

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

Section/Topic	Item #	Checklist item	Location
			Primary paper (page, lines, table etc.)
WHAT: materials	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
WHO: provider	2	Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	page 4, lines 121-122
HOW: delivery	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
WHERE: location	12	Describe the setting in which the exercises are performed	page 4, lines 135-136
WHEN, HOW MUCH: dosage	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
TAILORING: what, how	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
HOW WELL: planned, actual	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.

Flexibility (using yoga exercise workout)	
Sequence - Routine	URL
Surya Namaskar sequence A (10 poses)	Sun Salutation A (Surya Namaskar A) - Raj Yoga Rishikesh
Surya Namaskar sequence B (19 poses)	Sun Salutation B Surya Namaskar B – ILONABARNHART
Moon Salutation Chandra Namaskar (17 poses)	Traditional Chandra Namaskar (Moon Salutation) — The authentic way - Complete Wellbeing
Balance - Stability training (using Pilates exercise workout)	
Sequence - Routine - Exercise	URL
Standing balance exercises with body weight	1. https://youtu.be/-oAKtBt8tyE 2. https://youtu.be/4yqTMoe7A48
Stability exercises with swiss ball	1. ACE - ProSource™: September 2015 - Programming Spotlight: Stability and Mobility Training With the Stabi... Stability ball, Stability ball exercises, Ball exercises (pinterest.com) 2. How To Do Stability Ball Lunge (gethealthyu.com) 3. Premium Photo Good looking girl balancing while lying on a fit ball with arms and legs extended inside her house. (freepik.com) 4. stability exercises with swiss ball - Bing images 5. https://co.pinterest.com/pin/684687949570736147/
Strength training (using circuit exercise program)	
Exercise	URL
Low Row with Trx	Low Row with Trx - Bing images
Isometric Squat Holding Medicine Ball	Isometric Squat Holding Medicine Ball - Bing images
Russian Twists with medicine ball	russian twists exercise with medicine ball - Bing images
Front Squat with dumbbells	Front Squat with dumbbells - Bing images
French press with dumbbell	french press workout dumbbell - Bing images
Trx Mountain Climbers	TRX Mountain Climber Trx ejercicios, Ejercicios, Trx (pinterest.com)
Push-ups	push-ups exercise - Bing images
Superman plank	Superman plank - Bing images