

Supplementary material 2. Summary of intervention characteristics, in line with TiDier guidance.

Description of intervention.		A structured, supervised cycling exercise intervention delivered during in-centre HD.
Rationale.		<ul style="list-style-type: none"> Intradialytic cycling provides aerobic and low-level resistance training, is associated with increased adherence and is most widely used within practice.
What.	Materials provided to participants or used to support intervention delivery.	<ul style="list-style-type: none"> Cycling was delivered using the Moto Med Letto 2 (Medimotion Ltd). Materials: individualised exercise prescription and records of individual training bouts (duration (mins), intensity (RPE), resistance (gear), power output (watts) and energy expenditure (Kcal). General information on the benefits of exercise (posters and leaflets) available across all 3 HD centres.
	Materials used to train intervention providers.	Standardised progression and training protocol used by all providers.
Who (intervention providers).		<ul style="list-style-type: none"> Qualified exercise professionals with experience of delivering exercise to renal patients. All providers were directly involved in the study, and not delivering the sessions as part of a clinical role. Roles included exercise provision, supervision, monitoring and progression.
How (mode of delivery).		One to one, face to face.
Where (location).		Three HD units across the East Midlands, UK.
When and how much	The frequency of delivery.	Thrice weekly during each dialysis session.
	Target intensity of each bout of exercise.	RPE 12-14 (moderate intensity), cadence 60-70 RPM.
	Target duration of each bout of exercise.	At least 30 minutes of continuous exercise.
	The total duration of delivery.	Six months, with a one-month run-in period to achieve the target exercise prescription.
Tailoring.		<ul style="list-style-type: none"> The starting resistance (gear) based on the individual's tolerance. RPE used throughout to monitor and progress the exercise. Interval training was permitted.

Abbreviations: HD, haemodialysis; Kcal, kilocalories; RPE, rating of perceived exertion, RPM, revolutions per minute.