

Summary of Exercise Prescription

	Mode	Intensity	Protocol	Duration	Frequency
Lower Limb					
1) Endurance training: <ul style="list-style-type: none"> • Ground walking • Treadmill walking • Stationary Cycle • or a combination of the above with a total duration of 30 minutes 	Walking training	80% average speed on 6MWT 75% peak speed on ISWT	Continuous or interval	30 minutes	4 or 5 times a week that includes 2 or 3 supervised sessions and home exercise training
	Ground-Based	Dyspnoea rating of 3 (moderate)			
	Walking training Treadmill	As for ground-based walking training but reduce speed by 0.5 to 1 kph until familiar with treadmill.	Continuous or interval	30 minutes	4 or 5 days a week that includes 2 or 3 supervised sessions and additional home exercise training
2) Strength training	Stationary cycle training (if possible)	Dyspnoea rating of 3 (moderate to somewhat severe)	Continuous or interval	30 minutes	4 or 5 days a week that includes 2 or 3 supervised sessions and additional home exercise training
	See relevant section for examples of strength exercises such as with no equipment (e.g. squats, lunges, sit-to-	1 RM or 10 RM (repetition maximum)		8-12 repetitions (1 set building up to 2-4 sets)	2 or 3 times a week with at least 1 day rest between sessions

	Mode	Intensity	Protocol	Duration	Frequency
	stand) or using fixed weight machines (e.g. leg press)				
Upper Limb					
1) Endurance training	See relevant section for examples of unsupported arm exercises (or supported arm exercise using an arm crank if available)	Determine the weight that the patient can only lift 12-15 times Dyspnoea rating of 2 or 3 (slight or moderate)		15 repetitions (1 set building up to 3 sets of each exercise)	4 or 5 times a week that includes 2 or 3 supervised sessions and additional home.
2) Strength training	See relevant section for examples of exercises such as with no or portable equipment such as hand weights or elastic bands (e.g. wall push-up, shoulder press or bicep curl) or using fixed weight machines (e.g. lat pull down or chest press)	1 RM or 10 RM (repetition maximum)		8-12 repetitions (1 set building up to 2-4 sets)	2 or 3 times a week with at least 1 day rest between sessions