

SUPPLEMENTARY FILE 3: SCALE TO REGULATE INTENSITY OF EXERCISES IN SUPERVISED REHABILITATION STRENGTHENING CATEGORY

Scale	Level of difficulty	What it means?
0	Rest	Nothing at all
1 2 3 4	Very, very easy Easy Moderate Somewhat hard	Level 1- 4 The exercise is <u>too easy</u> if you are thinking: <i>'I could do 20 of these comfortably'</i>
5 6 7	Hard Very Hard	Level 5-7 The exercise is <u>just right</u> if you are thinking: <i>'I could do 12 of these but probably not any more'</i>
8 9 10	Maximum	Level 8+ The exercise is <u>too hard</u> if you are thinking: <i>'I could do it a couple of times but not 8'</i>