

Supplementary material 3. A priori progression criteria based on the primary feasibility objectives.

Eligibility	Stop	Less than 20% of all patients eligible
	Go	More than 50% of all patients eligible
Recruitment	Stop	Less than 25% of eligible patients recruited
	Go	More than 50% of eligible patients recruited
Exercise acceptability	Stop	Less than 30% adherence to the exercise sessions
	Go	More than 70% adherence to the exercise sessions
Outcome acceptability	Stop	Less than 70% outcome measure completion
	Go	More than 80% outcome measure completion
Loss to follow-up	Stop	More than 40% loss to follow-up
	Go	Less than 20% loss to follow-up