

Table S1. Inclusion and exclusion criteria.

Inclusion Criteria	
1	Women resident in Spain aged 18 years or older.
2	Diagnosed with fibromyalgia (FM) by a rheumatologist based on the criteria of the American College of Rheumatology [1].
3	Not presenting any pathology that contraindicates physical activity, that is not recommended by their doctor or requires special attention to practice it. The Physical Activity Readiness Questionnaire (PAR-Q) was administered [2].
4	Not suffer from any illness requiring the taking of psychotropic drugs or drugs that could alter the vestibular system and/or balance.
5	Not suffer from neurodegenerative diseases.
6	During the three months prior to the intervention, have been physically inactive, according to the criteria of the World Health Organization (WHO) [3].
7	Be able to walk and communicate on their own.
8	Have a device that allows videoconferencing.
9	Remain in the same FM association after the intervention.
Exclusion Criteria	
1	Refusal to accept informed consent for participation in the study.
2	Do not complete pre-intervention assessments.
3	Absence or non-completion of post-intervention assessments.

References

1. Wolfe, F.; Clauw, D.J.; Fitzcharles, M.A.; Goldenberg, D.L.; Häuser, W.; Katz, R.L.; Mease, P.J.; Russell, A.S.; Russell, I.J.; Walitt, B. 2016 Revisions to the 2010/2011 Fibromyalgia Diagnostic Criteria. *Semin Arthritis Rheum* **2016**, *46*, 319–329, doi:10.1016/J.SEMARTHRT.2016.08.012.
2. Cardinal, B.J.; Esters, J.; Cardinal, M.K. Evaluation of the Revised Physical Activity Readiness Questionnaire in Older Adults. *Med Sci Sports Exerc* **1996**, *28*, 468–472, doi:10.1097/00005768-199604000-00011.
3. Bull, F.C.; Al-Ansari, S.S.; Biddle, S.; Borodulin, K.; Buman, M.P.; Cardon, G.; Carty, C.; Chaput, J.P.; Chastin, S.; Chou, R.; et al. World Health Organization 2020 Guidelines on Physical Activity and Sedentary Behaviour. *Br J Sports Med* **2020**, *54*, 1451–1462, doi:10.1136/BJSPORTS-2020-102955.