

Supplement to: Jebaraj P, Paul B, Isaac R, Reddy SR, Kumar R, Vikas B, Das D, Norrie J, Weller D, Pinnock H; RESPIRE Collaboration. Optimising participation in a pulmonary rehabilitation programme for people living with chronic respiratory diseases in rural India: a feasibility study. J Glob Health. 2025;15:04143.

Table S1: Exercise training

Exercise Type	Modality	Average Time (min)	Frequency, duration and Intensity of exercise (Two supervised sessions at the centre, four days of unsupervised sessions)				
			Week 1	Week 2	Week 3 & 4	Week 5 & 6	Week 7 & 8
Warm-up	Global range of Motion exercise	5 – 10	1 set	1 set	1 set	1 set	1 set
Indoor aerobic Training	Stepping (1 set of 10 reps)	5 – 15	1 set	2 sets	3 – 4 sets	4 – 5 sets	6 – 8 sets
Hand exercise	Squeeze ball (1 set of 20 reps)	5 – 15	1 set	2 sets	3 – 4 sets	4 – 5 sets	6 – 8 sets
Resistance training for Upper limb	Free weights for major muscle groups (1 set of 20 reps)	15 – 30	0 kg for 1 set	0.5 kg for 2 sets	1 kg for 2 sets	1 – 1.5 kg for 3 sets	1.5 - 2 kg for 4 sets
Resistance training for lower limb	Free weights for major muscle groups (1 set of 20 reps)	15 – 30	0 kg for 1 set	0.5 kg for 2 sets	1 kg for 2 sets	1 – 1.5 kg for 3 sets	1.5 - 2 kg for 4 sets
Balance training	Upright positions (1 set of 10 reps)	5 - 15	1 set	2 sets	3 – 4 sets	4 – 5 sets	6 – 8 sets
Breathing exercise	Purse lip breathing, Huffing and cuffing technique	5 - 15	1 set	2 sets	3 – 4 sets	4 – 5 sets	6 – 8 sets
Cool-down	Stretching	5 - 15	1 set	1 set	1 set	1 set	1 set
Outdoor Aerobic Training	Walking (5 days a week)	20 - 30	10 mins of walking	20 mins of walking	80% of the 6-MWT mean walk velocity*		

*Ramanathan RP, Chandrasekaran B. Reference equations for 6-min walk test in healthy Indian subjects (25-80 years). Lung India. 2014;31:35-8.