*Supplementary online Table 2. Exercise intensity based on American College of Sports Medicine (ACSM) guidelines*

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| **Aerobic exercise** |
|  | HRmax (%) | HRR (%); VO2max(%); VO2r(%)  | RPE |
| Low  | <64 | <40 | <11 |
| Moderate | 64 - <77 | 40 - <60 | 12 - 13 |
| High | 77 - 100 | 60 - 100 | >14 |
| **Resistance exercise** |
| Low  | Less than 8 repetitions at an intensity at or below 40% to 80% of a 1-RM |
| Moderate  | 8 to 12 repetitions at an intensity of 40% to 80% of a 1-RM |
| High  | More than 12 repetitions at an intensity at or above 40% to 80% of a 1-RM |

*HRmax = maximal heart rate, HRR = heart rate reserve, VO2max = maximal oxygen uptake, VO2r = oxygen uptake reserve,*

*RPE = rating of perceived exertion, 1-RM = one repetition maximum*