

Effects of elastic band exercise on lean mass and physical capacity in older women with sarcopenic obesity: A randomized controlled trial

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Supplementary Appendix S1

Exercise progression protocol

	Week	1	2	3	4	5	6	7	8	9	10	11	12
Theraband color	Yellow	X	X										
	Red			X	X								
	Green					X	X						
	Blue							X	X				
	Black									X	X		
	Silver											X	X
Exercise loading	Repetition	10	20	10	20	10	20	10	20	10	20	10	20
	Set	3	3	3	3	3	3	3	3	3	3	3	3
	RPE ^a	10 – 13	10 – 13	10 – 13	10 – 13	10 – 13	10 – 13	10 – 13	10 – 13	10 – 13	10 – 13	10 – 13	10 – 13

X = the used theraband colour

^aRatings of perceived exertion according to the Borg scale

Supplementary Appendix S2

Elastic-band resistance exercise regime

Movement	Intensity (repetition/set)	Targeted muscle group	Duration (min)
A. Warm-up			
1. Mobility exercise of the neck, upper limbs, and back		Upper quarter flexors and extensors	5
2. Global flexion-extension of the lower limb		Lower quarter flexors and extensors	5
B. Upper quarter			
1. Seated chest press	10–20/3	Upper quarter extensors	5 – 10
2. Seated row	10 – 20/3	Upper quarter flexors	5 – 10
3. Seated shoulder press	10 – 20/3	Shoulder girdle muscle groups	5 – 10
C. Lower quarter			
1. Concentric–eccentric hip circumduction	10 – 20/3	Hip girdle muscle groups	5 – 10
2. Leg press	10 – 20/3	Lower quarter extensors	5 – 10
3. Leg curl	10 – 20/3	Lower quarter flexors	5 – 10
D. Cool down			5