

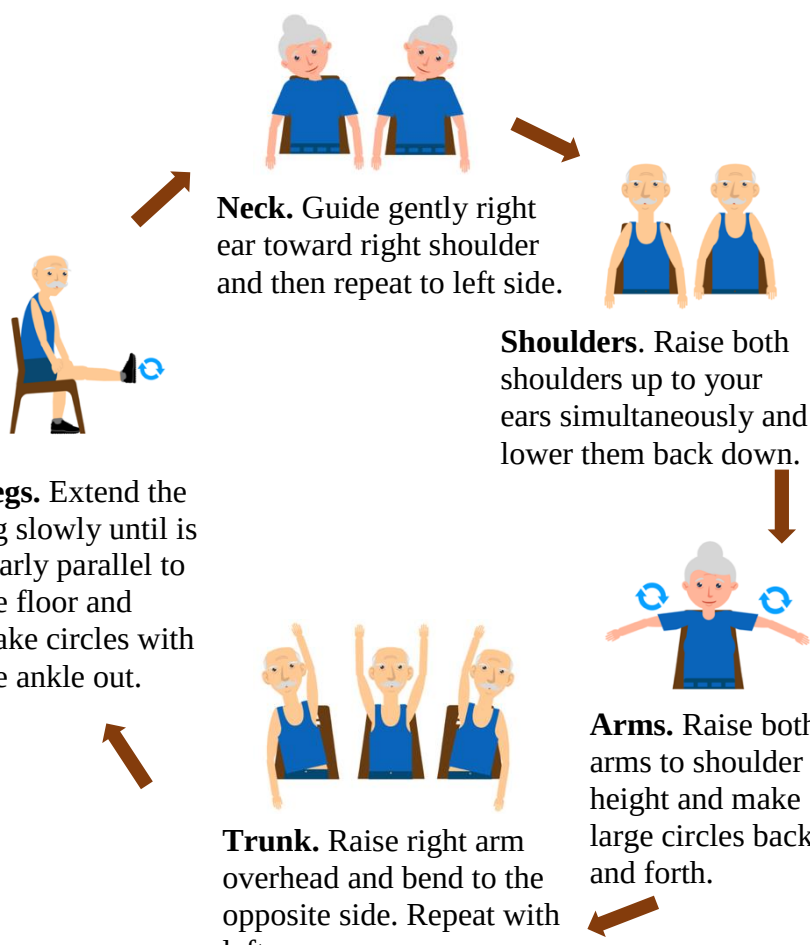
Additional file 1

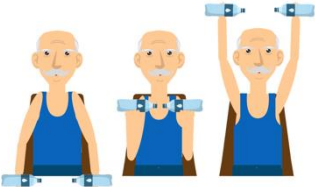
ECOOOL-Program INTERVENTION

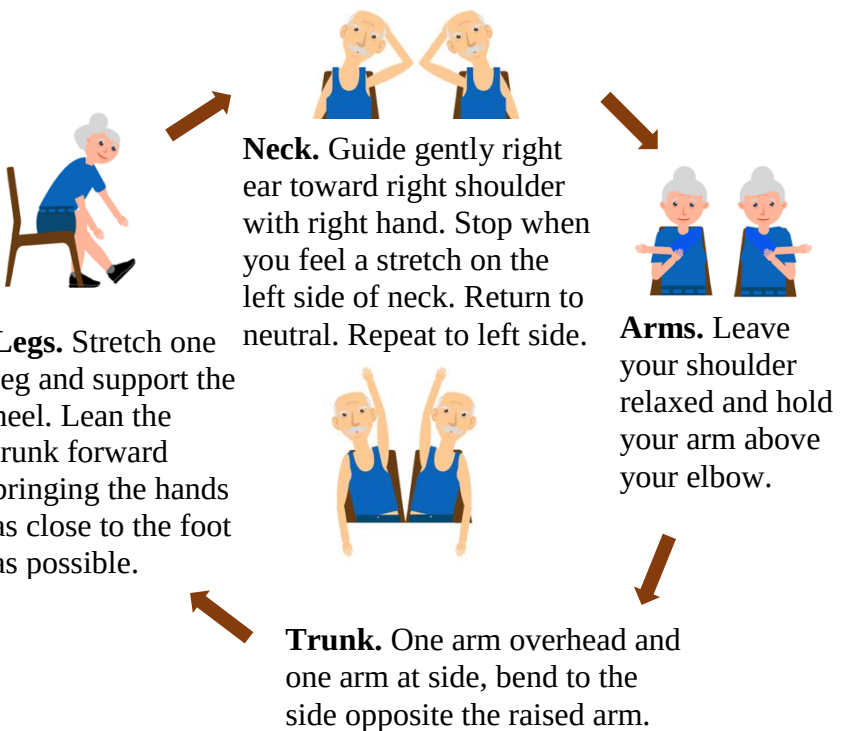
Classification of the groups according to the degree of frailty:

- Person with disability (SPPB 0-3)
- Frail person (SPBB 4-6)
- Pre-frail person (SPBB 7-9)
- Robust person (SPPB 10-12)

RESISTANCE TRAINING

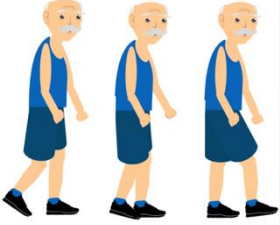
Components	Exercise details	Volume
Warm up 	<i>Initial position:</i>  Sitting on the chair with back straight and feet placed flat on the floor.  Standing with feet hip-width apart.  Neck. Guide gently right ear toward right shoulder and then repeat to left side. Shoulders. Raise both shoulders up to your ears simultaneously and lower them back down. Legs. Extend the leg slowly until is nearly parallel to the floor and make circles with the ankle out. Trunk. Raise right arm overhead and bend to the opposite side. Repeat with left arm. Arms. Raise both arms to shoulder height and make large circles back and forth.	30" per exercise

Resistance training	Lower body limbs	Squats. <i>Initial position:</i> Sitting on the chair, with the soles of the feet placed flat on the floor (knees flexed at 90°) and the back straight, resting on the backrest (hip flexed at 90°). <i>Description:</i> Get up from the seat as quickly as possible and slowly sit back down.	
		 Holding onto the arms of a person standing in front.	1-3 sets, 3-5 repetitions 1`rest
		 With support on the chair or knees. One person should help to control the movement.	2-3 sets 5-8 repetitions 1`rest
		 Without help but in a supervised way and without arm support.	2-3 sets, 8-10 repetitions 1`rest
		 Without help and without arm support. Arms placed crossed on chest.	3 sets, 10-12 repetitions 1`rest
	Upper body limbs	<i>Initial position:</i> Sitting on the chair, with the soles of the feet placed flat on the floor (knees flexed at 90°) and the back straight, resting on the backrest (hip flexed at 90°). Patients will hold a bottle in each hand. <i>Description:</i>	1-3 sets, 3-5 repetitions (0,25 l) 1`rest
		 The following arm movements will be performed continuously: 1° Raise bottles to chest height, leaving the elbows close to the body. 2° Raise arms by stretching them upwards.	2-3 sets, 5-8 repetitions (0,5 l) 1`rest
			2-3 sets, 10-15 repetitions (0,5 l) 1`rest
			3 sets, 10-12 repetitions (1 l) 1`rest

Balance	<i>Initial position:</i> Standing <i>Description:</i> Raise one knee and maintain that position for the indicated time. Turn back to the initial position and repeat with both legs.  Holding onto a table or another person with both hands.  Holding on to a table or another person with one hand. Repeat with closed eyes.   If possible without holding on. Repeat with closed eyes.   Unassisted but supervised. Repeat with closed eyes. 	3 sets, 3-5 seconds (open eyes) 3 sets, 3-5 seconds (open and closed eyes) 3 sets, 3-5 seconds (open and closed eyes) 3 sets, 5-10 seconds (open and closed eyes)
Calm down ● ● ● ●	<i>Initial position:</i> Sitting on the chair. <i>Description:</i> Stretches of the main muscle groups.  Neck. Guide gently right ear toward right shoulder with right hand. Stop when you feel a stretch on the left side of neck. Return to neutral. Repeat to left side. Arms. Leave your shoulder relaxed and hold your arm above your elbow. Trunk. One arm overhead and one arm at side, bend to the side opposite the raised arm. Legs. Stretch one leg and support the heel. Lean the trunk forward bringing the hands as close to the foot as possible.	Keep between 10-15 seconds each exercise

Inspiratory muscle training 	<i>Initial position:</i> Sitting on the chair.  <i>Description:</i> Perform 30 inspirations through a specific device against 40% of the maximum inspiratory pressure (MIP) that will be measured beforehand and will be adapted to the patient's tolerance.	2 times per day 30 repetitions (40% MIP)
---	---	---

ENDURANCE TRAINING

<i>Components</i>	<i>Description</i>	<i>Volume</i>
Walking	 -Walk supporting the heel first and then push off with the fingers. -Stand upright, looking straight ahead, and walk at a pace that increases your breathing, speaking should be an effort. -Walk accompanied and/or with support and take a break if needed.	10-15 minutes
		15-20 minutes
		20-25 minutes
		25-30 minutes
Inspiratory muscle training 	<i>Initial position:</i> Sitting on the chair.  <i>Description:</i> Perform 30 inspirations through a specific device against 40% of the maximum inspiratory pressure (MIP) that will be measured beforehand and will be adapted to the patient's tolerance.	2 times per day 30-35 repetitions (40% MIP)