

**Supplemental Table 1.** Exercise Intervention (Goal: at least 60 minutes/day)

| Component                                                                 | Intensity               | Volume                                                                                                                                                                                               | Frequency        | Progression                                                                                 |
|---------------------------------------------------------------------------|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|---------------------------------------------------------------------------------------------|
| <b>Sit-to-stand from a chair</b>                                          | RPE=6-9<br>(Borg scale) | 10 repetition / set; 1-3 set/session<br><br>(1 set of 10 repetition if goal is to increase strength to a maximum of 3 sets depending on the patients' physical capacity, 2-3 mins rest between sets) | 1-3 sessions/day | Starting with 1 session with gradual increases according to the patient's physical capacity |
| <b>Cycling</b><br><br>(with adjustable resistance)                        | RPE=6-9<br>(Borg scale) | ≥10 mins /session<br><br>(gradual increase in duration of a session)                                                                                                                                 | 1-3 sessions/day | Starting with 1 session with gradual increases according to the patient's physical capacity |
| <b>Walking</b><br><br>(using assistive devices such as walkers if needed) | RPE=6-9<br>(Borg scale) | ≥ 10 min/ session (gradual increase in duration of a session depending on the patient's                                                                                                              | ≥ 2 session/day  | Starting with 1 session with gradual increases according to the patient's physical capacity |

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physical capacity, with resting

periods if needed)

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(Kisner and Colby. Therapeutic exercise: foundation and techniques. 7<sup>th</sup>ed. Table 24.4, p.960, Ch.24.)

**Supplemental Figure 1.** Flow diagram of all participants in this study



