**Supplemental Digital Content 2.** ComprehensiveRanking of the European Fitness Trends for 2020.

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| **Rank** | **Trend** | **Average Score** |
| 1 | Personal Training | 9,1047 |
| 2 | High Intensity Interval Training (HIIT) | 8,9311 |
| 3 | Body Weight Training | 8,8751 |
| 4 | Functional Fitness Training | 8,8750 |
| 5 | Small Group Personal Training | 8,8580 |
| 6 | Exercise for Weight Loss | 8,6970  |
| 7 | Exercise is Medicine | 8,6024  |
| 8 | Health/Wellness Coaching | 8,1679 |
| 9 | Boutique Fitness Studios | 8,1060 |
| 10 | Circuit Training | 8,0404  |
| 11 | Fitness Programs for Older Adults | 7,7662 |
| 12 | Clinical Integration/Medical Fitness | 7,7100 |
| 13 | Group Training | 7,4795  |
| 14 | Employing Certified Fitness Professionals | 7,3689 |
| 15 | Licensure for Fitness Professionals  | 7,3597  |
| 16 | Post Rehabilitation Classes | 7,2956 |
| 17 | Training with Free Weights | 6,8529 |
| 18 | Wearable Technology | 6,2897  |
| 19 | Children and Exercise | 6,1642 |
| 20 | Yoga | 6,1207  |
| 21 | Core Training | 6,0900 |
| 22 | Pilates | 6,0613 |
| 23 | Low-cost and Budget Gyms | 5,4969  |
| 24 | Lifestyle Medicine | 5,3747 |
| 25 | Mobile Exercise Apps | 5,3601  |
| 26 | Outdoor Activities | 5,0075  |
| 27 | Outcome Measurements | 5,0043  |
| 28 | Walking/Running/Jogging/Cycling Clubs | 4,8232 |
| 29 | Boot Camp-Style | 4,6093  |
| 30 | Mobility/Myofascial Devices | 4,6086  |
| 31 | Mind-Body Movement | 4,4882  |
| 32 | Sport-specific Training | 4,4808 |
| 33 | Worksite Health Promotion and Workplace Well-being Programs | 4,4290  |
| 34 | Online Training | 4,3487  |
| 35 | Dance-Based Work-Outs | 4,3160 |
| 36 | Worker Incentive Programs | 4,2463 |
| 37 | Boxing, Kickboxing, and Mixed Martial Arts (MMA) | 4,2178 |
| 38 | Aquatic Exercise | 3,7669 |