

Supplementary Table 1: Type, intensity, and time of exercise for multicomponent exercise program

| Type of exercise                      | Intensity, time   |
|---------------------------------------|---|
| Training on weight machine            |   |
| Hip abduction/adduction,<br>Leg press | 3 sets of 10 repetition   |
| Aerobic exercise                      |   |
| Ergometer                             | Pedaled for 20 min at a load that participants perceived as “somewhat hard.”  |
| Walking practice                      |   |
| Single-belt treadmill                 | Walked for 20 min at a speed that participants perceived as “somewhat hard.”  |
| Walking balance                       |   |
| Dual-belt treadmill                   | <p>A detailed protocol for this session is available in the literature (Wakida et al., 2022). On a split-belt treadmill, where the speed of the left and right belts could be changed, participants were asked to quickly change from one belt to the other and walk. This walking task aims to facilitate spontaneous multidirectional stepping.</p> <p>This session consisted of four trials with changes in the left and right belt speeds. The total session time was approximately 20 min.</p> |