

Table 1. CERT checklist from *the EFICAN Study* resistance exercise program.

	Item	Checklist Item	Identification
WHAT: materials	1	Detailed description of the type of exercise equipment	<i>Table S1</i>
WHO: provider	2	Detailed description of the qualifications, expertise and/or training	<i>Page 3</i>
HOW: delivery	3	Describe whether exercises are performed individually or in a group	<i>Page 3</i>
	4	Describe whether exercises are supervised or unsupervised; how they are delivered	<i>Page 3-4</i>
	5	Detailed description of how adherence to exercise is measured and reported	<i>Page 5</i>
	6	Detailed description of motivation strategies	<i>Page 5</i>
	7 ^a	Detailed description of the decision rule (s) for determining exercise progression	<i>Page 4</i>
	7 ^b	Detailed description of how the exercise program was progressed	<i>Page 4 and table 1</i>
	8	Detailed description of each exercise to enable replication	<i>Table 2</i>
	9	Detailed description of any home programme component	<i>Page 3-4</i>
	10	Describe whether there are any non-exercise components	<i>Page 5</i>
	11	Describe the type and number of adverse events that occur during exercise	<i>Table S2</i>
WHERE: location	12	Describe the setting in which the exercises are performed	<i>Page 3</i>
WHEN, HOW MUCH: dosage	13	Detailed description of the exercise intervention	<i>Page 3-4 and tables 1-2</i>
TAILORING: what, how	14 ^a	Describe whether the exercises are generic (one size fits all) or tailored	<i>Page 3-4</i>
	14 ^b	Detailed description of how exercises are tailored to the individual	<i>Page 4</i>
	15	Describe the decision rule for determining the starting level	<i>Page 3</i>
HOW WELL: planned, actual	16 ^a	Describe how adherence or fidelity is assessed/measured	<i>Page 5</i>
	16 ^b	Describe the extent to which the intervention was delivered as planned	<i>N/A</i>