Table, Supplemental Digital Content 1: Proposed Resistance Training for Teens physical activity session structure

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| **Activity** | **Purpose** | **Explanation** | **Timing** | **Example/intensity** |
| 1. Warm-up | * Safety
 | * General warm-up involving movement based games and dynamic stretching
 | 3-5 mins | Intensity a: 9-12 as time progresses |
| 2. GymFit | * Develop RT movement skills
 | * Circuit or workout consisting of Gymstick and body weight exercises
* Opportunities for student choice
* Moderate intensity exercise
* Emphasis on skill development and improving technique
 | 20-30 mins | Example: Teacher directed technique practice of squat, lunge, push-up and bicep curl (using GymSticks), with 3 sets of 10 reps each for practice.Intensity a: 11-14 (as self-selected by students) |
| 3. HIRT workout | * Improve CRF and muscular fitness
 | * Short, high intensity workout
* Pre-designed workout completed without rest for 7 minutes
* Performed in pairs. Partner counts reps, monitors technique and provides encouragement. Partners swap after 7 minutes.
* Result recorded as number of ‘rounds’ within 7 minute period
 | 14 mins | Example: HIRT workout – Feel the BurnExercise 1: Mountain climbers (15 reps)Exercise 2: Squats (8 reps)Exercise 3: Bent over row (10 reps)Exercise 4: Chest touches (10 reps)Exercise 5: 20m shuttle run (4 reps)Exercise 6: Biceps curl (10 reps) Intensity a: 15-20 (as self-selected by students) |
| 4. Select from:i) GameFitii) BoxFit/CardioFitiii) CoreFit | * Enjoyment
* Student choice
 | * Students may decide to participate in a boxing/aerobic circuit (i.e., BoxFit/CardioFit), a Yoga/Pilates session (i.e., CoreFit), or play a modified game with fitness infusion (i.e., GameFit).
* Teachers may facilitate multiple activities during this period
 | 20-30 mins | Example: Boxing and skipping partnered circuit Intensity a: 11-15 (depending on the selection made) |
| 5. Cool down | * Reinforce messages
* Consolidate learning
 | * Static stretching and light activity
* Discuss Resistance Training for Teens behavioral messages
* Reinforce key skill components or concepts
 | 5 mins | Example: Stretching in a circle and discussing messagesIntensity a: 9-11  |

aIntensity refers to the rating of perceived exertion as described by Borg.