

**SUPPLEMENTAL MATERIAL S4: MISSING DATA, COMPLIANCE, AND EXERCISE PROGRESSION****S4.1 Missing data**

Baseline data were complete for all outcomes apart from pulmonary function where 3 patients in the control group and 1 patient in the intervention group had invalid baseline data. Pulmonary function parameters were further missing for 6 patients in the control group and 13 patients in the intervention group at one or more later measurements. For 6 minute walking distance, squat time in minutes, SF-12, and mMRC 5 patients in the control group and 11 patients in the intervention group had missing values for at least one of the follow-up measurement points. Details on missing data patterns are given in Tables S4.1.1 and S4.1.2 below

Table S4.1.1: Missing data patterns for 6 MWD, squat test, SF-12, pulmonary function by intervention group (1=complete, 0=missing)

Outcome	frequency	Control			Intervention			
		Pattern			Pattern			
		0w	6w	28w	0w	6w	28w	
6MWD, squat test, SF-12	55	1	1	1	48	1	1	1
	5	1	1	0	4	1	1	0
					5	1	0	0
					2	1	0	1
Pulmonary function parameters	52	1	1	1	45	1	1	1
	4	1	1	0	6	1	1	0
	2	0	1	1	1	0	1	1
	1	0	1	0				
	1	1	0	1	2	1	0	1
					5	1	0	0

6MWD = six minute walking distance, SF-12 = Medical Outcomes Short Form-12.

Table S4.1.2: Missing data patterns for mMRC perceived dyspnea by intervention group (1=complete, 0=missing)

Outcome	frequency	Control					frequency	Intervention				
		Pattern						Pattern				
mMRC dyspnea		0w	2w	4w	6w	28w		0w	2w	4w	6w	28w
	55	1	1	1	1	1	48	1	1	1	1	1
	5	1	1	1	0	0						
							4	1	0	0	0	0
							4	1	1	0	1	1
							1	1	0	0	1	1
							1	1	0	1	0	0
							1	1	0	1	1	1

mMRC = modified Medical Research Council.

#### S4.2 Compliance and progression in exercise program

Figure S4.2.1 shows compliance in the exercise group by week of the program for the full ITT sample and the participants who remained in the TEREKO program for the full six weeks.

Figure S4.2.1: Proportions of participants complying with the TEREKO exercise program by program week for full ITT sample (n=60) and participants who completed the scheduled six program weeks (n=52)

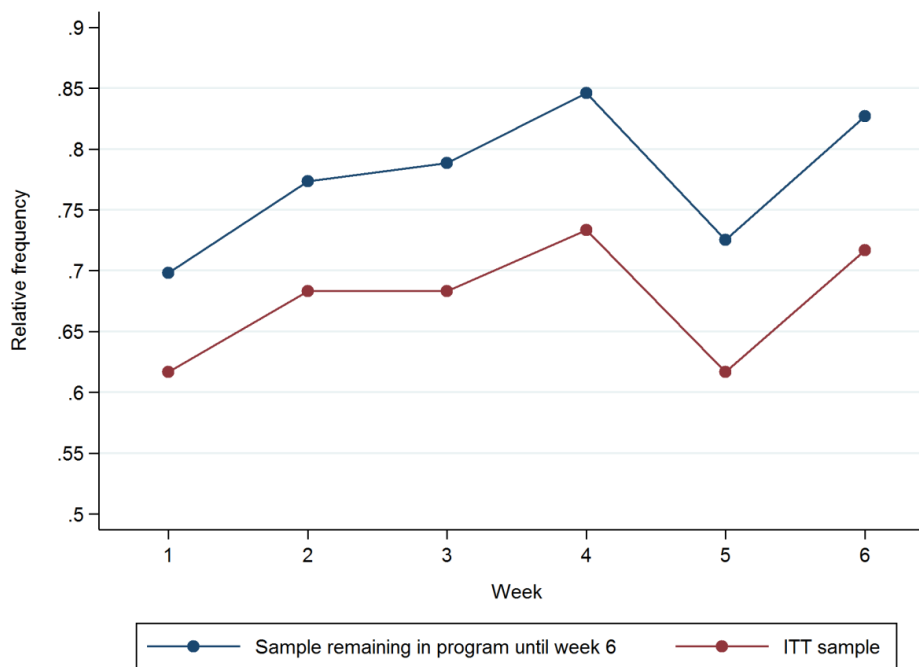


Figure S4.2.2 shows the progression with regard to the three exercise tiers in the exercise group for the 52 participants who remained in the TEREKO program for the full six weeks. Only one patient remained in Tier 1 for the whole exercise program, while 11 remained in Tier 2. Few patients moved to a higher Tier early, that is five patients moved to Tier 2 already in week 2 of the program and one and three patients moved to Tier 3 already in week 3 or 4, respectively.

Figure S4.2.2 Progression in exercise tiers for TEREKO group, n= 52 participants who remained in the TEREKO program for the scheduled six weeks

