

Exercise intervention for post-acute COVID-19 syndrome - do FITT-VP principles apply? A case study

Supplementary Tables

Table 3. Detailed description of exercise intervention

| Exercise | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
|---|--------|--------|--------|--------|--------|--------|--------|--------|
| Endurance | | | | | | | | |
| Walking treadmill (min) | | | 10 | 12 | 12 | 14 | 16 | 18 |
| Cycle ergometer (min) | 7 | 9 | | | | | | |
| Intensity %HR _{peak} | 60% | 60% | 60% | 65% | 70% | 70% | 75% | 75% |
| RPE scale number | 6 | 6 | 7 | 7 | 8 | 9 | 10 | 11 |
| Resistance | | | | | | | | |
| Wall squat | 1 x6 | 1 x8 | 1 x10 | 2 x10 | 3 x10 | 3 x12 | 3 x12 | 3 x12 |
| Machine bench press | | 1 x6 | 1 x8 | 1 x10 | 2 x10 | 3 x10 | 3 x12 | 3 x12 |
| Lunges | | | | 1 x6 | 1 x8 | 1 x10 | 2 x10 | 3 x10 |
| Machine low row pull | | | | | | 1 x6 | 1 x8 | 1 x10 |
| Machine adductor | | | | | | | 1 x6 | 1 x8 |
| Machine abductor | | | | | | | 1 x6 | 1 x8 |
| Neuro-muscular | | | | | | | | |
| Standing on one leg (sec) | | 1 x10 | 1 x10 | 1 x15 | 1 x20 | 1 x20 | 1 x25 | 1 x30 |
| Calf raises on stability mat (sec) | | | | 1 x10 | 1 x15 | 1 x20 | 1 x20 | 1 x25 |
| Abdominal prep exercise | | | 1 x10 | 1 x12 | 1 x12 | 2 x10 | 2 x12 | 3 x10 |
| Flexibility | | | | | | | | |
| 2-4 exercises per session Supine leg raise, hamstring stretch Supine, 90° hip flexion and side rotation stretch Triceps, behind the head, stretch Standing calf stretch Deltoid, arm across the chest, stretch | | | | | | | | |

Table 4. Cardiorespiratory fitness (CRF) test data

| Stage time (min) | Workload (Watts) | Heart rate (bt/min) | | Blood pressure (mmHg) | | RPE | | Dyspnea | |
|-----------------------------|------------------|---------------------|------|-----------------------|--------|-----|------|---------|------|
| | | Pre | Post | Pre | Post | Pre | Post | Pre | Post |
| REST | | 73 | 79 | 120/81 | 133/89 | | | | |
| 0-3 | 25 | 87 | 103 | | | 9 | 8 | 0 | 0 |
| 3-6 | 45 | 97 | 110 | | | 10 | 8 | 1 | 1 |
| 6-9 | 65 | 110 | 114 | | | 13 | 9 | 4 | 1.5 |
| 9-12 | 85 | | 122 | | | | 11 | | 2 |
| 12-15 | 105 | | 128 | | | | 13 | | 3 |
| 15-16 (stopped after 1 min) | 125 | | 135 | | | | 15 | | 3.5 |
| Immediately post-ex | | 97 | 111 | 143/89 | 153/93 | | | | |