

Suppl. Tab. 1. Characteristics of the digital home exercise intervention per study centre

Centre	Training days	Workouts per week [n]	Workout duration [min]	Workout types
Germany/Austria	Monday-Sunday	28	30-45	- Strength - Flexibility - Balance & Stability - Coordination - Endurance - Core training
Brazil	Monday-Sunday	24	30-45	- Strength - Flexibility - Balance & Stability - Coordination - Endurance - Core training
Italy	Monday-Saturday	12	60	- Balance & Flexibility - Strength
Ireland	Monday-Friday	6	30-45	- Flexibility - Strength - Balance
Spain	Monday-Friday	18	30	- Balance - Flexibility - Core training - Strength - Endurance
South Africa	Monday-Friday	15	30-45	- Core training - Flexibility - Endurance - Strength
Chile & Argentina	Monday-Sunday	28	30-45	- Strength - Flexibility - Coordination & Stability - Endurance

n = number, min = minutes