

Supplementary Table 2. Details of the structured exercise programs tailored according to physical performance as well as physical condition

Exercise name	Group session			Home session											
				Strength-intensive programs						Aerobic exercise-intensive programs					
	Level			Poor fitness			Good fitness			Poor fitness			Good fitness		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Aerobic exercises															
Number walking*	•	•		•	•	•	•	•	•	•	•	•	•	•	•
Number running [†]	•	•		•	•		•	•	•	•	•	•	•	•	•
Time to stop	•			•			•			•			•		
Step up & down	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Quiz walking [‡]		•			•		•						•		
Crab walking						•			•		•			•	
Spider walking		•				•			•		•		•		
Jump rope			•			•		•	•	•	•	•	•	•	•
Ladder walking			•								•				
Music walking			•						•						•
Resistance exercises															
Band routine	•	•	•	•	•	•	•	•	•	•		•	•		•
Chair routine	•	•	•	•	•	•	•	•	•		•			•	
Animal walking							•						•		•
Band pull touch [§]					•			•							
Crab walking with band		•									•			•	•
Balance exercise															
Single-leg standing	•		•		•			•							
Touch number	•		•									•			
Move towel	•		•	•			•								
Balloon toss		•			•			•				•		•	
Balloon kick		•				•		•				•		•	
Finger-and-toe exercise															
Grip	•			•	•			•			•	•		•	•
Finger stamp		•		•	•	•		•	•	•	•	•	•	•	•
Okay 2			•			•			•			•			•
Stretching exercise															
Brain stretching [¶]	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•

*Walking on the floor plates with numbers according to the directions, [†]Running on the floor plates with numbers according to the directions, [‡]Moving to the floor plate with the correct answer number of the calculation quiz from the middle of the floor plates, [§]One end of the band is fixed on the leg of the seated chair, the other end is fixed to the ankle, and the number plates are touched with the foot according to the directions, ^{||}Making an "okay" gesture with one hand and lifting two fingers up with the other hand, [¶]Stretching the body while listening to classical music.