

Online Resource 3: Characteristics of participants who engaged in high-intensity antenatal exercise

Article title: Patterns in exercise behaviour across pregnancy: a retrospective cohort study of physically active individuals from pre-conception to postpartum

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Supplementary Table 7 Characteristics of participants who engaged in high-intensity exercise during pregnancy

Characteristics	Overall (n=5)		
	n (%)	Mean (SD)	Median [Min, Max]
Age at survey completion (y)	-	36 (2.45)	36 [32, 38]
First pregnancy	1 (20)	-	-
Mode of conception	-	-	-
Spontaneous / unassisted	4 (80)	-	-
Assisted reproductive technology	1 (20)	-	-
Region of residence	-	-	-
Australia	2 (40)	-	-
Europe	1 (20)	-	-
North or Central America	2 (40)	-	-
Marital status	-	-	-
Married	5 (100)	-	-
Highest level of education	-	-	-
Bachelor's degree	2 (40)	-	-
Master's degree	2 (40)	-	-
Doctoral degree	1 (20)	-	-
Pre-conception BMI	-	24.02 (5.08)	21.59 [21.23, 31.64]
Gestational weight gain (kg)	-	9.11 (4.85)	7.50 [5.44, 16.00]
Insufficient	2 (40)	-	-
Within normal limits	1 (20)	-	-
'Excessive'	1 (20)	-	-
Not reported	1 (20)	-	-
Competed in sport in the six months pre-conception	2 (40)	-	-
<i>Main competitive sport(s)</i>	-	-	-
Running	2 (40)	-	-
<i>Highest ever level of competition</i>	-	-	-
Fun run or charity event	1 (20)	-	-
Local level	1 (20)	-	-

BMI, Body mass index.

Supplementary Table 8 Birth outcomes for participants who engaged in high-intensity exercise during pregnancy

Characteristics	Overall (n=5)		
	n (%)	Mean (SD)	Median [Min, Max]
Infant sex	-	-	-
Female	3 (60)	-	-
Male	2 (40)	-	-
Birth weight (g)	-	2994 (326.74)	2980 [2551, 3400]
Within normal limits	5 (100)	-	-
Gestational age at birth (wk)	-	37.6 (1.67)	38 [35, 39]
Late preterm	1 (20)	-	-
Early term	2 (40)	-	-
Full term	2 (40)	-	-
Mode of delivery	-	-	-
Vaginal	5 (100)	-	-
Delivery interventions	-	-	-
Forceps	1 (20)	-	-
Episiotomy	2 (40)	-	-
Induction	2 (40)	-	-
Epidural	2 (40)	-	-
No intervention	1 (20)	-	-
Birth complications	-	-	-
Prolonged labour	1 (20)	-	-
Fetal distress	1 (20)	-	-
Perineal tear	1 (20)	-	-
None of the above	2 (40)	-	-

wk, Weeks