

**Supplementary Table S1.** Consensus on Exercise Reporting Template (CERT) checklist.

Section/Topic	Item #	Checklist item	Location Primary paper (page, lines, table etc.)
<b>WHAT: materials</b>	1	Detailed description of the type of exercise equipment (e.g. weights, exercise equipment such as machines, treadmill, bicycle ergometer etc).	page 4, lines 144-149
<b>WHO: provider</b>	2	Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	page 4, lines 121-122
<b>HOW: delivery</b>	3	Describe whether exercises are performed individually or in a group	page 4, lines 135-136
	4	Describe whether exercises are supervised or unsupervised and how they are delivered	page 4, lines 121-122
	5	Detailed description of how adherence to exercise is measured and reported	page 4, lines 123-124
	6	Detailed description of motivation strategies	page 4, lines 124-126
	7a	Detailed description of the decision rule(s) for determining exercise progression	page 4, lines 152-154; Table 2
	7b	Detailed description of how the exercise program was progressed	page 4, lines 152-154; Table 2
	8	Detailed description of each exercise to enable replication (e.g. photographs, illustrations, video etc)	supplementary table 2
	9	Detailed description of any home program component (e.g. other exercises, stretching etc)	N/A
	10	Describe whether there are any non-exercise components (e.g. education, cognitive behavioural therapy, massage etc)	N/A
	11	Describe the type and number of adverse events that occurred during exercise	page 3, line 118
<b>WHERE: location</b>	12	Describe the setting in which the exercises are performed	page 4, lines 135-136
<b>WHEN, HOW MUCH: dosage</b>	13	Detailed description of the exercise intervention including, but not limited to, number of exercise repetitions/sets/sessions, session duration, intervention/program duration etc	page 4-6, lines 128-172; table 2; table 3; supplementary table 2
<b>TAILORING: what, how</b>	14a	Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	page 6, lines 163-172
	14b	Detailed description of how exercises are tailored to the individual	page 6, lines 163-172
	15	Describe the decision rule for determining the starting level at which people commence an exercise program (such as beginner, intermediate, advanced etc).	page 6, lines 163-172
<b>HOW WELL: planned, actual</b>	16a	Describe how adherence or fidelity to the exercise intervention is assessed/measured	page 4; lines 123-124
	16b	Describe the extent to which the intervention was delivered as planned	N/A

**Supplementary Table S2.** Flexibility, balance and strength exercises.

<b>Flexibility (using yoga exercise workout)</b>	
<b>Sequence - Routine</b>	<b>URL</b>
Surya Namaskar sequence A (10 poses)	<a href="#">Sun Salutation A (Surya Namaskar A) - Raj Yoga Rishikesh</a>
Surya Namaskar sequence B (19 poses)	<a href="#">Sun Salutation B    Surya Namaskar B – ILONABARNHART</a>
Moon Salutation Chandra Namaskar (17 poses)	<a href="#">Traditional Chandra Namaskar (Moon Salutation) — The authentic way - Complete Wellbeing</a>
<b>Balance - Stability training (using Pilates exercise workout)</b>	
<b>Sequence - Routine - Exercise</b>	<b>URL</b>
Standing balance exercises with body weight	<ol style="list-style-type: none"> <li>1. <a href="https://youtu.be/-oAKtBt8tyE">https://youtu.be/-oAKtBt8tyE</a></li> <li>2. <a href="https://youtu.be/4yqTMoe7A48">https://youtu.be/4yqTMoe7A48</a></li> </ol>
Stability exercises with swiss ball	<ol style="list-style-type: none"> <li>1. <a href="#">ACE - ProSource™: September 2015 - Programming Spotlight: Stability and Mobility Training With the Stabi...   Stability ball, Stability ball exercises, Ball exercises (pinterest.com)</a></li> <li>2. <a href="#">How To Do Stability Ball Lunge (gethealthyu.com)</a></li> <li>3. <a href="#">Premium Photo   Good looking girl balancing while lying on a fit ball with arms and legs extended inside her house. (freepik.com)</a></li> <li>4. <a href="#">stability exercises with swiss ball - Bing images</a></li> <li>5. <a href="https://co.pinterest.com/pin/684687949570736147/">https://co.pinterest.com/pin/684687949570736147/</a></li> </ol>
<b>Strength training (using circuit exercise program)</b>	
<b>Exercise</b>	<b>URL</b>
Low Row with Trx	<a href="#">Low Row with Trx - Bing images</a>
Isometric Squat Holding Medicine Ball	<a href="#">Isometric Squat Holding Medicine Ball - Bing images</a>
Russian Twists with medicine ball	<a href="#">russian twists exercise with medicine ball - Bing images</a>
Front Squat with dumbbells	<a href="#">Front Squat with dumbbells - Bing images</a>
French press with dumbbell	<a href="#">french press workout dumbbell - Bing images</a>
Trx Mountain Climbers	<a href="#">TRX Mountain Climber   Trx ejercicios, Ejercicios, Trx (pinterest.com)</a>
Push-ups	<a href="#">push-ups exercise - Bing images</a>
Superman plank	<a href="#">Superman plank - Bing images</a>