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438 **Supplementary Table 1.** Physical fitness changes following the multimodal prehabilitation program of
 439 males and females who completed the performance test(s) before and after the intervention.

	Males	Females	
SRT (n=89)	(n=46)	(n=43)	440
T0 WR _{peak} (W)	234.4 ± 71.6	177.8 ± 58.6	441
T0 WR _{peak} (W/kg body mass)	2.9 ± 0.9	2.48 ± 0.85	442
T1 WR _{peak} (W)	264.3 ± 77.4	205.2 ± 66.5	443
T1 WR _{peak} (W/kg body mass)	3.2 ± 0.95	2.85 ± 0.91	444
6MWT (n=44)	n=24	n=20	445
T0 (m)	506 ± 122	541 ± 96	446
T1 (m)	547 ± 130	574 ± 101	447
1RM low row (n=65)	n=36	n=29	448
T0 load (kg)	53.5 ± 11.8	38.7 ± 10.5	449
T0 load (kg/kg body mass)	0.64 ± 0.1	0.52 ± 0.1	450
T1 load (kg)	62.4 ± 13.3	47.1 ± 11.8	451
T1 load (kg/kg body mass)	0.75 ± 0.2	0.64 ± 0.2	452
1RM chest press (n=76)	n=40	n=36	453
T0 load (kg)	35.6 ± 12.3	21.9 ± 9.1	454
T0 load (kg/kg body mass)	0.44 ± 0.1	0.30 ± 0.1	455
T1 load (kg)	43.5 ± 13.9	27.2 ± 11.6	456
T1 load (kg/kg body mass)	0.54 ± 0.2	0.37 ± 0.1	457
1RM leg press (n=79)	n=43	n=36	458
T0 load (kg)	123.6 ± 34.2	99 ± 31.9	459
T0 load (kg/kg body mass)	1.5 ± 0.4	1.4 ± 0.4	
T1 load (kg)	158 ± 47.5	130.7 ± 38.4	
T1 load (kg/kg body mass)	1.9 ± 0.5	1.8 ± 0.5	
1RM lateral pull down (n=78)	n=43	n=35	
T0 load (kg)	42.5 ± 8.9	30.8 ± 7.2	
T0 load (kg/kg body mass)	0.5 ± 0.1	0.4 ± 0.1	
T1 load (kg)	48.8 ± 9.6	35.7 ± 9.1	
T1 load (kg/kg body mass)	0.6 ± 0.1	0.5 ± 0.1	
Values are presented as mean ± SD			
Abbreviations: 1RM=one-repetition maximum; 6MWT=six-minute walk test;			
SRT=steep ramp test; T0=assessment before the program; T1=assessment after			
the program; WR _{peak} =work rate at peak exercise.			