Supplementary Figure 1. Physical activity routines recommended by the Rehabilitation Department.

**RECOMMENDATIONS: PHYSICAL ACTIVITY ROUTINES FOR PATIENTS WITH SARCOPENIA**

* These exercises should be done at least 3 days a week.
* The warm-up exercises for 10 minutes by cycling with light resistance or walking at a brisk pace.
* The exercises will be free (without weight), with ballast weight or weights that will be placed according to the strength of the patient
* There will be 3 series of 10 repetitions with a 1-minute pause between each series. If you are able to achieve 10 repetitions without muscle fatigue, the weight will be increased (half a kilo)

• Supine position:

1.- Starting position: legs bent at 90° and hips bent at 45° bring knees to chest (for psoas and abdominals)

2.- Starting position: legs bent, hips bent at 45° and feet resting on the ground, lift the buttocks off the ground (gluteus maximus)

3.- Starting position: start with shoulder abduction with elbows straight and finish with shoulder adduction (pectoralis major)

4.- Starting position: shoulder flexed at 90° and elbow flexed at 90°, stretch the elbow (triceps)

• Standing exercises:

5.- Starting position: shoulders relaxed, arms close to the body, elbow stretched and forearm in supination, elbow flexes (biceps)

6.- Get up and sit down from a chair

Supplementary Figure 2. Daily questionnaires that patients had to fill out.





Supplementary Figure 3. Frequency of improvement in muscle mass according to the randomized group.

