

**Supplementary Table S1.** Description of exercises included in the intervention during pregnancy (Adapted from the RCT protocol<sup>22</sup>).

Exercise type	Workout description
<b>Aerobic exercise</b>	Treadmill or stationary cycling (unless cycling feels uncomfortable with pregnancy evolution)  Intensity of continuous exercise: at the highest comfortable intensity ('talking intensity'): the intensity will be kept at a level that allows a conversation to be carried out, that is, 12 to 14 on a 6 to 20 Borg Scale of Perceived Exertion. Women will be allowed to jog on the treadmill if desired
<b>Strength training</b>	Weight machines: shoulder press, bench press, knee extension, seated row and hip adduction  Free weights and elastic bands exercises for all large muscle groups  Intensity of weight training: Stage 1: weights will be as heavy as the woman can lift 12 times; Stage 2: weights will be as heavy as the woman can lift 10 times; Stage 3: weights will be as heavy as the woman can lift 8 times
<b>Floor and Swiss ball exercises</b>	Mandatory exercises: a) alternating arm/leg raise; b) ball squats; c) spinal rotation; d) Kegel contractions; e) spinal flexion (cat stretch); f) pelvic tilts on the ball.
<b>Stretching</b>	Stretching exercises was especially focus on the cervical area (neck), low back, lower leg (calves), quadriceps, pectoralis and gluteus region. Passive and active stretching will be used, according to the muscle group being stretched