

Search strategy

database	Years	Search
CNKI	Before May 30, 2022	(高强度间歇运动 + 高强度间歇训练 + 高强度间歇性运动 + 大强度间歇运动 + 高强度运动)* (中等强度持续训练)* (代谢疾病 + 高血压 + 血脂异常 + 胰岛素抵抗 + 高尿酸血症 + 糖代谢 + 脂代谢 + 心血管疾病 - 大鼠 - 糖尿病大鼠 - 高血压大鼠 - 糖尿病肾病大鼠 - 糖尿病模型大鼠)
Wanfang	Before May 30, 2022	(高强度间歇运动 or 高强度间歇训练 or 高强度间歇性运动 or 大强度间歇运动 or 高强度运动) and (中等强度持续训练) and (代谢疾病 or 高血压 or 血脂异常 or 胰岛素抵抗 or 高尿酸血症 or 糖代谢 or 脂代谢 or 心血管疾病) not (大鼠 or 糖尿病大鼠 or 高血压大鼠 or 糖尿病肾病大鼠 or 糖尿病模型大鼠)
PubMed	Before May 30, 2022	(High Intensity Interval Training[MeSH] OR High-Intensity Interval Trainings* OR Interval Training, High-Intensity* OR Interval Trainings, High-Intensity* OR Training, High-Intensity Interval* OR Trainings, High-Intensity Interval* OR High-Intensity Intermittent Exercise* OR Exercise, High-Intensity Intermittent* OR Exercises, High-Intensity Intermittent* OR High-Intensity Intermittent Exercises* OR Sprint Interval Training* OR Sprint Interval Trainings*) AND (Moderate-intensity Continuous Training[MeSH]) AND (Metabolic Syndromes[MeSH] OR Syndrome, Metabolic* OR Syndromes, Metabolic* OR Metabolic Syndrome X* OR Insulin Resistance Syndrome X* OR Syndrome X, Metabolic* OR Syndrome X, Insulin Resistance* OR Metabolic X Syndrome* OR Syndrome, Metabolic X* OR X Syndrome, Metabolic* OR Dysmetabolic Syndrome X* OR Syndrome X, Dysmetabolic* OR Reaven Syndrome X* OR Syndrome X, Reaven* OR Metabolic Cardiovascular Syndrome* OR Cardiovascular Syndrome, Metabolic* OR Cardiovascular Syndromes, Metabolic* OR Syndrome, Metabolic Cardiovascular*)
Web of science	Before May 30, 2022	TS=(High Intensity Interval Training[MeSH] OR High-Intensity Interval Trainings* OR Interval Training, High-Intensity* OR Interval Trainings, High-Intensity* OR Training, High-Intensity Interval* OR Trainings,

		High-Intensity Interval* OR High-Intensity Intermittent Exercise* OR Exercise, High-Intensity Intermittent* OR Exercises, High-Intensity Intermittent* OR High-Intensity Intermittent Exercises* OR Sprint Interval Training* OR Sprint Interval Trainings*) AND TS=(Moderate-intensity Continuous Training[MeSH]) AND TS=(Metabolic Syndromes[MeSH] OR Syndrome, Metabolic* OR Syndromes, Metabolic* OR Metabolic Syndrome X* OR Insulin Resistance Syndrome X* OR Syndrome X, Metabolic* OR Syndrome X, Insulin Resistance* OR Metabolic X Syndrome* OR Syndrome, Metabolic X* OR X Syndrome, Metabolic* OR Dysmetabolic Syndrome X* OR Syndrome X, Dysmetabolic* OR Reaven Syndrome X* OR Syndrome X, Reaven* OR Metabolic Cardiovascular Syndrome* OR Cardiovascular Syndrome, Metabolic* OR Cardiovascular Syndromes, Metabolic* OR Syndrome, Metabolic Cardiovascular*)
EBSCO	Before May 30, 2022	(High Intensity Interval Training OR High-Intensity Interval Trainings* OR Interval Training, High-Intensity* OR Interval Trainings, High-Intensity* OR Training, High-Intensity Interval* OR Trainings, High-Intensity Interval* OR High-Intensity Intermittent Exercise* OR Exercise, High-Intensity Intermittent* OR Exercises, High-Intensity Intermittent* OR High-Intensity Intermittent Exercises* OR Sprint Interval Training* OR Sprint Interval Trainings*) AND (Moderate-intensity Continuous Training) AND (Metabolic Syndromes OR Syndrome, Metabolic* OR Syndromes, Metabolic* OR Metabolic Syndrome X* OR Insulin Resistance Syndrome X* OR Syndrome X, Metabolic* OR Syndrome X, Insulin Resistance* OR Metabolic X Syndrome* OR Syndrome, Metabolic X* OR X Syndrome, Metabolic* OR Dysmetabolic Syndrome X* OR Syndrome X, Dysmetabolic* OR Reaven Syndrome X* OR Syndrome X, Reaven* OR Metabolic Cardiovascular Syndrome* OR Cardiovascular Syndrome, Metabolic* OR Cardiovascular Syndromes, Metabolic* OR Syndrome, Metabolic Cardiovascular*)