHOLAR	With all of the words: "Pilates Method" AND "Quality of life" AND "Pilates" With at least one of the words: "Pilates Practitioners" OR "Young People" OR "Old People" OR Aged OR Elderly OR Young OR Adult AND Pilates OR "Pilates Training" OR "Pilates Based Exercises" OR "exercises pilates based" OR "Pilates Based Exercises" OR "training pilates" OR "Pilates Method" OR "Motor activity" OR "Pilates Exercise" OR "Pilates Activity" AND "Quality of life" OR "Lifestyle" OR "Life Quality" OR "health related quality of life" OR "Health Related Quality" OR "HRQOL" AND Observational OR "Observational Study" OR Survey OR "Cross - Sectional" OR "Cross sectional" OR Cohort OR Association OR Relationship OR Correlation Where my words occurs: anywhere in the article 200 most relevant hits

Appendix 2. Excluded articles and reasons for exclusion

Author, Year, Reference	Reason for exclusion
BAIS & PHANSOPKAR, 2021 [1];	1
CRUZ-FERREIRA et al., 2011 [2]; ULUĞ et al., 2018 [3]; LIM & HYUN, 2013 [4]; ALTAN et al., 2012[5]; SHEA & MORIELLO, 2013[6]; STAN et al., 2012 [7]; SHARMA et al., 2018 [8]; KOMATSU et al., 2016 [9]; DUARTE et al., 2017 [10]; MELLO et al., 2018 [11]; KLAUTAU et al., 2020 [12]; ARAÚJO - GOMES et al., 2018 [13]; RRECAJ- MALAJ et al., 2020[14]; FONSECA et al., 2016 [15]; MENDONÇA et al., 2013 [16]; RODRIGUÉZ - FUENTES et al., 2014 [17]; ABASIYANIK et al., 2020 [18]; LEOPOLDINO et al., 2011 [19]; VIEIRA et al., 2013 [20].	2
RUIZ- MONTERO et al., 2019 [21]; MC GRATH, O'MALLEY & HENDRIX, 2010 [22]; GASKELL, WILLIANS & PREECE, 2019[23]; LIPKO & DARMAS, 2015 [24].	3

Legend: (1)The study has not been completed, only the expectation of what is expected from the results has been presented. (2) Did not assess the outcome of interest; (3) Methodology is not applicable to the proposed objective.

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Appendix 3. Avaliação do risco de viés dos estudos do tipo experimental (JBI Critical Appraisal Checklist for Analytical experimental Studies).

Table S2. Risk of bias for each individual study assessed by Joanna Briggs Institute critical appraisal checklist for Randomized Controlled Trials

Studies	Criteria												
	1*	2*	3*	4*	5*	6*	7*	8*	9*	10*	11*	12*	13*
Altan et al (2012)	Y	U	Y	U	U	U	Y	Y	Y	Y	Y	Y	N
Angın E, Erden Z, Can F (2015)	N	U	U	U	U	U	Y	Y	Y	Y	Y	Y	N
Borges et al (2014)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Campos de Oliveira, Gonçalves de Oliveira, Pires-Oliveira (2015)	Y	U	Y	U	U	U	Y	Y	Y	Y	Y	Y	U
Eyigor et al (2010)	Y	U	Y	U	U	U	Y	Y	Y	Y	Y	Y	N
Gandolf1 et al (2012)	N	N	Y	N	N	N	Y	Y	NA	Y	Y	Y	Y
García - Soidán et al (2014)	N	N	Y	U	U	U	Y	Y	NA	Y	Y	Y	N
Karaman et al (2017)	Y	Y	Y	U	U	U	Y	Y	Y	Y	Y	Y	N
Kheirkhah et al (2016)	Y	Y	Y	U	U	U	Y	Y	Y	Y	Y	Y	N
Kofotolis et al (2016)	Y	Y	N	N	N	N	Y	Y	Y	Y	Y	Y	Y
Kovách et al (2013)	U	U	Y	U	U	U	Y	Y	Y	Y	Y	Y	N
Küçük et al (2016)	Y	U	Y	U	U	U	Y	Y	Y	Y	Y	Y	U
Kuuckcakır et al (2013)	Y	Y	Y	Y	U	Y	Y	Y	Y	Y	Y	Y	Y
Lim, Park (2019)	U	U	Y	U	U	U	Y	Y	Y	Y	Y	Y	N
Liposcki et al (2018)	Y	Y	Y	Y	Y	U	Y	Y	Y	Y	Y	Y	Y
Medeiros et al (2020)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Natour et al (2014)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Odynets, Briskin, Todorova (2019)	Y	Y	Y	U	Y	U	Y	Y	Y	Y	Y	Y	N
Oliveira et al (2018)	Y	Y	Y	N	Y	N	U	Y	Y	Y	Y	Y	Y
Oliveira et al (2019)	Y	Y	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y
Özyemişci Taşkiran et al (2014)	Y	Y	N	U	U	U	Y	Y	Y	Y	Y	Y	N
Rahimimoghadam et al (2018)	Y	Y	Y	U	U	U	Y	Y	Y	Y	Y	Y	Y
Rodrigues et al (2009)	Y	Y	Y	U	U	U	Y	Y	Y	Y	Y	Y	U
Saltan, Ankaralı (2020)	Y	Y	Y	U	U	Y	Y	Y	Y	Y	Y	Y	Y
Surbala et al (2013)	Y	Y	Y	N	N	Y	Y	Y	Y	Y	Y	Y	Y
Surbala et al (2014)	Y	N	Y	N	N	Y	Y	Y	Y	Y	Y	Y	N
Vancini et al (2017)	Y	Y	Y	N	N	Y	Y	Y	Y	Y	Y	Y	Y
Yentür et al (2020)	Y	Y	Y	U	U	U	Y	Y	Y	Y	Y	Y	N
Yucel H, Uysal O (2016)	Y	U	Y	U	U	U	Y	Y	Y	Y	Y	Y	U
Yun, Park, Lim (2017)	U	U	Y	U	U	U	Y	Y	Y	Y	Y	Y	U

Y = Yes, N = No, U = Unclear, NA = Not applicable

1. True randomization was used for assignment of participants to treatment groups
2. Allocation to treatment groups was concealed
3. Treatment groups were similar at the baseline
4. Participants were blind to treatment assignment
5. Those delivering treatment were blind to treatment assignment
6. Outcomes assessors were blind to treatment assignment
7. Treatment groups were treated identically other than the intervention of interest
8. Follow up was complete and if not, were differences between groups in terms of their follow up adequately described and analyzed
9. Participants were analyzed in the groups to which they were randomized
10. Outcomes were measured in the same way for treatment groups
11. Outcomes were measured in a reliable way
12. Appropriate statistical analysis was used
13. The trial design was appropriate, and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial