

Supplementary Table S2 Survey instrument

Field	Answer Choice
1. Demographics	
Country	Country drop down
Sex	1. Male
	2. Female
	3. Other
Age, y	Below 18 years
	18-65
	Over 65 years
2. Participation Information	
Figure 1. Visual representation of a) HIMT session that combines aerobic and resistance-based exercise; and b) aerobic and bodyweight-based exercise only.	
Do you regularly participate in HIMT? (at least 2 days per week)*	1. Yes
	2. No
Is this due to current or previous COVID-19 restrictions?	1. Yes
	2. No
c) How many days per week do you participate in HIMT?*	Numerical 1-7
How long have you been regularly participating in HIMT? (at least 2 days per week)*	1. Less than 6 months
	2. 6-9 months
	3. 9-12 months
	4. 12-18 months
	5. Longer than 18 months
d) Where do you currently participate in HIMT? (Tick ALL that apply)	1. Specialised group / challenge / box / bootcamp style training gym e.g. F45, Orange Theory, CrossFit® affiliate gym
	2. Traditional gym (group classes) e.g. Fitness First, Crunch Fitness, Anytime Fitness
	3. Traditional gym (by myself) e.g. Fitness First, Crunch Fitness, Anytime Fitness
	4. Home gym (in my own or someone else's home)
	5. Outdoors in a group
	6. Outdoors 1 on 1
	7. Online in a group
	8. Online 1 on 1
	9. Other (open)
Is this due to current or previous COVID-19 restrictions?	1. Yes
	2. No
Where did you participate in HIMT prior to current or previous COVID-19 restrictions? (Tick ALL that apply)	1. Specialised group / challenge / box / bootcamp style training gym e.g. F45, Orange Theory, CrossFit® affiliate gym
	2. Traditional gym (group classes) e.g. Fitness First, Crunch Fitness, Anytime Fitness
	3. Traditional gym (by myself) e.g. Fitness First, Crunch Fitness, Anytime Fitness
	4. Home gym (in my own or someone else's home)
	5. Outdoors in a group
	6. Outdoors 1 on 1
	7. Online in a group
	8. Online 1 on 1
	9. Other (open)
Where did you participate in HIMT? (Tick ALL that apply)	1. Specialised group / challenge / box / bootcamp style training gym e.g. F45, Orange Theory, CrossFit® affiliate gym
	2. Traditional gym (group classes) e.g. Fitness First, Crunch Fitness, Anytime Fitness
	3. Traditional gym (by myself) e.g. Fitness First, Crunch Fitness, Anytime Fitness
	4. Home gym (in my own or someone else's home)

	<ol style="list-style-type: none"> 5. Outdoors in a group 6. Outdoors 1 on 1 7. Online in a group 8. Online 1 on 1 9. Other (open)
Was this due to COVID-19 restrictions?	<ol style="list-style-type: none"> 1. Yes 2. No
Where did you participate in HIMT prior to COVID-19 restrictions? (Tick ALL that apply)	<ol style="list-style-type: none"> 1. Specialised group / challenge / box / bootcamp style training gym e.g. F45, Orange Theory, CrossFit[®] affiliate gym 2. Traditional gym (group classes) e.g. Fitness First, Crunch Fitness, Anytime Fitness 3. Traditional gym (by myself) e.g. Fitness First, Crunch Fitness, Anytime Fitness 4. Home gym (in my own or someone else's home) 5. Outdoors in a group 6. Outdoors 1 on 1 7. Online in a group 8. Online 1 on 1 9. Other (open)
When did you most recently participate in HIMT?	<ol style="list-style-type: none"> 1. Today 2. 1-2 days ago 3. 3-4 days ago 4. 5-6 days ago 5. Over 7 days ago
3. Think back to your most recent HIMT session. Please rate how you felt in the moment immediately after the physical activity that you were doing.	
If you are completing this survey on a mobile device, please turn your device to a landscape orientation.	
<u>PACES 18-item Likert scale (1-7)[1].</u>	
Please select UP TO the TOP 3 reasons that you enjoy HIMT.	<ol style="list-style-type: none"> 1. I enjoy training in a group 2. I enjoy being led by an instructor 3. I enjoy when there is variety in a session 4. I enjoy feeling competent when I do it 5. I enjoy that it helps me stay fit 6. I enjoy that it helps me build muscle 7. I enjoy that the sessions are generally short 8. I enjoy that the sessions are generally fast paced 9. I enjoy it when there is music playing 10. I enjoy that the workout is high-intensity 11. I enjoy feelings of pain/ displeasure due to the high-intensity of the workout 12. I enjoy that it is 'popular' 13. Other (open)
Please rank your choices in order of importance. (You may only rank up to 3 choices).	<ol style="list-style-type: none"> 1. First most important 2. Second most important 3. Third most important
Please select UP TO the TOP 3 reasons that you do not enjoy HIMT.	<ol style="list-style-type: none"> 1. I do not enjoy training in a group 2. I do not enjoy being led by an instructor 3. I do not enjoy it when there is variety in a session 4. I do not enjoy when I do not feel competent when I do it 5. I do not enjoy that it does not help me stay fit enough 6. I do not enjoy that it does not help me build muscle 7. I do not enjoy that the sessions are generally short 8. I do not enjoy that the sessions are generally fast paced 9. I do not enjoy it when there is music playing 10. I do not enjoy that the workout is high-intensity 11. I do not enjoy the feeling of pain/displeasure due to high-intensity of the workout 12. I do not enjoy that it is 'popular' 13. Other (open)
Please rank your choices in order of importance. (You may only rank up to 3 choices).	<ol style="list-style-type: none"> 1. First most important 2. Second most important

4. Exercise Motivation	3. Third most important
Do you feel motivated to continue to participate in HIMT?	1. Yes 2. No
How likely are you to continue to participate in HIMT?	1. Very unlikely 2. Unlikely 3. Uncertain 4. Likely 5. Very likely
How likely are you to drop out of HIMT?	1. Very unlikely 2. Unlikely 3. Uncertain 4. Likely 5. Very likely
Please select UP TO the TOP 3 reasons that you feel motivated to continue to participate in HIMT.	1. I enjoy training in a group 2. I enjoy being led by an instructor 3. I enjoy when there is variety in a session 4. I enjoy feeling competent when I do it 5. I enjoy that it helps me stay fit 6. I enjoy that it helps me build muscle 7. I enjoy that the sessions are generally short 8. I enjoy that the sessions are generally fast paced 9. I enjoy it when there is music playing 10. I enjoy that the workout is high-intensity 11. I enjoy feelings of pain/ displeasure due to the high-intensity of the workout 12. I enjoy that it is 'popular' 13. Other (open)
Please rank your choices in order of importance. (You may only rank up to 3 choices).	4. First most important 5. Second most important 6. Third most important
Please select UP TO the TOP 3 reasons that you do not feel motivated to continue to participate in HIMT.	1. I do not enjoy training in a group 2. I do not enjoy being led by an instructor 3. I do not enjoy it when there is variety in a session 4. I do not enjoy when I do not feel competent when I do it 5. I do not enjoy that it does not help me stay fit enough 6. I do not enjoy that it does not help me build muscle 7. I do not enjoy that the sessions are generally short 8. I do not enjoy that the sessions are generally fast paced 9. I do not enjoy it when there is music playing 10. I do not enjoy that the workout is high-intensity 11. I do not enjoy the feeling of pain/displeasure due to high-intensity of the workout 12. I do not enjoy that it is 'popular' 13. Other (open)
Please rank your choices in order of importance. (You may only rank up to 3 choices).	1. First most important 2. Second most important 3. Third most important
Please select UP TO the TOP 3 reasons that you did not feel motivated to continue to participate in HIMT.	1. I did not enjoy it 2. I did not enjoy training in a group 3. I did not enjoy being led by an instructor 4. I did not enjoy it when there is variety in a session 5. I did not enjoy when I do not feel competent when I do it 6. I did not enjoy that it does not help me stay fit enough 7. I did not enjoy that it does not help me build muscle 8. I did not enjoy that the sessions are generally short 9. I did not enjoy that the sessions are generally fast paced 10. I did not enjoy it when there is music playing 11. I did not enjoy that the workout is high-intensity

Please rank your choices in order of importance. (You may only rank up to 3 choices).

What other type of sport, exercise or training did you start?

12. I did not enjoy the feeling of pain/displeasure due to high-intensity of the workout

13. I did not enjoy that it is 'popular'

14. I started another type of sport, exercise or training

15. It was too expensive

16. I finished a challenge

17. Family commitments were a priority

18. Work commitments were a priority

19. Other (open)

1. First most important

2. Second most important

3. Third most important

Open

Abbreviations: HIMT : High-Intensity Multimodal Training; PACES : Physical Activity Enjoyment Scale; y : years; * : must provide value

References:

1. Kendzierski, D., & DeCarlo, K.J. (1991). Physical Activity Enjoyment Scale: Two Validation Studies. *Journal of Sport and Exercise Psychology* 13(1), 50-64. doi: 10.1123/jsep.13.1.50.