

**Supplementary Table S1** Supervised exercise program

Period		Initial	Titration	Maintenance
Weeks		1–2	3–4	5–12
Aerobic exercise	Exercise intensity	Light	Moderate	Vigorous
	Frequency and duration	3 days/week, 30 minutes	3 days/week, 30 minutes	3 days/week, 30 minutes
	Type of activity	Running or cycling	Running or cycling	Running or cycling
Resistance exercise	Exercise intensity	Moderate to vigorous	Moderate to vigorous	Moderate to vigorous
	Frequency	3 days/week	3 days/week	3 days/week
	Repeats and sets	10 repeats x 2 sets	10 repeats x 3 sets	10 repeats x 3 sets
		(1-minute break between sets)	(1-minute break between sets)	(1-minute break between sets)
	Type of activity	Leg press	Leg press	Leg press
Chest press		Chest press	Chest press	
Lateral pulldown		Lateral pulldown	Lateral pulldown	
Abdominal crunches		Abdominal crunches	Abdominal crunches + leg curl Shoulder press	