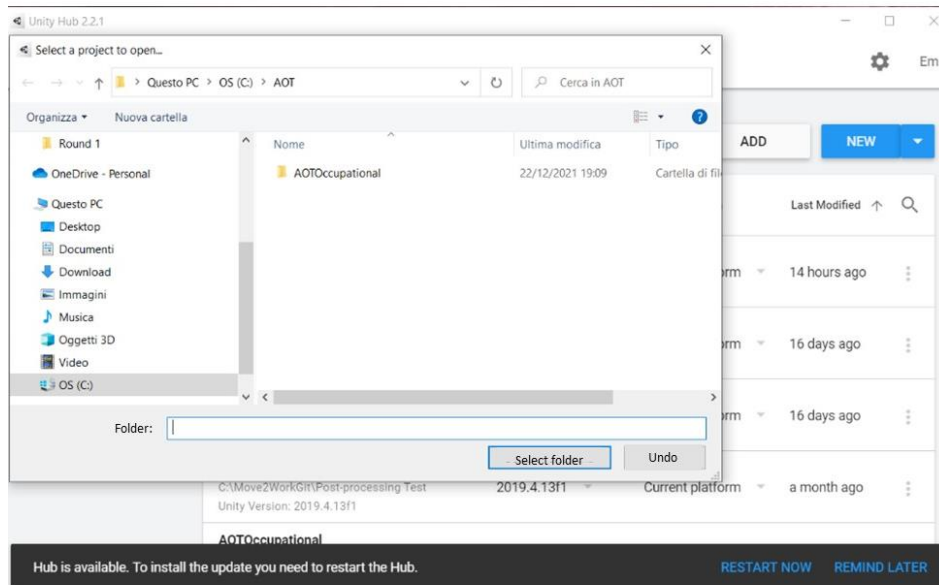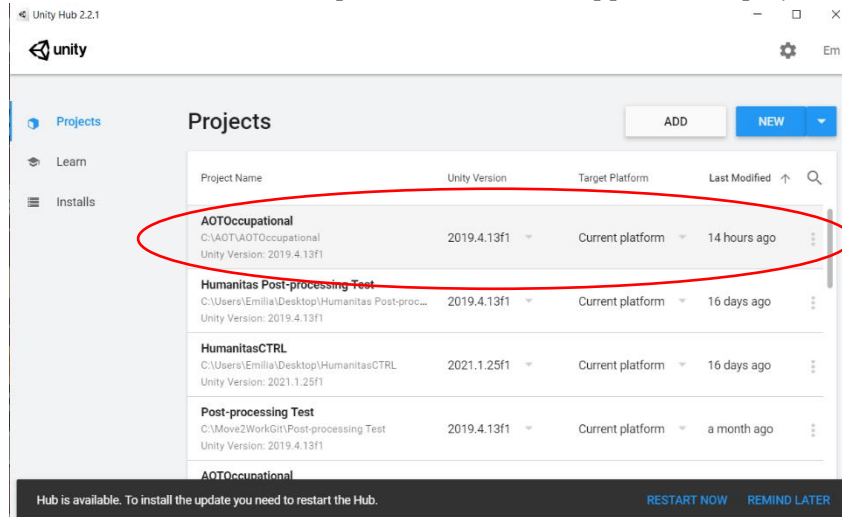**Supplementary Materials**

Instruction for open and run the project in Editor mode
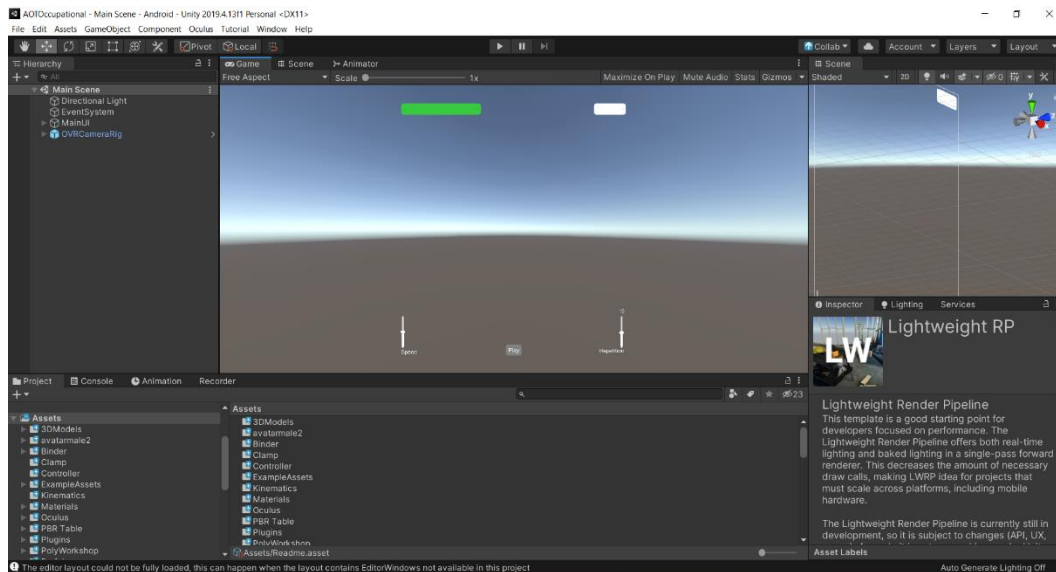
1. Open Unity Hub and select the button Add to add the project to the list.

2. Select the folder "AOTOccupational" and it will appear in the project list.

3. Click on it and wait until the unity project was loaded.
4. Once the project loading has been completed the following screen with the "main scene" will appear.

5. If the main scene was not displayed, go to project window (usually at bottom left of the screen) -> click on asset folder -> click on scenes folder in which there are all the scenes of the project. Double click on main scene.
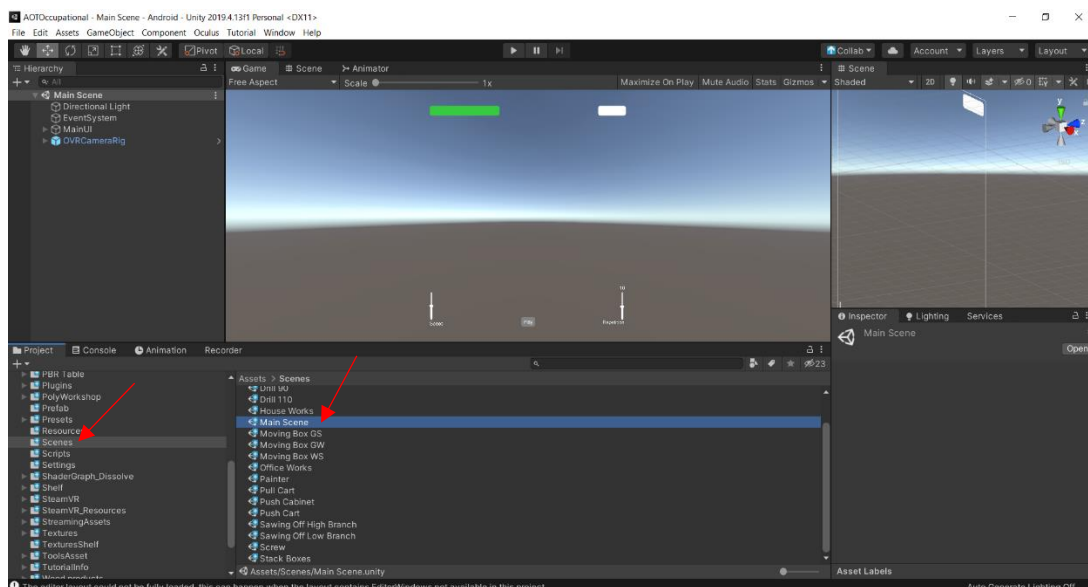

6. In the window game you should display the initial GUI (graphical user interface). If not, in the hierarchy window click on OVR camera RIG and control the position of the camera in the inspector window (the z coordinate of the camera should be -950 and manually change this value).
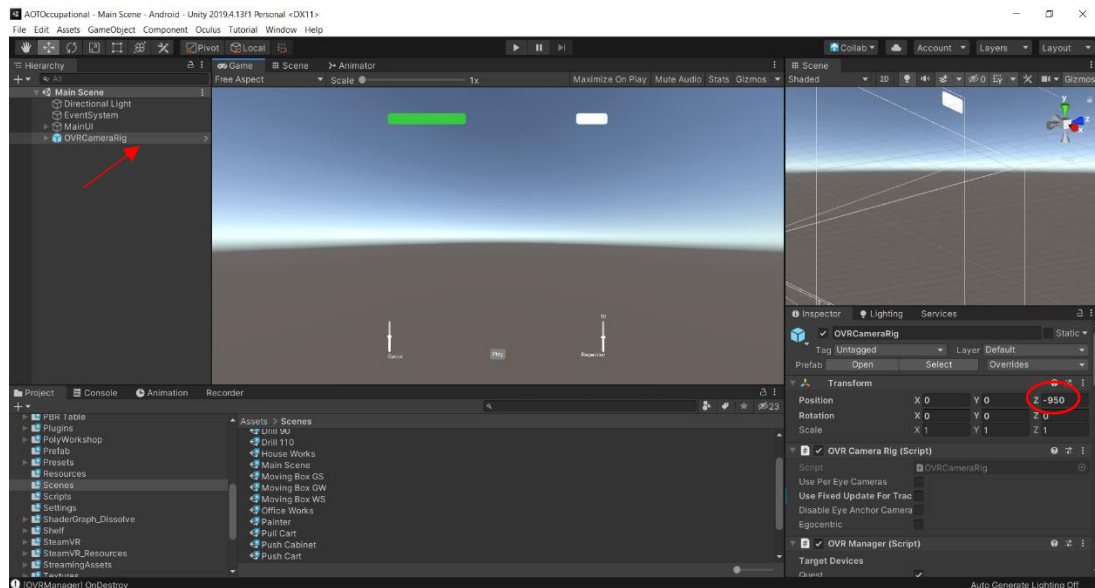
7. Now run the application by pressing unity play button.
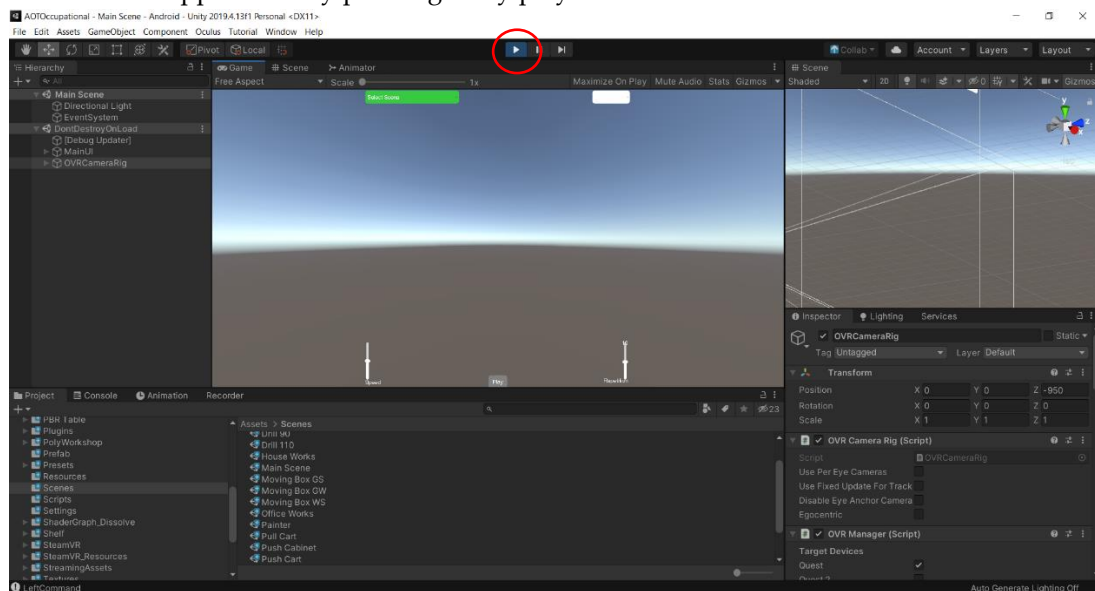
8. Open the dropdown menu with the down arrow and select the desired scene by pressing the enter button. Alternatively, each exercise was further associated to a letter of the qwerty keyboard (from q to k), whose press allows an immediate selection of the desired exercise.
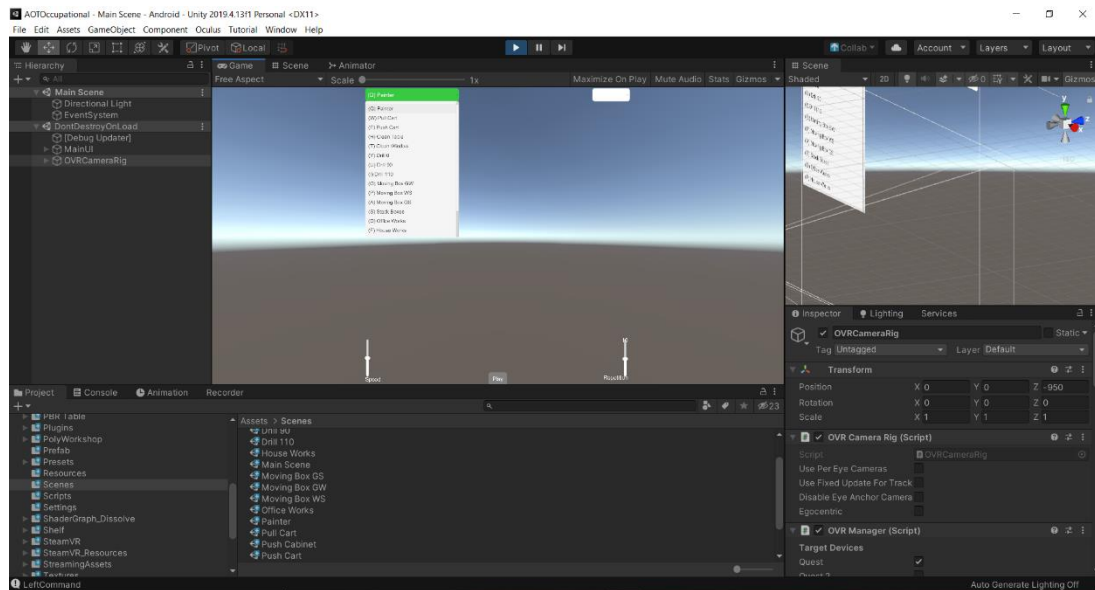
9. Once the scene corresponding to the desired exercise was selected, it will appear on the game window.
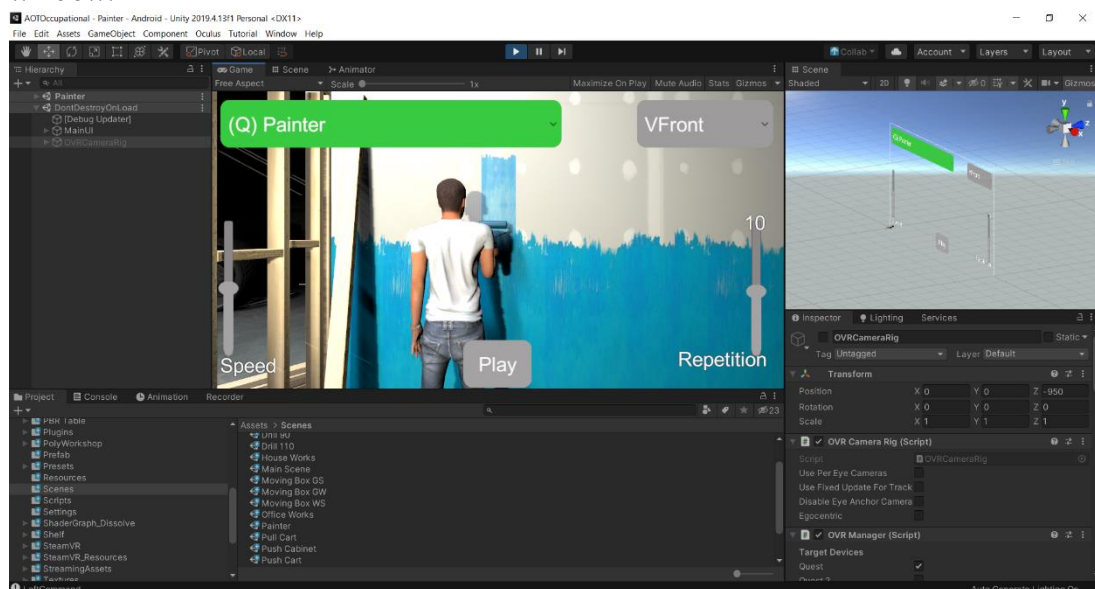
10. With the left arrow go to the top right drop-down menu (Camera) and the user can tailor the visual perspective from which to display the movement.
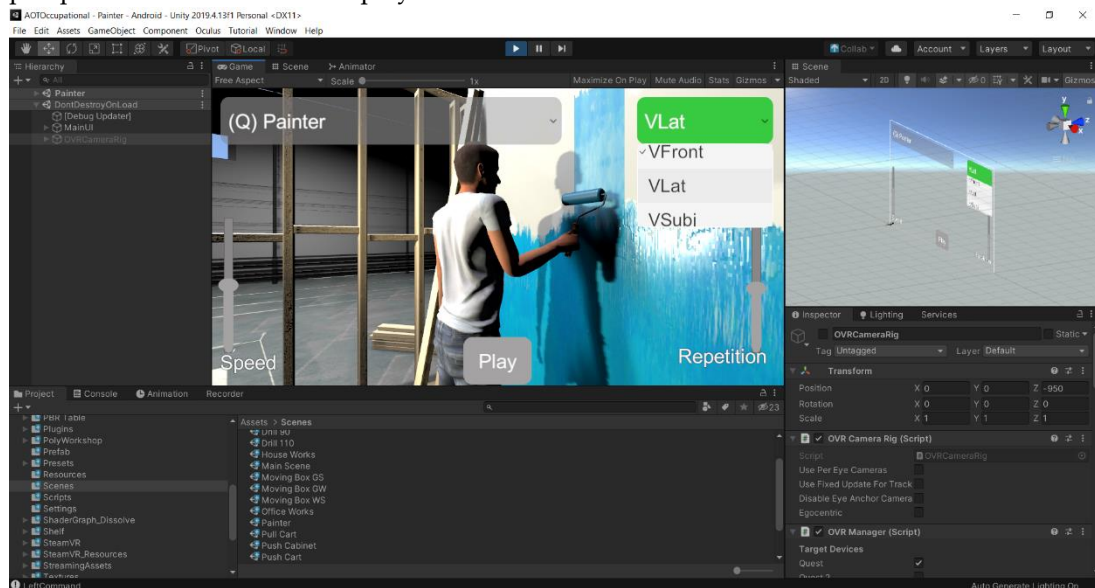

11. Once the perspective was selected, with the left arrow move to the sliders positioned at the left bottom of the screen allow the user to regulate the speed of movement.
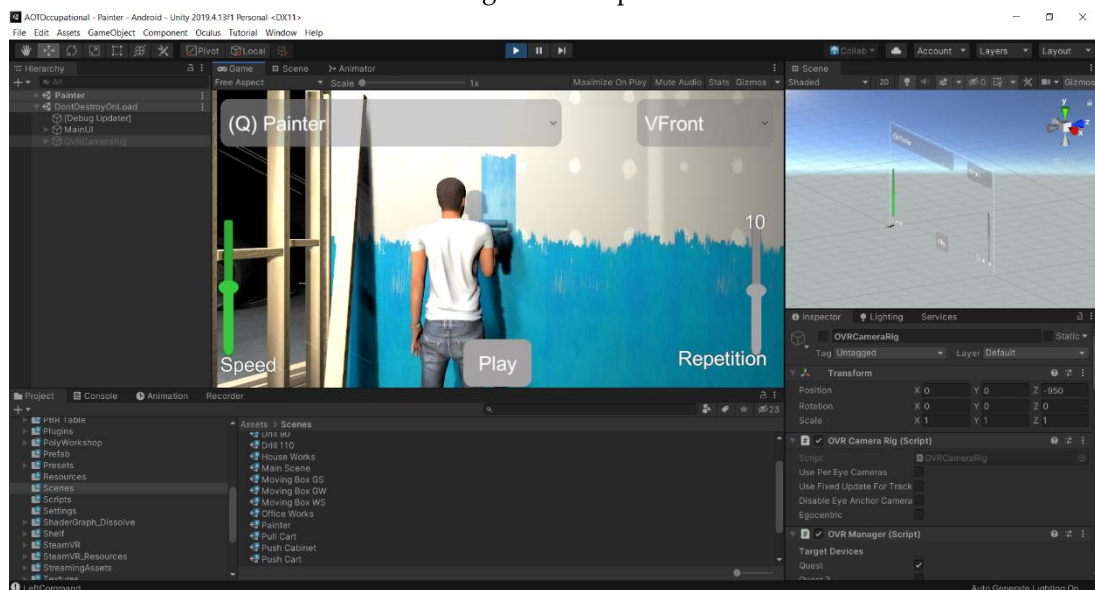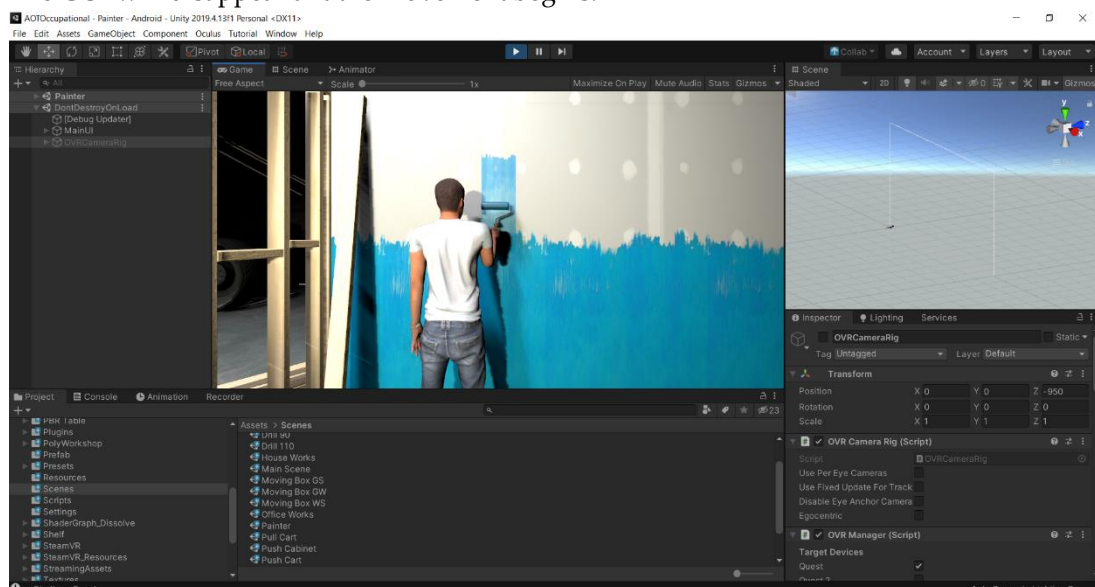

12. With the left arrow move to the sliders positioned at the right bottom of the screen allow the user to set the number of repetitions to display.
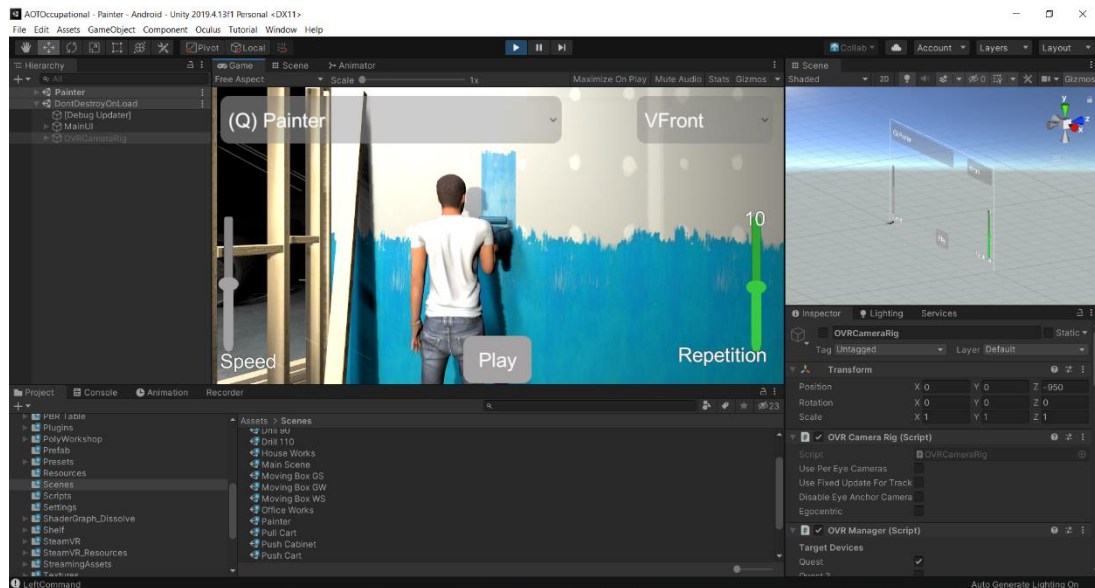
13. Once all the parameters were set, the selected exercise can be started by pressing the play button (shortcut with the space key).
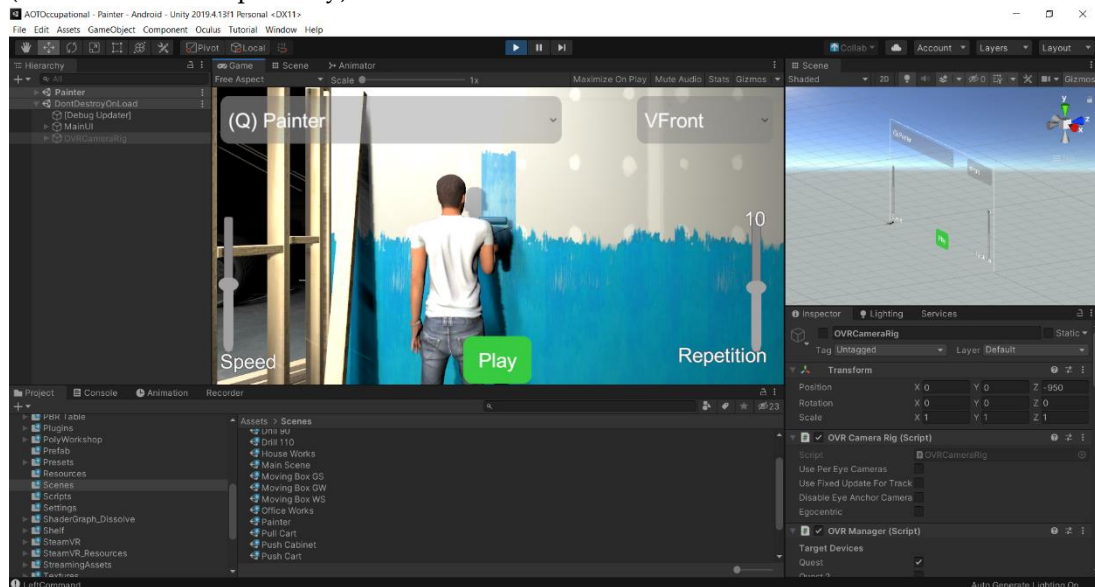
14. The GUI will disappear ant the movement begins.

15. To stop playback, press again the space bar and the GUI will reappear allowing the user to change exercises.