

Supplement A – General exercise and home exercise instructions for both arms

- Participants were encouraged to exercise during the period of peak PD medication effectiveness (60 minutes after medication dose) to optimize their exercise.¹
- Participants were encouraged to eat a good, low protein breakfast on the day of training as protein intake may negatively impact levodopa absorption.²
- Therapists were encouraged not to discuss anything about exercise with one group that was not discussed with the other.
- Therapists were encouraged to be careful not to infuse negative thoughts about the exercise and to be confident about exercise benefits.
- Therapists encouraged participants to become independent with the exercise during the boot camps so that they would develop good habits to continue exercising after the trial.
 - Participants were encouraged to keep exercising at the completion of the trial.
- **Home exercises**
 - Participants were encouraged to exercise on their off days at home or at the gym (same exercises as the intervention exercises) and to record what they had done in a home exercise diary.
 - All participants were told that a trial goal was to accumulate at least 150 minutes of moderate to vigorous exercise per week at the gym and at home.
 - Home exercise was self-reported on a tracking form with a Borg Rating of Perceived Exertion Scale;³ participants were instructed to record exercise that fell within the 13-20 range of the scale.

REFERENCES

1. Ahlskog JE. Does vigorous exercise have a neuroprotective effect in Parkinson disease? *Neurology*. 2011;77(3):288-294.
2. Mena I, Cotzias GC. Protein intake and treatment of Parkinson's disease with levodopa. *N Engl J Med*. 1975;292(4):181-184.
3. Borg G. *Borg's Perceived exertion and pain scales*. Champaign, IL: Human Kinetics; 1998.