

Table S5. Adverse events related to the exercise programs.

| | SMT | RT |
|--|------------------------|------------------------|
| Patients reporting at least one AE [n (%)] | 10 (21% ¹) | 13 (25% ¹) |
| Adverse events | | |
| Pain | | |
| ▪ after 1RM test | - | 2 |
| ▪ musculoskeletal | 4 | 14 |
| ▪ other | 1 | 3 |
| Fatigue | 2 | 4 |
| Dizziness | 9 | 2 |

Note: ¹ The percentage is based on the number of patients who ever exercised during the intervention period (SMT n=48; RT n=53).