

Supplementary Table 1. Description of exercises used in the intervention

Static balance		Dynamic balance		Strength	
<i>Exercise</i>	<i>Variations/upgrades</i>	<i>Exercise</i>	<i>Variations/upgrades</i>	<i>Exercise</i>	<i>Variations/upgrades</i>
Feet together	Time, repetitions, eyes open/closed, surface	Marching	High knees, upper limb use, repetitions	Squats	Depth, single leg, upper limb use, repetitions
Semi-tandem	Time, repetitions, eyes open/closed, surface	Sidestepping	Upper limb use, repetitions	Heel raises/ calf raises	Upper limb use, repetitions, combined heel-toe raises
Step-tandem	Time, repetitions, eyes open/closed, surface	Tandem walk	Upper limb use, repetitions, direction	Hip abduction	Weight, repetitions
Near-tandem	Time, repetitions, eyes open/closed, surface	Heel walking	Upper limb use, repetitions	Knee extension	Weight, repetitions
Tandem	Time, repetitions, eyes open/closed, surface	Toe walking	Upper limb use, repetitions	Toe raises	Upper limb use, repetitions, combined heel-toe raises
		Backwards walking	Upper limb use, repetitions	Hamstring curl	Weights, repetitions
		Grapevine	Repetitions	Step ups	Block height, upper limb use, repetitions
		Toe taps	Block height, upper limb use, repetitions	Walking lunges	Depth, repetitions

Hopping	Upper limb use, repetitions	Sit-to-stand	Chair height, upper limb use, repetitions
Sit-to-stand	Chair height, upper limb use, repetitions	Sidestepping	Upper limb use, repetitions
Squats	Depth, single leg, upper limb use, repetitions		
Walking lunges	Depth, repetitions		
Step ups	Block height, upper limb use, repetitions		

Please note: some of the exercise serve multiple purposes and have been included under more than one exercise type.