Supplementary Table 2. Bland Altman Analysis from Eight Wearable Devices for Heart Rate During Resistance Exercise

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| **Exercise** | **Statistic** | **Apple Watch Series 2** | **Bose Sound SportPulse** | **Fitbit**  **Blaze** | **Fitbit**  **Charge 2** | **Garmin Vivosmart HR** | **Polar**  **A360** | **Polar H7** | **TomTom Touch** |
| **Rest** | Mean diff (SD) 95% CI | 0.02 (1.71)  -3.33-3.37 | 5.40 (11.15)  -16.45-27.25) | -1.56(6.04)  -13.41-10.29 | -1.66(9.57)  -20.42-17.10 | 1.62(9.83)  -17.65-20.89 | 5.06(13.53)  -21.45-31.57 | 10.96(13.77)  -16.03-37.95 | -1.14(7.49)  -15.81-13.53 |
| **LC 1** | Mean diff (SD) 95% CI | -3.52(13.29)  -29.58-22.54 | 2.72(11.48)  -19.78-25.22 | -8.38(23.31)  -54.07-37.31 | -3.44(15.05)  -32.94-26.06 | -13.54(15.94)  -44.78-17.70 | -2.40-(16.24)  -34.22-29.42 | 2.42(14.38  -25.76-30.60 | -15.28(17.89)  -50.35-19.79 |
| **CP 1** | Mean diff (SD) 95% CI | -2.60(15.67)  -33.32-28.12 | 4.32(13.57)  -22.28-30.92 | -1.74(23.59)  -47.97-44.49 | -0.36(14.07)  -27.94-27.22 | -4.56(19.43)  -42.64-33.52 | 7.64(17.90)  -27.43-42.71 | 11.94(12.22)  -12.02-35.90 | -15.56(27.96)  -70.35-39.23 |
| **LE 1** | Mean diff (SD) 95% CI | -3.52(19.15)  -41.05-34.01 | 2.82(12.25)  -21.18-26.82 | -7.08(13.95)  -34.42-20.26 | -6.66(14.28)  -34.65-21.33 | -12.02(20.75)  -52.69-28.65 | 0.08(17.27)  -33.76-33.92 | 4.66(12.24)  -19.33-28.65 | -22.02(30.93)  -82.64-38.60 |
| **LPD 1** | Mean diff (SD) 95% CI | -4.44(17.10)  -37.95-29.07 | 2.20(11.54)  -20.43-24.83 | -10.20(17.16)  -43.84-23.44 | -7.88(16.76)  -40.72-24.96 | -13.62(19.11)  -51.107-23.83 | -5.18(16.97)  -38.43-28.07 | -0.56(9.49)  -19.17-18.05 | -26.80(33.65)  -92.76-39.16 |
| **LC 2** | Mean diff (SD) 95% CI | -8.40(23.50)  -54.46-37.66 | -2.84(12.36)  -27.07-21.39 | -10.76(18.06)  -46.15-24.63 | -9.40(17.16)  -43.03-24.23 | -14.74(16.00)  -46.09-16.61 | -6.68(17.28)  -40.56-27.20 | 0.50(9.84)  -18.79-19.79 | -26.84(31.33)  -88.25-34.57 |
| **CP 2** | Mean diff (SD) 95% CI | -7.14(22.51)  -51.26-36.98 | 1.02(12.39)  -23.26-25.30 | -8.52(17.08)  -41.99-24.95 | -7.88(16.90)  -41.00-25.24 | -10.32(19.15)  -47.66-27.22 | 0.18(17.77)  -34.65-35.01 | 7.08(9.70)  -11.92-26.08 | -22.78(33.01  -87.49-41.93 |

Supplementary Table 2 Continued

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| **LE 2** | Mean diff (SD) 95% CI | -8.32(20.92)  -49.33-32.69 | -0.28(7.27)  -14.54-13.98 | -14.28(19.19)  -51.89-23.33 | -13.76(18.91)  -50.82-23.30 | -20.90(18.79)  -57.73-15.93 | -8.86(18.51)  -44.93-27.61 | -2.64(8.88)  -20.04-14.76 | -33.22(32.90)  -97.70-31.26 |
| **LPD 2** | Mean diff (SD) 95% CI | -5.38(19.51)  -43.62-32.86 | -1.90(11.17)  -23.78(19.98) | -14.42(21.98)  -57.49-28.65 | -14.16(22.44)  -58.14-29.82 | -18.08(18.47)  -54.28-18.12 | -8.44(17.07)  -41.90-25.02 | -3.76(8.95)  -21.31-13.79 | -36.16(37.53)  -109.71-37.39 |
| **LC 3** | Mean diff (SD) 95% CI | -12.80(28.60)  -68.85-43.25 | -2.38(8.81)  -19.64-14.88 | -15.42(22.77)  -60.05-29.21 | -16.76(23.95)  -63.70-30.18 | -19.14(18.12)  -54.66-16.38 | -7.28(14.22)  -35.14-20.58 | -1.52(9.47)  -20.09-17.05 | -35.54(34.29)  -102.75-31.67 |
| **CP 3** | Mean diff (SD) 95% CI | -7.36(22.62)  -51.69-36.97 | 4.50(14.40)  -23.73-32.73 | -11.46(19.50)  -49.68-26.76 | -12.66(24.16)  -60.01-34.69 | -12.58(13.77)  -39.57-14.41 | -2.36(14.52)  -30.82-26.10 | 3.32(10.58)  -17.42-24.06 | -28.68(30.98)  -89.40-32.04 |
| **LE 3** | Mean diff (SD) 95% CI | -8.72(22.54)  -52.90-35.46 | -1.10(8.32)  -17.40-15.20 | -18.18(20.43)  -58.23-21.87 | -17.62(19.89)  -56.60-21.36 | -25.88(27.00)  -78.80-27.04 | -9.44(12.74)  -34.42-15.54 | -6.02(9.37)  -24.39-12.35 | -36.82(34.29)  -104.04-30.40 |
| **LPD 3** | Mean diff (SD) 95% CI | -4.58(14.79)  -33.57-24.41 | -5.54(17.85)  -40.52-29.44 | -15.50(22.65)  -59.89-28.89 | -16.34(21.60)  -58.67-25.99 | -28.82(24.64)  -77.10-19.46 | -13.40(16.35)  -45.45-18.65 | -7.26(11.57)  -29.93-15.41 | -34.74(39.05)  -111.29-41.81 |
| **AVG** | Mean diff (SD)  95% CI | -5.90(18.61)  -42.38-30.57 | 1.11(11.73)  -22.31-21.11 | -9.82(13.58)  -44.22-24.58 | -9.63(18.06)  -42.27-23.57 | -13.76(17.21)  -18.47-19.98 | -3.91(16.18)  -35.63-27.80 | 1.37(10.03)  -18.30-21.03 | -25.36(23.62)  -82.18-26.79 |