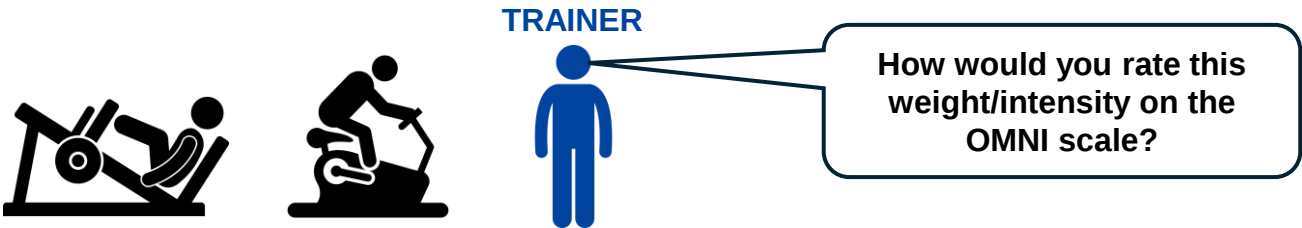


Supplementary Notes on Exercise Prescription

1. Familiarization phase

In the first three supervised training sessions exercise specialists guide the participants in finding the appropriate weight for their training and instruct them in using RPE for endurance training. For weight training, the goal is to determine a weight for each exercise that corresponds to a RPE of 8 out of 10 on the OMNI scale. This is done by setting a weight in the very first set and asking the patient afterwards for their RPE. The weight is subsequently adjusted to match an RPE of 8.



Example:

After the third session the patient knows that **50 kg** at the leg press exercise corresponds to a **RPE of 8**. Furthermore, they are instructed on how to use RPE for determining the exercise intensity for endurance training.

2. Training intervention

Patients report their daily fatigue severity before each session using the Brief Fatigue Inventory (BFI). Based on this, they adjust their training load following the recommendations depicted here.

BFI	Fatigue Severity	Load Modification Resistance Training	Load Modification Endurance Training
9-10	Maximum	Training is contraindicated	Training is contraindicated
6-8	High	2 training sets per exercise with 3 clusters of 4 repetitions each (10 s intra-set break)	Duration: 5-10 min Intensity: 4-6 RPE scale
3-5	Moderate	1st training set per exercise: 12 repetitions in a row 2nd training set per exercise: three clusters of 4 repetitions each (10 s intra-set break)	Duration: >10 and ≤20 min Intensity: 4-8 RPE scale
0-2	Low	2 training sets per exercise with 12 repetitions in a row	Duration: >20 and ≤30 min Intensity: 4-8 RPE scale



Example high fatigue (BFI: 7)

Weight: **50 kg**
Sets: 2
Repetitions: 12
Intra-Set break: 10 s after 4 repetitions
Endurance training: 5-10 min with a self-selected intensity of RPE 4-6

Example low fatigue (BFI: 1)

Weight: **50 kg**
Sets: 2
Repetitions: 12
Intra-Set break: none
Endurance training: > 20 and ≤ 30 min with a self-selected intensity of RPE 4-8

Effects of a symptom-titrated exercise program on fatigue and quality of life in people with post-COVID condition – a randomized controlled trial

3. Exercise Variables

Strength Training	Variables
Frequency	1-3 sessions per week
Number of Sets	2
Number of Repetitions	12
Intensity	RPE 8 (OMNI Scale)
Intra-set Break	Depending on daily fatigue severity
Between set Break	90-120 s
Exercises	(1) leg press, (2) leg extensions, (3) leg flexion, (4) latissimus pulldown, (5) seated rowing, (6) chest press, (7) back extensions and (8) abdominal press

Endurance Training	Variables
Frequency	1-3 sessions per week
Duration	5-30 min Depending on daily fatigue severity
Intensity	RPE 4-8 (OMNI Scale) Depending on daily fatigue severity
Type	Ergometer of choice