Supplemental digital content 3: Adherence rates to each resistance exercise type

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|  | **Sessions where exercise was performed with prescribed weight, sets, repetitions**  | **Sessions where exercise was performed** |
| **During treatment** (n=2779) |  |
| Leg press | 78% | 95% |
| Leg curls | 75% | 94% |
| Calf raises | 72% | 92% |
| Chest press | 68% | 89% |
| Seated row | 73% | 92% |
| Triceps extension | 66% | 89% |
| Biceps curls | 69% | 89% |
| Core exercises | 85% | 90% |
| **After treatment (**n=996) |  |
| Leg press | 81% | 94% |
| Leg curls | 84%a | 93% |
| Calf raises | 83%a | 92% |
| Chest press | 81% | 90% |
| Seated row | 85%a | 92% |
| Triceps extension | 78% | 89% |
| Biceps curls | 78% | 90% |
| Core exercises | 80% a | 86%a |

a Significantly different than treatment phase for p≤0.05