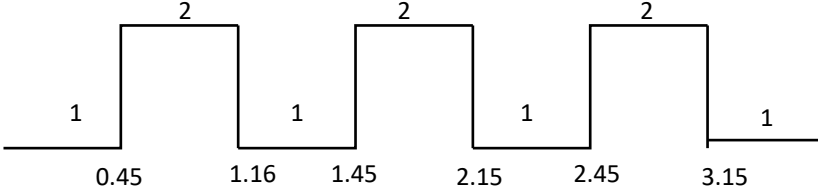
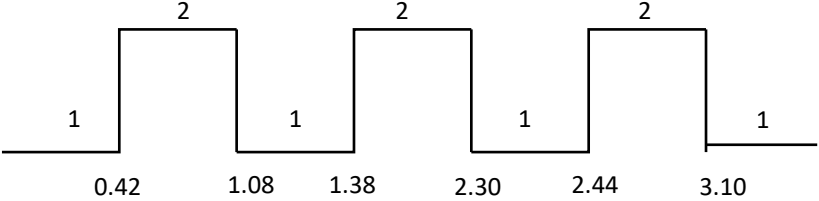
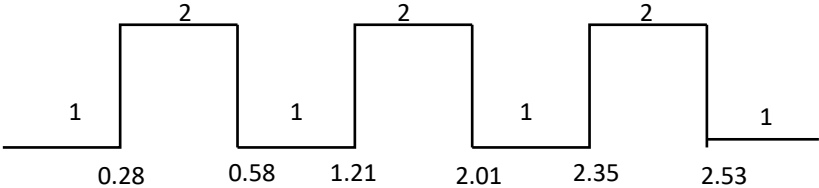
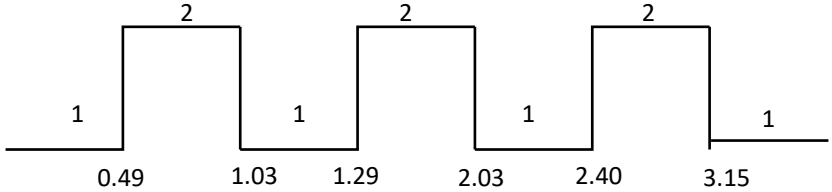
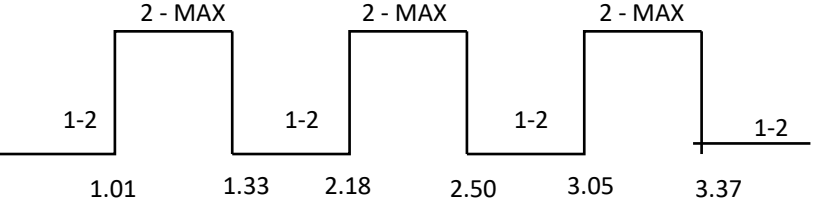
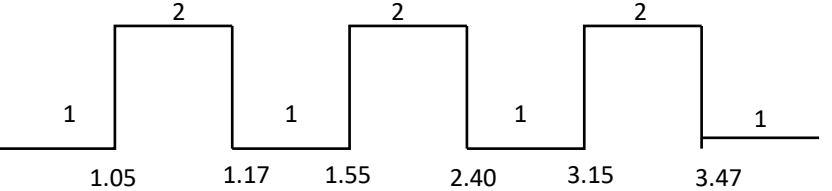
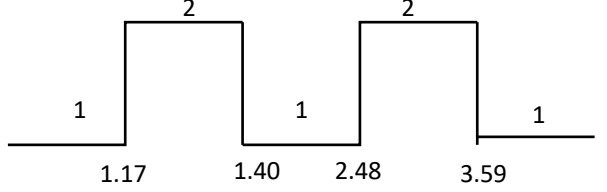


Supplementary materials 2: Sample ACE class routine

Bout	Song name	Track Type	Intervals (1, 2, and Max indicate three different cadences)
1	Feel So Close	Speed	
2	Physical	Strength	
3	Good 4 U	Speed	

4	Song 2	Strength	
5	All the Small Things	Speed	
6	The Middle	Strength	
7	Everybody Talks	Speed	
8	Rain on Me	Strength	

9	Shut Up and Dance	Speed	 A step function graph with three high segments labeled '2' and four low segments labeled '1'. The x-axis has tick marks at 0.49, 1.03, 1.29, 2.03, 2.40, and 3.15.
10	Easy Love Sigala	Strength	 A step function graph with three high segments labeled '2 - MAX' and four low segments labeled '1-2'. The x-axis has tick marks at 1.01, 1.33, 2.18, 2.50, 3.05, and 3.37.
11	I predict a Riot	Strength	 A step function graph with three high segments labeled '2' and four low segments labeled '1'. The x-axis has tick marks at 1.05, 1.17, 1.55, 2.40, 3.15, and 3.47.
12	A sky full of stars	Speed	 A step function graph with two high segments labeled '2' and three low segments labeled '1'. The x-axis has tick marks at 1.17, 1.40, 2.48, and 3.59.