**Supplemental Content 1**. Exercise Session Template

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| **Activity** | **Example exercises** | **Time** |
| Warm up  | * Aerobic full body movements
* Dynamic stretching
 | * 5 minutes
 |
| Circuit 1: Upper and lower body resistance and aerobic exercise  | * Chair sit to stand
* Resistance band upright row
* Marching in place
 | * 30-45 seconds per exercise
* 15 seconds rest between exercises
* Repeat 2-3 times
 |
| Circuit 2: Upper and lower body resistance and aerobic exercise | * Calf raises
* Resistance band chest press
* Side steps
 | * 30-45 seconds per exercise
* 15 seconds rest between exercises
* Repeat 2-3 times
 |
| Circuit 3: Two upper body resistance and aerobic exercises | * Bicep curls
* Shoulder press
* Overhead reach and step out
 | * 30-45 seconds per exercise
* 15 seconds rest between exercises
* Repeat 2-3 times
 |
| Cool down | * Balance
* Core strengthening
* Static stretching
 | * 5 minutes
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