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## **Individualised physical exercise program**

### **General Guidelines**

- Frequency:  $\geq 2$ /week.
- **Aerobic exercise:**
- Intensity: Borg RPE 12–14 (reduce if experiencing PESE).
- Duration:  $\leq 20$  minutes (reduce if PESE).
- **Strength Training:**
- Intensity: Borg CR-10 4–6 (peripheral muscle fatigue). Reduce number of exercises, intensity, and/or reps/sets if PESE.
- 2 sets of 8–12 reps, 1-10 individually tailored exercises (e.g. equipment, body position).

### **Gym exercises:**

1. Aerobic exercise and warm-up: Any aerobic exercise (e.g., cycling, walking)
2. Bicep Curl and Shoulder Press
3. Seated Leg Press
4. Seated Row
5. Lying Chest Press
6. Leg Extension
7. Seated Leg Curl
8. Lat Pulldown
9. Triceps Press
10. Mobility: Back rotation
11. Mobility: Back side stretch

### **Home exercises:**

1. Aerobic exercise and warm-up: Any aerobic exercise (e.g., cycling, walking)
2. Seated or standing row
3. Squat
4. Bicep Curl
5. Lunge
6. Wall push-up
7. Calf-rise
8. Triceps press
9. Glute Bridge
10. Mobility: Back rotation
11. Mobility: Back side stretch