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

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| Program duration: 3 months  Frequency: 3 sessions per week  Duration 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 resistance  2-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 bells  Hand grip muscles: grip strength trainers with different resistances  Lower limb muscles: leg press machine |
| Intensity | 75% of the 1-RM for each task |
| Duration | About 30 minutes  10 repetitions of each task as a set.  Training sequence (repeated 3 times):  One set of hand grip strengthening  30-second rest  One set of elbow flexor strengthening  30-second rest  One set of leg press training  30-second rest |
| Progression | Increase the workload (watts) to ensure that:  the target heart rate could be reached  or  the 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 |