

Table S2. Comparison of baseline variables related to physical function between control and Virtual Square-Stepping Exercise groups.

Variables	Control (n=28)		V-SSE (n=33)		<i>p</i>
	Mean	(Sd)	Mean	(Sd)	
Weight (kg)	68.2	(14.6)	72.5	(23.9)	.094
Height (cm)	158.0	(6.0)	159.0	(8.0)	.827
BMI (Kg/m ²)	27.3	(6.7)	28.1	(12.1)	.105
Waist (cm)	89.0	(16.0)	98.5	(13.0)	.014
Hip (cm)	106.0	(9.5)	110.0	(20.5)	.124
Waist:Hip ratio	0.88	(0.08)	0.84	(0.10)	.091
Balance: OLSTR. Open Eyes (s)	26.8	(15.7)	23.0	(19.4)	.266
Balance: OLSTR. Close Eyes (s)	8.8	(12.2)	6.0	(5.4)	.672
Balance: OLSTL. Open Eyes (s)	28.0	(14.8)	20.2	(17.4)	.011
Balance: OLSTL. Close Eyes (s)	8.6	(10.9)	5.4	(5.4)	.124
Four Step Square (s)	6.7	(1.8)	7.5	(3.6)	.314
TUG (s)	7.3	(1.6)	7.9	(2.9)	.534
i-TUG (s)	5.6	(2.1)	5.4	(2.2)	.778
Δ-TUG	6.7	(6.8)	9.7	(9.9)	.236
Dual TUG (s)	9.4	(2.8)	10.5	(5.1)	.680
SPPB (0-12)	10.6	(1.0)	10.7	(1.1)	.641
SPPB: Tandem Stance (s)	10.0	(0.0)	9.6	(1.6)	.109
SPPB: 5rep Sit to Stand (s)	14.2	(5.0)	13.4	(4.6)	.415
SPPB: 4m Walking Test (s)	2.6	(0.6)	2.9	(0.7)	.230
30m BWT (s)	18.6	(3.5)	21.7	(5.8)	.034
6 minutes Walking Test (m)	481.5	(94.3)	455.5	(87.0)	.225
Functional Reach (cm)	33.8	(6.6)	33.3	(7.6)	.773
Sit & Reach Right (cm)	-2.9	(12.4)	-6.1	(12.2)	.322
Sit & Reach Left (cm)	-2.9	(11.9)	-5.4	(10.9)	.395
Sit to Stand (rep)	11.1	(3.0)	10.4	(3.1)	.339
i-Sit to Stand (rep)	13.7	(5.4)	13.4	(5.7)	.799
Dual Sit to Stand (rep)	9.7	(2.7)	9.3	(3.4)	.820
Handgrip Right (kg)	22.4	(4.6)	21.7	(6.6)	.667
Handgrip Left (kg)	20.8	(5.0)	20.7	(6.4)	.927

n (number); Sd (Standard deviation); p (p-value. Significant differences with Bonferroni's correction: $p < 0.002$); kg (Kilograms); cm (Centimeters); s (Seconds); BMI (Body Mass Index); m (meters); OLSTR (One Leg Stance Test Right); OLSTL (One Leg Stance Test Left); TUG (Timed Up and Go); i (Imagined); Δ (Delta); SPPB (Short Performance Physical Battery. 0, the worst condition; 12, the best condition); Rep (Repetitions); BWT (Brisk Walking Test); & (And).