

Supplemental Table 1. Low Intensity Exercise Program

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Warm Up (10 min)	Walking, peddler	REST	REST	Walking, peddler	REST	REST	Walking, peddler
Core Exercises (10 reps each)	1. Seated Pelvic Tilt (hold 5 sec, 10 reps) 2. Marching, no back support, neutral spine (10 reps)			1. Seated Pelvic Tilt (hold 5 sec, 10 reps) 2. Marching, no back support, neutral spine (10 reps)			1. Seated Pelvic Tilt (hold 5 sec, 10 reps) 2. Marching, no back support, neutral spine (10 reps)
Resistance Exercises (10 reps, 2 sets)	1. Chest Press 2. Overhead Shoulder Press 3. Bicep Elbow Curls 4. Tricep Extensions 5. Scaption Side Raises 6. Chair Squats			1. Chest Press 2. Overhead Shoulder Press 3. Bicep Elbow Curls 4. Tricep Extensions 5. Scaption Side Raises 6. Chair Squats			1. Chest Press 2. Overhead Shoulder Press 3. Bicep Elbow Curls 4. Tricep Extensions 5. Scaption Side Raises 6. Chair Squats
	7. Marches 8. Calf Raises 9. Knee Extension 10. Seated theraband hip abduction 11. Hip extension 12. Standing leg lift to side			7. Marches 8. Calf Raises 9. Knee Extension 10. Seated theraband hip abduction 11. Hip extension 12. Standing leg lift to side			7. Marches 8. Calf Raises 9. Knee Extension 10. Seated theraband hip abduction 11. Hip extension 12. Standing leg lift to side
Cool Down (15-30 sec each)	1. Chest Stretch 2. Shoulder Stretch 3. Tricep Stretch 4. Calf Stretch 5. Quadriceps Stretch 6. Hamstring Stretch			1. Chest Stretch 2. Shoulder Stretch 3. Tricep Stretch 4. Calf Stretch 5. Quadriceps Stretch 6. Hamstring Stretch			1. Chest Stretch 2. Shoulder Stretch 3. Tricep Stretch 4. Calf Stretch 5. Quadriceps Stretch 6. Hamstring Stretch

Supplemental Table 2. Moderate-High Intensity Exercise Program

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Warm Up (5 min)	Walking, biking, or elliptical	REST	REST	Walking, biking, or elliptical	REST	REST	Walking, biking, or elliptical
Stretching (15 sec each side)	1. Chest Stretch 2. Shoulder Stretch 3. Tricep Stretch 4. Calf Stretch 5. Quadriceps Stretch 6. Hamstring Stretch 7. Inner Thigh Stretch 8. Back Stretch			1. Chest Stretch 2. Shoulder Stretch 3. Tricep Stretch 4. Calf Stretch 5. Quadriceps Stretch 6. Hamstring Stretch 7. Inner Thigh Stretch 8. Back Stretch			1. Chest Stretch 2. Shoulder Stretch 3. Tricep Stretch 4. Calf Stretch 5. Quadriceps Stretch 6. Hamstring Stretch 7. Inner Thigh Stretch 8. Back Stretch
Aerobic Exercises (20 min)	Walking, swimming, jogging, or biking			Walking, swimming, jogging, or biking			Walking, swimming, jogging, or biking
Resistance Exercises (8-12 reps, 2 sets)	1. Chest Press 2. Tricep Extensions 3. Chair Squats 4. Upright Row 5. Side Raises 6. Step Ups 7. Dumbbell Curls 8. Calf Raises			1. Chest Press 2. Tricep Extensions 3. Chair Squats 4. Upright Row 5. Side Raises 6. Step Ups 7. Dumbbell Curls 8. Calf Raises			1. Chest Press 2. Tricep Extensions 3. Chair Squats 4. Upright Row 5. Side Raises 6. Step Ups 7. Dumbbell Curls 8. Calf Raises
Cool Down (30 sec each)	1. Chest Stretch 2. Shoulder Stretch 3. Tricep Stretch			1. Chest Stretch 2. Shoulder Stretch 3. Tricep Stretch			1. Chest Stretch 2. Shoulder Stretch 3. Tricep Stretch
	4. Calf Stretch 5. Quadriceps Stretch 6. Hamstring Stretch 7. Inner Thigh Stretch 8. Back Stretch			4. Calf Stretch 5. Quadriceps Stretch 6. Hamstring Stretch 7. Inner Thigh Stretch 8. Back Stretch			4. Calf Stretch 5. Quadriceps Stretch 6. Hamstring Stretch 7. Inner Thigh Stretch 8. Back Stretch