

Table, Supplementary Digital Content 1. Overview of content and progression of group training sessions regarding balance components and dual-task exercise integration

Block	Week	Balance Components	Dual-task
A	1	Stability limits & Motor agility	–
	2	Anticipatory postural adjustments & Sensory integration	–
B	3	Stability limits & Motor agility	Cognitive
	4	Anticipatory postural adjustments & Sensory integration	Motor
	5	Stability limits & Motor agility	Cognitive
	6	Anticipatory postural adjustments & Sensory integration	Motor
C	7	Stability limits & Motor agility & Anticipatory postural adjustments & Sensory integration	Cognitive & Motor
	8		
	9		
	10		

Balance component	Training aim	Typical Exercises
Stability limits	Improve regulation of center of gravity in relation to base of support	Weight shifting/ controlled leaning in all directions in standing positions
Motor agility	Increase efficiency of coordination of upper and lower extremities during movement	Intersegmental coordination movements/ shifting of speed, direction and amplitude during gait
Anticipatory postural adjustments	Increase activation of trunk muscles to support balance equilibrium during voluntary movement	Sit-stand transfers/ passing, throwing, kicking balls emphasizing movement velocity
Sensory integration	Facilitate organization of visual, somatosensory, vestibular information	Gait tasks on varied surfaces with/ without visual constraints

Cognitive: Cognitive dual-task exercises involving gradual progression of tasks involving counting, object recall, name recall, addition, and subtraction. **Motor:** Motor dual-task exercises involving gradual progression of tasks involving manipulation of objects during movement, carrying a tray, balancing, passing ball individually or in group format.