

SUPPLEMENTARY MATERIAL 4

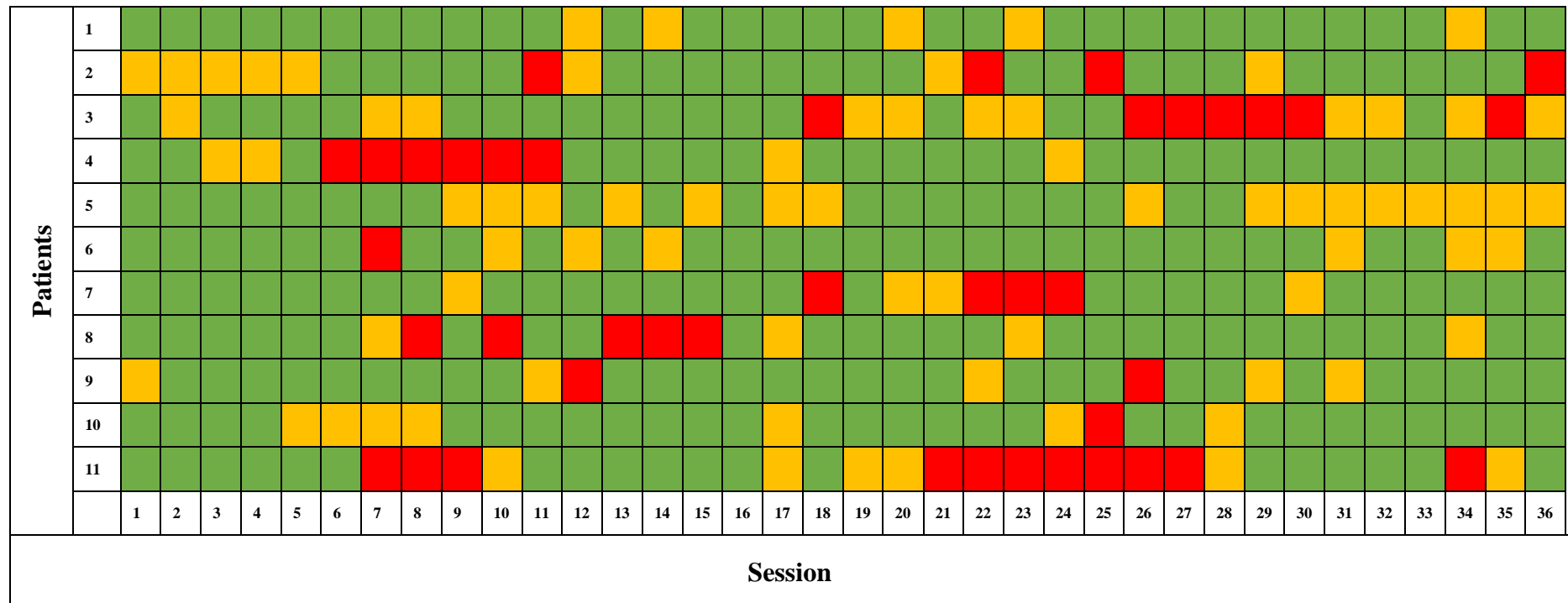


Figure 1: Adherence to supervised resistance exercise sessions. Green indicates patients completed the prescribed volume of resistance exercise; red indicates a missed session; and orange indicates sessions where volume was modified and patients completed less than the prescribed volume.