

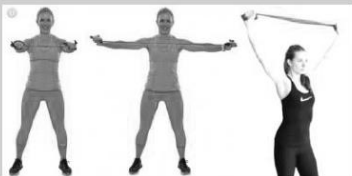



Supplemental File

Table S1. Sample Fitness Test/Assessment.

Test	Measuring	Notes
6 minute walk/run test	Aerobic capacity	<ul style="list-style-type: none"> • Run/walk as far as possible in 6 minutes • Participant can do this on their own time and send you the results • Easy to do at home, a track, treadmill or free app can be used to track the distance travelled
3 minute step-up test	Aerobic Capacity	<ul style="list-style-type: none"> • An alternative for the 6 minute walk/run test that can be completed indoors • Step up onto a single step and then back down repeatedly for 3 minutes • Take pulse immediately after completing the exercise for 1 minute (determine bpm) • Results are relative to the individual but provides a good indication of aerobic fitness and can be used to track progress
Maximum plank hold	Core strength	<ul style="list-style-type: none"> • One of the most important functional muscle groups <ul style="list-style-type: none"> • Can help to set goals to increase strength • Ensure that they are maintaining proper form
Maximum push-ups (1 minute)	Upper body strength	<ul style="list-style-type: none"> • Can perform a push-up variation such as against a wall, from the knees or from the toes • Make sure to note the variation used for consistency in the post-test
Maximum body weight squats (1 minute)	Lower body strength	<ul style="list-style-type: none"> • Can perform a variation such as with a chair or half squat depending on what difficulty is appropriate • Make sure to note the variation used for consistency in the post-test
Double and single leg balance testing	Balance	<ul style="list-style-type: none"> • Not necessary but could be relevant if balance is an area of concern or something that the participant is looking to improve

Figure S1. Sample Exercise Prescription.

Warm up → 4-8 mins		
Jog on spot →		
		1-2 mins Instructions <ul style="list-style-type: none"> • Jog on the spot • Incorporate front air punches • Incorporate overhead air punches • Mix it up during the 1-2 mins
Lateral side shuffle →		
		1-2 mins Instructions <ul style="list-style-type: none"> • Take 2 steps to one side and touch the ground with the opposite arm • Repeat for other side • Complete as many side-to-side repetitions as possible
Elastic band reverse fly →		
		1-2 mins Instructions <ul style="list-style-type: none"> • Hold elastic band out in front of you with both hands and pull apart to open chest • Repeat this motion overhead • Mix it up during the 1-2 mins
Modified jumping jacks →		
		1-2 mins Instructions <ul style="list-style-type: none"> • Step from side to side while raising arms above head for each step <div> Tips <ul style="list-style-type: none"> • Self-challenge: -Try regular jumping jacks (both feet off the ground at the same time) </div>

Work out → 15 mins

Hip extension & abduction →



1 set of 10 repetitions per exercise (1 x 10)

Instructions

- Hip extension: kick each leg backward 10 times while holding onto a chair/wall
- Hip abduction: kick each leg sideways 10 times while holding onto a chair/wall

Tips

- Keep abs tightened
- Do not compensate by leaning to one side
- Self-challenge: -Try with ankle weights

Chicken wing →



1 x 10

Instructions

- Starting with arms bent at 90 degrees (step 1), spread arms out to side (step 2), rotate arms upward (step 3), shoulder press (step 4)
- Complete all steps in one fluid motion

Tips

- Can be done with or without weights
- Self-challenge: -Increase the weight

Bicep curls →



1 x 10

Instructions

- Start with arms stretched out at sides and bend elbows to bring hands to shoulders
- On descent of hands, rotate forearms inward

Tips

- Can be done with or without weights
- If feeling pain: - Curl one arm at a time

Plank →



2 x 30 seconds

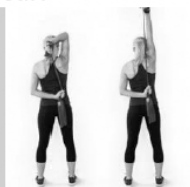
Instructions

- When in this position, squeeze glutes, abs, and take deep breaths
- Keep back and legs aligned

Tips

- If feeling pain:
- Hold weights that grip to floor to reduce pain or discomfort in wrists

Triceps curl →



1 x 10

Instructions

- Hold elastic band with one hand behind back and pull up behind head with other arm
- Switch between arms (10 for each arm)

Tips

- Squeeze abs (engage core) so that back does not arch
- Variation: -Triceps kickbacks with weight

Knee cross crunch →



2 x 8

Instructions

- In standing position, bring elbow to opposite knee
- Switch between sides (8 each side)

Tips

- Squeeze abs (engage core)

Cool down → 5-10 mins

- Feel free to add any other stretch that relieves joints of stiffness.
- Hold each stretch for 15-30 seconds.
- Make sure to stretch both left and right sides of each movement.