Supplementary Table 2: Resistance-based exercises prescribed within the ExerciseGuide program.

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| **Upper body exercises** | **Trunk Exercises** | **Lower body exercises** |
| Seated Chest Press | Seated Alternate hip flexion  | Seated Knee Extension |
| Seated Bicep Curl | Supine Leg Fallout | Seated Hamstring Curl |
| Seated Row | Supine Single-Leg Lift | Sit to Stand |
| Seated Shoulder Press | Supine Single-Leg Lift with Extension | Partial Squat |
| Seated Shoulder Raise | Supine Double Leg Lift | Squat |
| Seated Triceps Extension | Supine Hip Lift | Standing Calf Raise |
| Standing Chest Press | All Fours with Single Leg Extension |  |
| Standing Bicep Curl | All Fours with Single Arm Extension |
| Standing Row | All Fours Progression |
| Standing Shoulder Press |  |
| Standing Shoulder Raise |
| Incline Push Up |