Assessed for eligibility (n=1347)

Excluded (n=1201)

• Not meeting inclusion criteria (n=432)

• Frail information uncompleted (n=309)

• Declined to participate intervention (n=460)

Randomized (n=146)

Allocated to home-based exercise intervention (n=72)

Allocated to supervised exercise intervention (n=74)

Lost to follow-up (n=17)

[Reasons: illness/family crisis (n=5), refused post-test assessment (n=12)]

Lost to follow-up (n=23)

[Reasons: illness (n=1), refused post-test assessment (n=22)]

Analysed (n= 72)

• Excluded from analysis (n= 0)

Analysed (n=74)

• Excluded from analysis (n=0)

Allocation

Follow-up

Analysis

Enrollment

**Figure S1.** CONSORT flow diagram for randomized, controlled trials of frailty intervention