**Anexo I. Estrategia de búsqueda.**

((((((((((((((((((((((((((((((("older"[Title/Abstract]) OR "older adult\*"[Title/Abstract]) OR "older age"[Title/Abstract]) OR "older age\*"[Title/Abstract]) OR "older people"[Title/Abstract]) OR "older person"\*Title/Abstract+) OR “Older Men”\*Title/Abstract+) OR “Older women”\*Title/Abstract+) OR “Oldest Old”\*Title/Abstract+) OR "elder"\*Title/Abstract+) OR "elderly"\*Title/Abstract+) OR elder\*[Title/Abstract]) OR seniors[Title/Abstract]) OR senior[Title/Abstract]) OR senecent[Title/Abstract]) OR Senescence[Title/Abstract]) OR matured[Title/Abstract]) OR “postmenopausal women”\*Title/Abstract+) OR “post-menopausal women”\*Title/Abstract+) OR geriatric[Title/Abstract]) OR geriatric\*[Title/Abstract]) OR "Biological Aging"[Title/Abstract]) OR "aged"\*Title/Abstract+) OR aging\*Title/Abstract+) OR “Ageing Men”\*Title/Abstract+) OR “Ageing women”\*Title/Abstract+) OR "Aging"\*Mesh+) OR (("Aged, 80 and over"\*Mesh+))) OR "Frail Elderly"[Mesh]))) AND (((((((((((((((((((((((((“High Intensity Interval training”\*Title/Abstract+) OR “High-Intensity Interval Training”\*Title/Abstract+) OR “High-Intensity Interval Trainings”\*Title/Abstract+) OR “high intensity interval”\*Title/Abstract+) OR “High Intensity Aerobic Interval Training”\*Title/Abstract+) OR “High Intensity Interval Exercise”\*Title/Abstract+) OR “High-Intensity Interval Exercise”\*Title/Abstract+) OR “High Intensity Exercise”\*Title/Abstract+) OR “High-Intensity Exercise”\*Title/Abstract+) OR “High Intensity Intermittent Exercise”\*Title/Abstract+) OR “High-Intensity Intermittent Exercises”\*Title/Abstract+) OR “high intensity intermittent”\*Title/Abstract+) OR “High Intensity Intermittent Training”\*Title/Abstract+) OR “High Intensity Circuit Training”\*Title/Abstract+) OR “High Intensity Training”\*Title/Abstract+) OR “Interval Exercise”\*Title/Abstract+) OR “interval training”\*Title/Abstract+) OR “Interval training (exercise)"\*Title/Abstract+) OR “Aerobic Interval Training”\*Title/Abstract+) OR “Sprint Interval Training”\*Title/Abstract+) OR “Sprint Interval Trainings”\*Title/Abstract+) OR “sprint interval”\*Title/Abstract+) OR “HIIT”\*Title/Abstract+) OR “HIIE”\*Title/Abstract+) OR "High-Intensity Interval Training"[Mesh])