

Supplementary Table 1. Progression of supervised strength exercises

Week	Strength exercises type and muscle group*
First	• 1 sets of 4 exercises: • At least 1 exercise for the lower limbs • At least 1 exercise for the upper limbs • At least 1 exercise for the "core" • 1 additional exercise of choice
Second	• 2 sets of 4 exercises: • At least 1 exercise for the lower limbs • At least 1 exercise for the upper limbs • At least 1 exercise for the "core" • 1 additional exercise of choice
Third onwards	• 3 sets of 4 exercises or 2 sets of 6 exercises • At least 1 exercise for the lower limbs • At least 1 exercise for the upper limbs • At least 1 exercise for the "core" • Additional exercises of choice can be included

* 10-12 repetitions, up to 6 in modified Borg scale ³³.