**Supplementary Table 1** Relationship between percentage of 1RM, repetitions and RPE

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **REPETITIONS PERFORMED** | | | | | | | | | |
|  |  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **RATE OF PERCEIVED EXERTION** | **10** | 100% | 95,0% | 91,0% | 87,0% | 85,0% | 83,0% | 81,0% | 79,0% | 76,0% | 73,0% |
| **9.5** | 97,0% | 93,0% | 89,0% | 86,0% | 84,0% | 82,0% | 80,0% | 77,5% | 74,5% | 71,5% |
| **9** | 95,0% | 91,0% | 87,0% | 85,0% | 83,0% | 81,0% | 79,0% | 76,0% | 73,0% | 70,0% |
| **8.5** | 93,0% | 89,0% | 86,0% | 84,0% | 82,0% | 80,0% | 77,5% | 74,5% | 71,5% | 69,1% |
| **8** | 91,0% | 87,0% | 85,0% | 83,0% | 81,0% | 79,0% | 76,0% | 73,0% | 70,0% | 68,2% |
| **7.5** | 89,0% | 86,0% | 84,0% | 82,0% | 80,0% | 77,5% | 74,5% | 71,5% | 69,1% | 67,4% |
| **7** | 87,0% | 85,0% | 83,0% | 81,0% | 79,0% | 76,0% | 73,0% | 70,0% | 68,2% | 66,6% |
| **6.5** | 86,0% | 84,0% | 82,0% | 80,0% | 77,5% | 74,5% | 71,5% | 69,1% | 67,4% | 65,8% |
| **6** | 85,0% | 83,0% | 81,0% | 79,0% | 76,0% | 73,0% | 70,0% | 68,2% | 66,6% | 65,0% |
| **5.5** | 84,0% | 82,0% | 80,0% | 77,5% | 74,5% | 71,5% | 69,1% | 67,4% | 65,8% | 64,2% |
| **5** | 83,0% | 81,0% | 79,0% | 76,0% | 73,0% | 70,0% | 68,2% | 66,6% | 65,0% | 63,5% |

**Supplementary Table 2** Patients’ individual change scores per exercise per group

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **INDIVIDUAL CHANGE SCORE** | | | | | | | | | | | | |
|  | **Leg Press** | | **Chest Press** | | **Seated Row** | | **Leg Extension** | | **Shoulder Press** | | **Lat Pulldown** | |
| **Patient** | **RPE Group** | **%1RM Group** | **RPE Group** | **%1RM Group** | **RPE Group** | **%1RM Group** | **RPE Group** | **%1RM Group** | **RPE Group** | **%1RM Group** | **RPE Group** | **%1RM Group** |
| 1 | 10 | 15 | 6 | -10 | 10 | 15 | 6 | 14 | 1 | -7 | 4 | -2 |
| 2 | 55 | 32 | 14 | 7 | 25 | 10 | 17 | 11 | 10 | 4 | 10 | 5 |
| 3 | 38 | 5 | 4 | 10 | 5 | 7 | 15 | 4 | 8 | 0 | 13 | 0 |
| 4 | 15 | 45 | 4 | 5 | 15 | 10 | 10 | 20 | 6 | 10 | 6 | 16 |
| 5 | 10 | 30 | 8 | 10 | 18 | 20 | 13 | 35 | 1 | 8 | 6 | 8 |
| 6 | 35 | 30 | 7 | 7 | 8 | 14 | 18 | 11 | 12 | 5 | 14 | 11 |
| 7 | 24 | 20 | 10 | 14 | 23 | 10 | 20 | 15 | 5 | 9 | 7 | 10 |
| 8 | 7 | 20 | 5 | 15 | 7 | 20 | 15 | 20 | 3 | 10 | 0 | 10 |

Values in the exercise columns are expressed in kg