

Supplementary Figure 1: MUAD Progressive Resistance and Balance training protocol and programme.

	Conditioning phase		Training
	Wk 1 & 2	Wk 3 & 4	Wk 5 - 24
<b>Progressive Resistance training</b>			
1. Chest press			
2. Seated row			
3. Leg press	2 sets,	3 sets,	3 sets,
4. Leg curl	8 repetitions @	8 repetitions @	8-12 repetitions <sup>2</sup>
5. Leg extension	50% predicted	60% predicted	@ 75% predicted
6. Leg adduction	1RM <sup>1</sup>	1RM	1RM
7. Leg adduction			
8. Abdominal crunch			
<b>Balance exercises</b>			
1. Single leg stand			2 sets @ 20 s/leg 2 sets,
2. Tight rope walking	Increase stable surface/object support.	Reduced support. Increased repetitions/time	10 steps forward & 10 back
3. Box stepping	Reduces sets and repetitions/time.		5 X clockwise & 5 X anticlockwise
4. Calf raises			2 sets, 10 repetitions

Notes:

- <sup>1.</sup> The predicted 1 repetition maximum (1RM) was a conservatively assumed based on the participant's individual exercise ability and has been safely and effectively employed in similar populations (Henwood et al. 2008; Hewitt et al. 2014).
- <sup>2.</sup> Exercise resistance was increased when participants were able to perform 12 repetitions for all 3 sets using the appropriate technique (Henwood et al. 2008).