**Supplemental Digital Content**

**Prescribed Intensity Exercise Instructions (differences between session instructions underlined)**

Today you will be performing an exercise session at a pre-determined exercise intensity. This session will begin with a 5-minute warm-up during which you will increase the resistance until you reach the prescribed intensity for this session. For today’s session, you will be exercising at a rating of perceived exertion of [XX], which corresponds to a [XX] intensity.You will need to maintain a cadence of 60-70 revolutions per minute which you can see on the console on the bike. However, you will be able to adjust the resistance on the bike continuously. I will need you to adjust your resistance to keep yourself working at the rating of perceived exertion for today’s session. Some people need to adjust the workload up or down during the session to keep themselves working at the same rating throughout the 20 minute duration of the exercise session. You will be able to see the rating scale in front of you on the wall and we will want you to make adjustments to the resistance as necessary. After the twenty minutes at today’s intensity you will end with a five minute cool-down period where you can pedal at any speed and change the resistance to whatever you would like. Do you have any questions?

**Preferred Intensity Exercise Instructions**

Today you will be performing an exercise session at an intensity of your preference. This session will begin with a five minute warm-up during which you will increase the resistance until you reach your desired intensity for this session. I want to emphasize that the intensity you work at today is entirely up to you and you should choose any intensity that you prefer. You will need to maintain a cadence of 60-70 revolutions per minute which you can see on the console on the bike. However, you will be able to adjust the resistance on the bike continuously, as you see fit. You will be able to see the rating scale in front of you on the wall and we will want you to be make adjustments to the resistance as necessary. After the twenty minutes, you will end with a five minute cool-down period where you can pedal at any speed and change the resistance to whatever you would like. Do you have any questions?