	Treadmill walking			Lower limb resistance exercises				Upper body continuous movements / activities			
Week	Walking bouts	Bout duration	Total time	Exercise	Sets	Repetitions	Total time	Exercise	Sets	Duration	Total time
1	5	2 minutes	10 minutes	1) Sit-to-stand	2	12	10 minutes	1) Upright rowing (dumbbells)	4	1 minute	20 minutes
				2) Seated leg extensions	2	12		2) Arm cycling	3	1 minute	
				3) Standing calf raises	1	12		3) Ski ergometry	3	1 minute	
2	7	2 minutes	14 minutes	1) Sit-to-stand	2	12	12 minutes	1) Upright rowing (dumbbells)	3	1 minute	14 minutes
				2) Seated leg extensions	2	12		2) Arm cycling	2	1 minute	
				3) Standing calf raises	2	12		3) Ski ergometry	2	1 minute	
3	10	2 minutes	20 minutes	1) Sit-to-stand	2	12	10 minutes	1) Upright rowing (dumbbells)	2	1 minute	10 minutes
				2) Seated leg extensions	2	12		2) Arm cycling	2	1 minute	
				3) Standing calf raises	1	12		3) Ski ergometry	1	1 minute	
4	10	2 minutes	24 minutes	1) Sit-to-stand	2	12	8 minutes	1) Upright rowing (dumbbells)	2	1 minute	8 minutes
	12			2) Standing calf raises	2	12		2) Arm cycling	2	1 minute	
5	14	2 minutes	28 minutes	1) Sit-to-stand	2	12	6 minutes	1) Upright rowing (dumbbells)	2	1 minute	6 minutes
				2) Standing calf raises	1	12		2) Arm cycling	1	1 minute	
6	15	2 minutes	30 minutes	1) Sit-to-stand	1	12	4 minutes	1) Upright rowing (dumbbells)	2	1 minute	6 minutes
				2) Standing calf raises	1	12		2) Arm cycling	1	1 minute	
Intensity progression criteria				Intensity progression criteria				Program progression criteria			
<ul> <li>Adjust speed and/or gradient of treadmill to increase the power output by 10 watts for the next walking bout if: <ul> <li>Participant completes walking bout without reaching nearmaximal claudication pain (number 3-4 on claudication pain scale) or rate of perceived exertion on Borg scale is less than 3 (out of 10) by the end of the walking bout.</li> </ul> </li> <li>Adjust speed and/or gradient of treadmill to decrease the power output by 10 watts for the next walking bout if: <ul> <li>Participant fails to complete walking bout</li> <li>Heart rate exceeds 90% of predicted maximum heart rate for 30 seconds</li> <li>Rate of perceived exertion is 8 or higher (out of 10)</li> </ul> </li> </ul>				<ul> <li>Increase repetitions and/or weight for the next set if:</li> <li>Participant is able to perform 12 repetitions with ease and optimal exercise technique</li> <li>Exercise does not induce moderate to near-maximal claudication pain or rate of perceived exertion is less than 3 (out of 10) by the end of the set</li> <li>Decrease repetitions and/or weight for the next set if:</li> <li>Participant is unable to complete the set with optimal exercise technique</li> <li>Rate of perceived exertion is 8 or above (out of 10)</li> </ul>				<ul> <li>The aim of the upper body activities / exercises is to provide a break in between treadmill walking and lower limb resistance exercises.</li> <li>To progress the exercise program, reduce upper body activity time and increase treadmill walking time</li> <li>To regress the exercise program, reduce treadmill walking time and increase upper body activity time</li> </ul>			
Note: If the pa seconds of rest program.	rticipant fails to comp or rest up to the end	blete a walking bout of the bout and then									

## Supplementary Table 1. Cardiovascular rehabilitation exercise program