

Table “3”. Detailed tally sheet used to assess adherence to exercise programme, type and number of adverse events that occur during exercise, and fidelity.

ID:		Session number:		Time:		Date:										
<i>Attendance</i>		Yes		No												
Attend the training session																
<i>Mood feeling before this training session</i>		Feeling Scale														
						-5	-4	-3	-2	-1	0	1	2	3	4	5
<i>OMNI scale Dead Lift exercise (0/10)</i>																
<i>OMNI scale Pull exercise</i>																
<i>OMNI scale Squat exercise</i>																
<i>OMNI scale Push exercise</i>																
<i>Session RPE (0/10)</i>																
<i>Overall training session</i>		Yes		No												
Complete the overall session																
Adverse events																
Adverse events that occur																
<i>Mood feeling after this training session</i>		Feeling Scale														
						-5	-4	-3	-2	-1	0	1	2	3	4	5
						Very Bad		Bad		Fairly Bad	Neutral	Fairly Good		Good		Very Good
<i>Observations:</i>																