

Supplementary Material 1 - WISH Topic Guide

Introduction

- Hi, I am (name), from the University of Glasgow.
- Before we begin, I would like to check if you agree with the terms and conditions and privacy notice that I sent previously?
- I would also like to remind you that this meeting is audio recorded.
- First of all, thank you for volunteering to participate in this interview. So, the purpose of this interview is to identify barriers and facilitators you faced when participating in muscle strengthening.
- We will ask you some questions covering the knowledge, challenges, motivation, and facilitators for your participation in muscle strengthening and on your demographics.
- The whole interview will range from about 30 to 60 minutes. Are you okay to proceed?

DEMOGRAPHIC (D)

D1. Month and year of birth

D2. Postcode *(to determine the quintile of IMD – you can also give me your IMD quintile if you know it)*

D3. Work situation *(FT student/employed/doing unpaid work - own/volunteer/care for family, retired)*

D4. Highest academic qualification *(no formal qualification after school/trade technical apprenticeship diploma/ university)*

D5. Marital status *(single/married/divorced separated/widowed) - with/without children*

KNOWLEDGE (K)

K1. How many days per week do you participate in muscle strengthening exercises?

K1.1 How would you rate overall familiarity with different types of muscle strengthening activities?

K2. What exercise do you prefer to do when participating in muscle strengthening exercises?

K2.1 Are there any specific muscle groups or areas of focus that you prioritise during your workouts?

K2.2 What aspect of muscle strengthening exercises do you enjoy the most?

K3. Do you work out at home or the gym? Do you work out alone, with friends or join classes?

K3.1 How do your choice of workout environment and companionship influence your motivation and enjoyment of doing muscle strengthening activities?

K3.2 Are there any specific aspects of your environment that either facilitate or impede your ability to adhere to regular muscle strengthening participation?

CHALLENGES (C)

C1. Can you tell me what challenges you face when you are participating in muscle strengthening?

C1.1 How do these challenges impact your motivation and consistency in maintaining your muscle strengthening routine?

C1.2 How do you overcome those challenges? / How do you incorporate muscle strengthening exercise in your daily routine? / Have you developed any strategies

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or habits that help you maintain a consistent muscle strengthening participation? *(depending on participant response to C1)*

C2. Have you experienced any physical limitations or health concerns that hinder your ability to engage in muscle strengthening?

MOTIVATION (M)

M1. What initially inspired or motivated you to start participating in muscle strengthening?

M1.1 How has your motivation evolved or changed over time?

M2. How do you think muscle strengthening benefits you, physically and mentally?

M2.1 Do you notice any specific changes in your overall well-being, confidence and self-esteem as a result of your muscle strengthening effort? (not necessary to ask if participants already answer this when answering QM2)

M2.2 How do you perceive yourself in terms of your strength and fitness level?

M3. Can you discuss the role of social support (e.g family, friends, workout partners) in your muscle strengthening journey? / How do people around you response to your muscle strengthening participation?

M3.1 Have you found that having a support system or workout buddy positively impacts your motivation and consistency in participating in muscle strengthening?

M4. Can you describe any specific goals or aspirations that you have relating to your muscle strengthening journey?

M4.1 How do you envision your participation in muscle strengthening exercise evolving or continuing in the future?

FACILITATORS (F)

F1. What makes participating in muscle strengthening easier for you?

F1.1 Can you identify any external factors or internal motivators that support your adherence to regular participation in muscle strengthening?

F2. How can participation in muscle strengthening be improved, based on your own experiences and preferences?

F2.2 Are there any specific resources, tools or support systems that you believe would enhance the accessibility and effectiveness of muscle strengthening activities?

F3. Looking back on your experiences, what have you learned about yourself or your capabilities?

F4. What would be your top advice for other women who haven't thought about strength/strength training/wanting to start?

Conclusion

- Do you have any questions that you would like to ask us?
- Thank you for your input. We will email you the voucher code to the email address you provided before. Once again thank you for participating in our study.

Reminder: if they answer more on sport specific side as part of their muscle-strengthening participation, divert it to MSE participation. If they have kids, ask them more on the age, childcare responsibilities. Ask about time constraints and how they include it in their schedule.