|  |
| --- |
| **Additional file 3: Table S3.** Detailed tally sheet used to assess adherence to exercise programme (Item 5), type and number of adverse events that occur during exercise (Item 11), and fidelity (Item 16a and 16b). |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ID:**  |   | **Session number:**  |  | **Time:** |   |   | **Date:** |  |  |  |  |  |  |
| ***Attendance*** | **Yes** | **No** |  |   |   |   |   |   |   |   |   |   |   |   |   |
|  Attend the training session |   |   |   |
|  Attend on time |   |   |   |
| ***Mood feeling before this training session*** | **Feeling Scale** |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   | **-5** | **-4** | **-3** | **-2** | **-1** | **0** | **1** | **2** | **3** | **4** | **5** |   |
| ***Physically drained feeling before this training session*** | **HPHEE Scale** |   | **Very Bad** |  | **Bad** |  | **Fairly Bad** | **Neutral**  | **Fairly Good** |  | **Good** |  | **Very Good** |   |
|   |   |   |   |  |  |   |  |  |  |  |  |  |  |  |   |
|  |   |   |   | **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |   |
| ***Extra physical activity*** | **Yes**  | **No** |   | **Nothing** |  |   |   |   |   |   |   |   |  | **Totally** |   |
|  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | **Frequency** | **Minutes** | **Type** |   |   |   |   |   |   |   |   |   |   |
|  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ***Session training parts*** |
|  ***Warm-up*** | **Yes**  | **No** |  |   |   |   |   |   |  |
|  Complete the overall warm-up part (minutes) |   |   |   |   |   |   |   |   |   |   |   |
|  Compliant attitude during warm-up |   |   |   | **HR (bpm)** | **Time** |   |   |   |   |   |   |   |   |
|  RPE (0-10) immediately after warm-up |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  ***Strength training*** | **Yes**  | **No** |  |  |  |  |   |   |  |
|  Complete the overall resistance part (exercises) |   |   |   |   |   |   |   |   |   |
|  Compliant attitude during resistance part |   |   |   | **HR (bpm)** | **Time** |   |   |
|  ONMI resistance scale (0-10) immediately after resistance part |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  ***Aerobic training*** | **Yes**  | **No** |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Complete overall cardiovascular part (minutes) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Compliant attitude during cardiovascular part |   |   |  | **HR (bpm)** | **Time** |   |  |
|  RPE (0-10) immediately after cardiovascular part |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  ***Cool down*** | **Yes**  | **No** |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Complete overall calm down part (exercises) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Compliant attitude during calm down part |   |   |  | **HR (bpm)** | **Time** |   |  |
|   |   |   |  |  |  |   |   |  |  |  |  |  |  |  |
|  **RPE Session** |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |
|  ***Overall training session*** | **Yes**  | **No** |   |   |   |   |   |   |  |  |  |  |  |  |  |
|  Pulsometer working well in overall training session |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |
|  Complete the overall session |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |
|  Number of adverse events that occur |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Type of adverse events that occur |   |
|   |   |   |   |   |   |   |   |   |   |
| ***Mood feeling after this training session*** | **Feeling Scale** |   | **-5** | **-4** | **-3** | **-2** | **-1** | **0** | **1** | **2** | **3** | **4** | **5** |   |
|  |   |   |   | **Very Bad** |  | **Bad** |  | **Fairly Bad** | **Neutral**  | **Fairly Good** |  | **Good** |  | **Very Good** |   |
| ***Observations:*** |   |   |   |  |  |  |  |  |  |  |  |  |  |  |   |
|   |  | **Instructor** |   | **Yes** | **No** |   |
|  | Same instructor last sessions? |  |  |  |  |
|  | Match with another participant? |  |  |  |  |

**Table S4.** Detailed tally sheet used to assess adherence to exercise programme (Item 5), type and number of adverse events that occur during exercise (Item 11), and fidelity (Item 16a and 16b).

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ID:**  |   | **Session number:**  |  | **Time:** |   |   | **Date:** |  |  |  |  |  |  |
| ***Attendance*** | **Yes** | **No** |  |   |   |   |   |   |   |   |   |   |   |   |   |
|  Attend the training session |   |   |   |
|  Attend on time |   |   |   |
| ***Mood feeling before this training session*** | **Feeling Scale** |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   | **-5** | **-4** | **-3** | **-2** | **-1** | **0** | **1** | **2** | **3** | **4** | **5** |   |
| ***Physically drained feeling before this training session*** | **HPHEE Scale** |   | **Very Bad** |  | **Bad** |  | **Fairly Bad** | **Neutral**  | **Fairly Good** |  | **Good** |  | **Very Good** |   |
|   |   |   |   |  |  |   |  |  |  |  |  |  |  |  |   |
|  |   |   |   | **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |   |
| ***Extra physical activity*** | **Yes**  | **No** |   | **Nothing** |  |   |   |   |   |   |   |   |  | **Totally** |   |
|  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | **Frequency** | **Minutes** | **Type** |   |   |   |   |   |   |   |   |   |   |
|  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ***Session training parts*** |
|  ***Warm-up*** | **Yes**  | **No** |  |   |   |   |   |   |  |
|  Complete the overall warm-up part (minutes) |   |   |   |   |   |   |   |   |   |   |   |
|  Compliant attitude during warm-up |   |   |   | **HR (bpm)** | **Time** |   |   |   |   |   |   |   |   |
|  RPE (0-10) immediately after warm-up |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  ***Strength training*** | **Yes**  | **No** |  |  |  |  |   |   |  |
|  Complete the overall resistance part (exercises) |   |   |   |   |   |   |   |   |   |
|  Compliant attitude during resistance part |   |   |   | **HR (bpm)** | **Time** |   |   |
|  ONMI resistance scale (0-10) immediately after resistance part |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  ***Aerobic training*** | **Yes**  | **No** |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Complete overall cardiovascular part (minutes) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Compliant attitude during cardiovascular part |   |   |  | **HR (bpm)** | **Time** |   |  |
|  RPE (0-10) immediately after cardiovascular part |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  ***Cool down*** | **Yes**  | **No** |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Complete overall calm down part (exercises) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Compliant attitude during calm down part |   |   |  | **HR (bpm)** | **Time** |   |  |
|   |   |   |  |  |  |   |   |  |  |  |  |  |  |  |
|  **RPE Session** |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |
|  ***Overall training session*** | **Yes**  | **No** |   |   |   |   |   |   |  |  |  |  |  |  |  |
|  Pulsometer working well in overall training session |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |
|  Complete the overall session |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |
|  Number of adverse events that occur |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  Type of adverse events that occur |   |
|   |   |   |   |   |   |   |   |   |   |
| ***Mood feeling after this training session*** | **Feeling Scale** |   | **-5** | **-4** | **-3** | **-2** | **-1** | **0** | **1** | **2** | **3** | **4** | **5** |   |
|  |   |   |   | **Very Bad** |  | **Bad** |  | **Fairly Bad** | **Neutral**  | **Fairly Good** |  | **Good** |  | **Very Good** |   |
| ***Observations:*** |   |   |   |  |  |  |  |  |  |  |  |  |  |  |   |
|   |  | **Instructor** |   | **Yes** | **No** |   |
|  | Same instructor last sessions? |  |  |  |  |
|  | Match with another participant? |  |  |  |  |