

Supplementary Table 5. Frequency of exercise sessions per week during the intervention.

Donor of INT group	Mean \pm SD (sessions/week)
ID01	5.3 \pm 1.3
ID02	6.9 \pm 0.3
ID03	6.2 \pm 1.0
ID04	5.8 \pm 1.4
ID05	4.3 \pm 1.8
ID06	6.8 \pm 0.5
ID07	3.1 \pm 0.3
ID08	5.1 \pm 1.1
ID09	3.8 \pm 2.0
ID10	7.0 \pm 0.0
ID11	5.7 \pm 1.1
ID12	4.8 \pm 1.3
ID13	6.8 \pm 0.5
ID14	3.0 \pm 0.9
ID15	4.8 \pm 1.0
ID16	5.3 \pm 1.5
ID17	3.5 \pm 0.7
ID18	4.8 \pm 1.2
ID19	3.9 \pm 1.1
ID20	6.8 \pm 0.5
ID21	5.6 \pm 1.1
Average	5.2 \pm 1.3