

Supplemental Digital Content 2. Two-way analysis of variance for primary outcomes and one repetition max testing among completers (adherence $\geq 50\%$), N= 57

Outcome	Variable	DF	Sum of Squares	Mean Square	F-ratio	p-value
Lean body mass						
	Group	1	458.12	458.12	0.74	0.39
	Time	1	9.63	9.63	3.78	0.06
	Group*Time	1	5.92	5.92	2.32	0.13
	Error	55	140.07	2.55		
Grip strength						
	Group	1	223.39	223.39	0.84	0.36
	Time	1	83.73	73.73	8.37	0.01
	Group*Time	1	1.65	1.65	0.16	0.69
	Error	55	550.09	550.09		
Walking speed						
	Group	1	0.004	0.004	0.31	0.58
	Time	1	0.01	0.01	1.74	0.19
	Group*Time	1	0.001	0.001	0.14	0.71
	Error	55	0.36	0.007		
Exhaustion						
	Group	1	17.44	17.44	0.14	0.71
	Time	1	1.26	1.26	0.03	0.85
	Group*Time	1	2.63	2.63	0.07	0.79
	Error	55	2019.08	36.71		
MVPA						
	Group	1	345.04	345.04	0.93	0.34
	Time	1	584.16	584.16	5.35	0.02
	Group*Time	1	0.73	0.73	0.01	0.94
	Error	55	6000.57	109.10		
Leg press 1RM						
	Group	1	6718.91	6718.91	0.19	0.67
	Time	1	565440.58	565440.58	43.96	<0.001
	Group*Time	1	6411.52	6411.52	0.50	0.48
	Error	55	707522.76	12864.05		
Chest press 1RM						
	Group	1	344.86	344.86	0.05	0.82

	Time	1	25359.10	25359.10	48.56	<0.001
	Group*Time	1	753.84	753.84	1.44	0.23
	Error	55	28722.92	522.23		
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Horizontal row 1RM						
	Group	1	789.89	789.89	0.20	0.66
	Time	1	26079.61	26079.61	55.37	<0.001
	Group*Time	1	581.36	581.36	1.23	0.27
	Error	55	25905.92	471.02		
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Knee extension 1RM						
	Group	1	3696.98	3696.98	0.55	0.46
	Time	1	75658.14	75658.14	61.01	<0.001
	Group*Time	1	1200.25	1200.25	0.97	0.33
	Error	55	68200.19	1240.00		
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Vertical pull 1RM						
	Group	1	148.37	148.37	0.03	0.86
	Time	1	32189.08	32189.08	58.17	<0.001
	Group*Time	1	855.75	855.75	1.55	0.22
	Error	55	30435.04	533.36		
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Triceps 1RM						
	Group	1	1248.46	1248.46	0.87	0.36
	Time	1	8126.28	8126.28	46.21	<0.001
	Group*Time	1	1065.23	1065.23	6.06	0.02
	Error	55	9672.84	175.87		
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Biceps 1RM						
	Group	1	1.39	1.39	0.01	0.93
	Time	1	238.25	238.25	15.92	<0.001
	Group*Time	1	2.88	2.88	0.19	0.66
	Error	55	823.19	14.97		

MVPA: Moderate to vigorous activity, min/day; 1RM: One repetition max; N= sample size; bolding indicates significant p-value ≤ 0.05