

Supplemental Digital Content Table 1 Baseline Physiological Variables

	ALL (n=76)		AT (n=38)		PRIME (n=38)	
Cardiopulmonary Exercise Test	<i>mean</i>	<i>SD</i>	<i>mean</i>	<i>SD</i>	<i>mean</i>	<i>SD</i>
VO2peak (L/min)	1.32	0.38	1.30	0.35	1.34	0.42
VO2peak (ml/kg/min)	17.04	3.88	16.78	3.60	17.30	4.25
Time to Exhaustion (min)	720.53	209.70	710.39	186.42	730.66	232.76
RER (Peak)	1.09	0.10	1.09	0.11	1.09	0.10
HRpeak (BPM)	138.03	416.20	139.87	18.22	136.18	13.89
SBPpeak (mmHg)	194.95	21.41	191.42	19.43	198.47	22.85
DBPpeak (mmHg)	78.53	14.66	79.58	13.32	77.47	16.00
RPPpeak	26916.42	4898.10	26142.53	4217.68	27690.32	5441.70
Maximal Voluntary Contraction	<i>mean</i>	<i>SD</i>	<i>mean</i>	<i>SD</i>	<i>mean</i>	<i>SD</i>
Chest Press	78.24	34.05	79.93	38.19	76.50	29.09
Leg Press	146.28	63.48	155.07	62.33	137.50	63.41
Seated Row	85.99	26.72	86.05	23.20	85.92	29.82
Handgrip	60.93	20.39	60.00	20.26	61.87	20.47
Combined	373.27	126.78	381.05	127.94	365.28	125.07
Senior Fitness Test	<i>mean</i>	<i>SD</i>	<i>mean</i>	<i>SD</i>	<i>mean</i>	<i>SD</i>
Chair Stand (count)	10.16	3.28	10.66	2.45	9.66	3.88
Arm Curl (count)	12.58	3.45	12.39	3.24	12.76	3.64
Six minute walk (m)	405.96	48.05	400.78	49.11	411.14	46.39
Sit and Reach (cm)	-6.30	11.08	-5.97	12.03	-6.63	10.03
Back Scratch (cm)	-11.85	12.68	-12.63	12.19	-11.08	13.11
Up and Go (sec)	6.18	1.38	6.08	1.10	6.28	1.60
Senior Fitness Test Percentile Rank	<i>mean</i>	<i>SD</i>	<i>mean</i>	<i>SD</i>	<i>mean</i>	<i>SD</i>
Chair Stand	31.12	21.29	33.49	21.27	28.75	21.05
Arm Curl	35.66	23.65	34.14	21.76	37.18	25.30
Six Minute Walk	22.58	16.40	22.95	17.42	22.21	15.30
Sit and Reach	30.02	23.74	32.41	25.82	27.63	21.20
Back Scratch	40.93	29.09	38.96	28.21	42.91	29.81
Up and Go	51.36	22.75	52.42	22.04	50.30	23.40
Total	35.28	12.84	35.73	13.47	34.83	12.16