

Table S1b. Resistance training: Prescribed and actual exercise dose and adherence outcomes.

	PRESCRIBED		ACTUAL	
	SUPERVISED	HOME-BASED	SUPERVISED	HOME-BASED
F _{FREQUENCY}	2x/week	1x/week	<ul style="list-style-type: none"> ▪ Attended training weeks [% of planned length] 55.1 ± 28.4 ▪ Attended training sessions [% of planned sessions] 42.7 ± 25.7 ▪ Treatment interruption [n per patient] ^[1] 2.0 ± 1.9 ▪ Length of treatment interruption [weeks] 2.3 ± 1.0 ▪ Permanent treatment discontinuation [n] ^[2] 10 (19%) 	
I _{INTENSITY}	start at 70-80%1RM progression: 3×12 repetitions in three consecutive training sessions	RPE 14-16	<ul style="list-style-type: none"> ▪ Mean intensity over time 68.4 ± 15.4 ^[3] ▪ Training weight increases [%] ^[5] 19.9 ± 13.4 ▪ Training weight reductions [%] ^[5] 9.7 ± 10.9 ▪ Missed progress ^[6] 70.3 ± 26.9 	14.4 ± 1.7 ^[4] n/a n/a n/a
T _{IME}	total length according to CHT regime plus 3 weeks [until posto] 2x 45 min/week [8 exercises/session]	15 min/week [3 exercises/session]	<ul style="list-style-type: none"> ▪ Total length [weeks] 20.3 ± 5.5 ▪ Total training duration per week [min] 68.6 ± 17.8 ▪ Numbers of exercises per session [median] 8.3 ± 1.4 	17 ± 6.1 2.8 ± 0.4
T _{YPE}	Supervised machine-based resistance training + home-based core stability exercises SUPERVISED: LEG PRESS, KNEE EXTENSION AND FLEXION, ROWING, LATERAL PULL DOWN, SHOULDER INTERNAL AND EXTERNAL ROTATION, BUTTERFLY, BUTTERFLY REVERSE HOME-BASED: 15 DIFFERENT CORE STABILITY EXERCISES IN VARIOUS POSITIONS: SUPINE POSITION, PRONE POSITION, QUADRUPED POSITION, PLANK POSITION			

The adherence outcomes are presented as mean ± SD (unless otherwise indicated) and are based on the data of 54 patients. Seven patients out of 60 (12%) did not start their assigned resistance training program due to: time constraints (n=3), study exclusion (see flow-chart, n=2), medical contraindication (port thrombosis, n=1), training contents did not please (n=1). Abbreviations and additional explanations/definitions: ^[1] missing at least three consecutive sessions (Nilsen et al. 2018 Med Sci Sports Exerc); ^[2] permanent discontinuation of exercise intervention within the first two thirds of the planned duration; ^[3] %1RM [percent of one repetition maximum]; ^[4] BORG Rating of Perceived Exertion (RPE); ^[5] number of training weight increases/reductions per exercise (compared to the previous training session) in relation to the total number of exercises during the intervention period; ^[6] training weight was not increased after patient moved the target weight in 3×12 repetitions in three consecutive training sessions.