

Supplementary Table 1. Cardiovascular rehabilitation exercise program

Week	Treadmill walking			Lower limb resistance exercises				Upper body continuous movements / activities			
	Walking bouts	Bout duration	Total time	Exercise	Sets	Repetitions	Total time	Exercise	Sets	Duration	Total time
1	5	2 minutes	10 minutes	1) Sit-to-stand	2	12	10 minutes	1) Upright rowing (dumbbells)	4	1 minute	20 minutes
				2) Seated leg extensions	2	12		2) Arm cycling	3	1 minute	
				3) Standing calf raises	1	12		3) Ski ergometry	3	1 minute	
2	7	2 minutes	14 minutes	1) Sit-to-stand	2	12	12 minutes	1) Upright rowing (dumbbells)	3	1 minute	14 minutes
				2) Seated leg extensions	2	12		2) Arm cycling	2	1 minute	
				3) Standing calf raises	2	12		3) Ski ergometry	2	1 minute	
3	10	2 minutes	20 minutes	1) Sit-to-stand	2	12	10 minutes	1) Upright rowing (dumbbells)	2	1 minute	10 minutes
				2) Seated leg extensions	2	12		2) Arm cycling	2	1 minute	
				3) Standing calf raises	1	12		3) Ski ergometry	1	1 minute	
4	12	2 minutes	24 minutes	1) Sit-to-stand	2	12	8 minutes	1) Upright rowing (dumbbells)	2	1 minute	8 minutes
				2) Standing calf raises	2	12		2) Arm cycling	2	1 minute	
5	14	2 minutes	28 minutes	1) Sit-to-stand	2	12	6 minutes	1) Upright rowing (dumbbells)	2	1 minute	6 minutes
				2) Standing calf raises	1	12		2) Arm cycling	1	1 minute	
6	15	2 minutes	30 minutes	1) Sit-to-stand	1	12	4 minutes	1) Upright rowing (dumbbells)	2	1 minute	6 minutes
				2) Standing calf raises	1	12		2) Arm cycling	1	1 minute	
Intensity progression criteria				Intensity progression criteria				Program progression criteria			
Adjust speed and/or gradient of treadmill to increase the power output by 10 watts for the next walking bout if: <ul style="list-style-type: none"> Participant completes walking bout without reaching near-maximal claudication pain (number 3-4 on claudication pain scale) or rate of perceived exertion on Borg scale is less than 3 (out of 10) by the end of the walking bout. 				Increase repetitions and/or weight for the next set if: <ul style="list-style-type: none"> Participant is able to perform 12 repetitions with ease and optimal exercise technique Exercise does not induce moderate to near-maximal claudication pain or rate of perceived exertion is less than 3 (out of 10) by the end of the set 				The aim of the upper body activities / exercises is to provide a break in between treadmill walking and lower limb resistance exercises. <ul style="list-style-type: none"> To progress the exercise program, reduce upper body activity time and increase treadmill walking time To regress the exercise program, reduce treadmill walking time and increase upper body activity time 			
Adjust speed and/or gradient of treadmill to decrease the power output by 10 watts for the next walking bout if: <ul style="list-style-type: none"> Participant fails to complete walking bout Heart rate exceeds 90% of predicted maximum heart rate for 30 seconds Rate of perceived exertion is 8 or higher (out of 10) 				Decrease repetitions and/or weight for the next set if: <ul style="list-style-type: none"> Participant is unable to complete the set with optimal exercise technique Rate of perceived exertion is 8 or above (out of 10) 							
Note: If the participant fails to complete a walking bout, provide up to 30 seconds of rest or rest up to the end of the bout and then resume exercise program.											