

Supplementary Table S3 Frequency of ranked reasons for enjoyment and motivation in current and previous HIMT participants

	Training in a group	Being led by an instructor	When there is variety in a session	Feeling competent when I do it	That it helps me stay fit	That it helps me build muscle	That the sessions are generally short	That the sessions are generally fast	When there is music playing	That the workout is high-intensity	Feelings of pain/displeasure	That it is popular	Other	I started another type of sport, exercise or	It was too expensive	I finished a fitness challenge	Family commitments were a priority	Work commitments were a priority	I did not enjoy it
Reasons that current participants enjoy HIMT																			
First most important	66	40	47	8	133	19	1	8	3	29	7	0	4	-	-	-	-	-	-
Second most important	62	38	68	10	52	49	9	25	11	29	7	0	2	-	-	-	-	-	-
Third most important	66	37	75	19	23	25	13	26	23	33	17	3	0	-	-	-	-	-	-
Reasons that current participants do not enjoy HIMT																			
First most important	0	0	0	0	0	2	0	0	0	0	0	0	1	-	-	-	-	-	-
Second most important	0	0	0	0	0	1	0	1	0	0	0	0	0	-	-	-	-	-	-
Third most important	0	0	0	1	0	0	0	0	0	0	0	0	0	-	-	-	-	-	-
Reasons that current participants feel motivated to continue HIMT																			
First most important	70	24	38	9	160	24	2	3	5	21	7	0	6	-	-	-	-	-	-
Second most important	44	41	69	19	62	48	14	22	9	34	4	0	1	-	-	-	-	-	-
Third most important	68	31	61	21	28	29	23	27	14	41	12	1	3	-	-	-	-	-	-
Reasons that current participants do not feel motivated to continue HIMT																			
First most important	0	0	0	0	0	1	0	0	0	0	0	0	0	-	-	-	-	-	-
Second most important	0	0	0	0	0	0	0	0	0	1	0	0	0	-	-	-	-	-	-
Third most important	0	0	0	0	0	0	0	0	0	0	0	1	0	-	-	-	-	-	-
Reasons that previous participants did not feel motivated to continue HIMT																			
First most important	0	1	0	0	0	0	1	0	0	1	1	1	13	6	8	0	4	4	4
Second most important	0	0	1	1	1	5	0	2	1	1	0	0	3	6	4	2	1	8	0
Third most important	1	0	0	3	2	2	0	1	1	1	5	0	1	1	1	0	0	4	1
Total selected	1	1	1	6	4	7	2	3	2	3	6	1	17	14	13	2	6	16	5

Abbreviation: HIMT : High-Intensity Multimodal Training