

Supplement 3. Description of content in the interval circuit physical exercise program

X₁, intended intensity (Borg scale)

X₂, number of repetitions

X₃, number of sets

X₄, number of exercises (minus warm up and cool down)


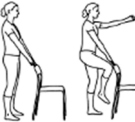


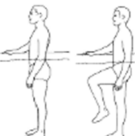
X₅, duration of each exercise (seconds)



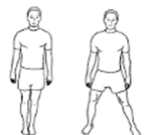


X₆, rest in-between exercises (seconds)

X₇, rest in-between sets (minutes)

X₈, sessions per week

X ₁	X ₂	X ₃	X ₄	X ₅	X ₆	X ₇	X ₈
16	As many repetitions as possible	2	8	40	20	2	1

Exercise type	Specific exercises	Progression	Regression	Illustration
Warm up	Different movements and slightly increasing pace			
Strength exercises (Set 1)	Repeated sit-to-stand from a chair	- No support from armrests - No use of chair (squats)	- Use support from armrests	
	Diagonally raises with support from a chair	- No support from chair - Move opposite elbow to knee in one movement following the diagonally raises	- Raise knees supporting both hands to chair	
	Press ups at a wall	- Increase distance from feet to wall	- Decrease distance from feet to wall	
	Side flexion (sitting position)	- Raise arms - Standing with wide distance between feet with knees slightly flexed – do side flexions with raised arms	- Decrease side flexion	
Aerobic exercises (Set 2)	Knee raises (standing position)	- Increase pace	- Support from a chair or wall	

	Air-boxing	<ul style="list-style-type: none"> - Increase pace - Do small footsteps while boxing 	- Decrease pace	
	“Twist”	<ul style="list-style-type: none"> - Increase pace 	- Decrease pace	
	Step sideways	<ul style="list-style-type: none"> - Increase pace - Include arms 	<ul style="list-style-type: none"> - Decrease pace - Support from a chair or wall 	
Balance /cool down exercises	One-leg standing	<ul style="list-style-type: none"> - Look in different directions - Do smaller movements with arms - Close eyes in small periods 	<ul style="list-style-type: none"> - Support from a chair or wall - Stand on both legs; look in different directions, do smaller movements etc. 	
	Toe-stand	<ul style="list-style-type: none"> - Stand on one leg 	- Support from a chair or wall	
Stretch out	Stretch out major muscle groups			