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| Warm up | 2 minutes | Marching on spot, small squats, arm stretches |
| Walking | 15 minutes | 10 laps of available walking space + 10 sit to stand exercises, repeated for the duration with intensity encouraged to remain 3-4/10 on the modified dyspnoea or rate of perceived exertion scale. Small dumbbells held in hands to increase intensity if needed |
| Break | 1 minute | Hydration and breathing control |
| Unsupported upper limb exercises | 5 minutes | Two sets of 10 repetitions each of three exercises using small dumbbells or water bottles |
| Compound movements | 15 minutes | 1 minute each of compound aerobic exercises such as: mini squats with shoulder press, boxing combinations, lunges with lateral arm raises, heel digs with forward arm raise, marching on spot while boxing, heel raises with arm movements. Exercises modified to achieve 3-4/10 dyspnoea or rate of perceived exertion eg changing speed of exercises to make easier or harder or adding jumping components. |
| Break | 1 minute | Hydration and breathing control |
| Unsupported upper limb exercises | 2 minutes | Two sets of 10 repetitions of bicep curls and shoulder presses using small dumbbells or water bottles |
| Cool down | 5 minutes | Gentle stretching and breathing control |

Supplement 1: Exercise session content