**Table S1.** Summary of supervised exercise program

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| Program duration: 3 monthsFrequency: 3 sessions per weekDuration of each exercise session: 70 to 90 minutes |
| Each session includes: |  |
| Warm up  |  |
| Mode | Light calisthenics Stretching exercises for the major muscle groups |
| Duration | 10 minutes |
| Aerobic exercise |  |
| Mode | Lower limb cycle ergometer |
| Intensity | 70-85% of the predicted maximum heart rate (220 minus age)or A rating of 13 on the Borg scale of perceived exertion |
| Duration | 30 minutes, not including:2-minute warm up stage, with zero resistance2-minute cool down stage |
| Progression | The resistance would be increased so that the participant would only manage to complete 10 repetitions for each tasks.  |
| Resistance training |  |
| Mode | Elbow flexors: dumb bellsHand grip muscles: grip strength trainers with different resistancesLower limb muscles: leg press machine |
| Intensity | 75% of the 1-RM for each task |
| Duration | About 30 minutes10 repetitions of each task as a set.Training sequence (repeated 3 times): One set of hand grip strengthening30-second restOne set of elbow flexor strengthening 30-second restOne set of leg press training30-second rest |
| Progression | Increase the workload (watts) to ensure that:the target heart rate could be reachedorthe rating of perceived exertion would not fall below the target of 13. |
| Cool down |  |
| Mode | Light calisthenics Stretching exercises for the major muscle groups |
| Duration | 10 minutes |