Supplementary Material S2. Description of exercise protocol for children with cerebral palsy.

The HIIT period began with a protocol consisting of bouts of high-speed (50 steps/minute) exercise lasting for 60 seconds. These bouts were interspersed by 3 minutes and 30 seconds of low-speed exercising (30 steps/minute). The protocol prescribed 5 bouts per session, and a total of 3 sessions per week (Monday, Wednesday, and Friday). The number of bouts per session were increased to 6 during weeks 5-16, with the duration of the recovery bouts increased to 4 minutes.

If the families followed the HIIT protocol as instructed, that would have resulted in a total time spent with physical activity of:

1-4 weeks: 22.5 min * 3 sessions * 4 weeks = 270 minutes
5-16 weeks: 30 min * 3 sessions * 12 weeks = 1,080 minutes
Total = 270 minutes + 1,080 minutes = 1,350 minutes = 22.5 hours

The MICT period began with a protocol consisting of continuous walking at a speed of 40 steps / minute for a total time of 30 minutes, carried out 3 times per week (Monday, Wednesday, and Friday). Following this, the exercise duration increased to 45 minutes per session during weeks 5-16, while frequency and intensity of the exercise were kept constant.

If the families followed the MICT protocol as instructed, that would have resulted in a total time spent with physical activity of:

1-4 weeks: 30 min * 3 sessions * 4 weeks = 360 minutes
5-16 weeks: 45 min * 3 sessions * 12 weeks = 1,620 minutes
Total = 360 minutes + 1,620 minutes = 1,980 minutes = 33 hours