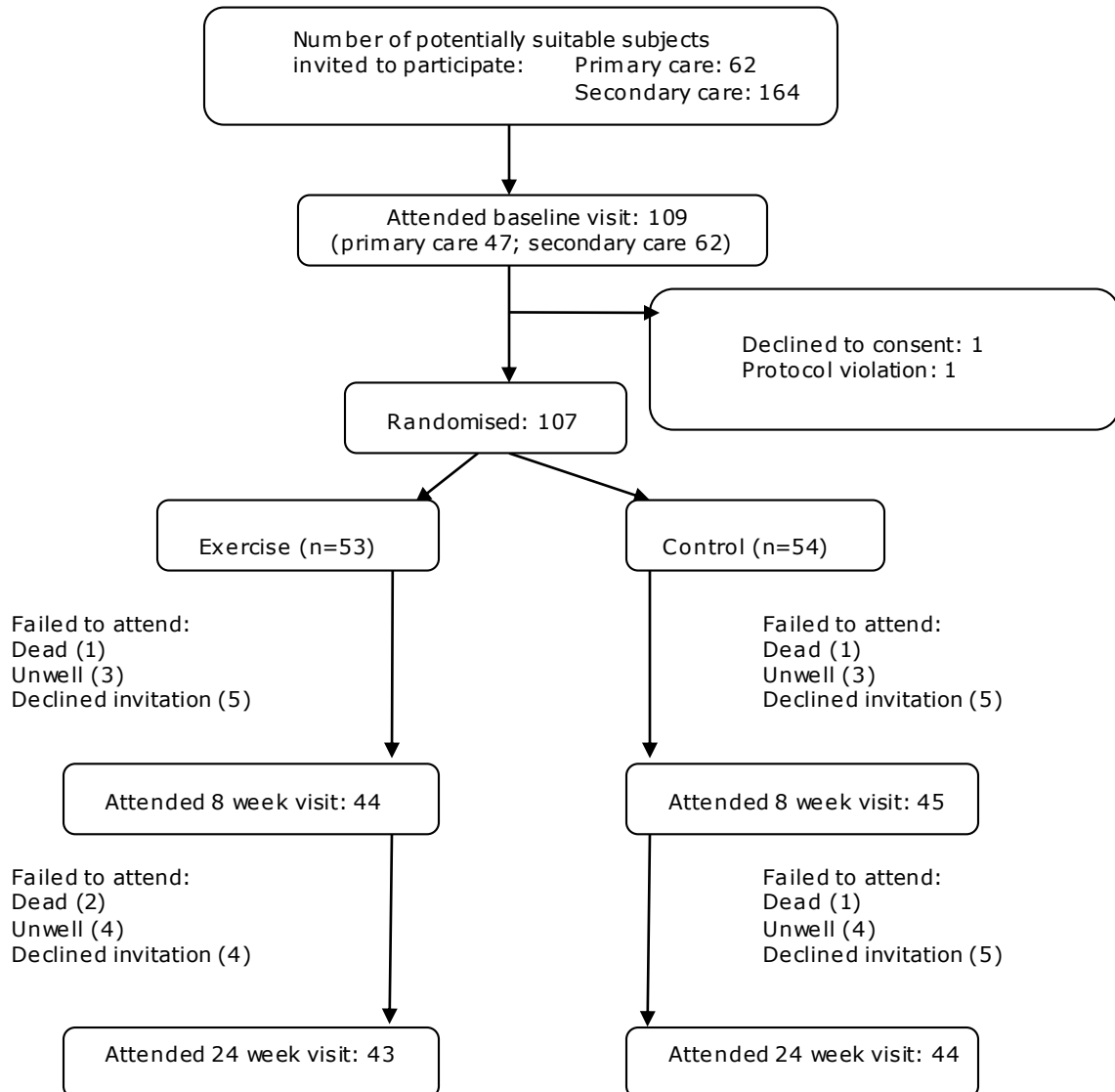


Participant flow



Baseline characteristics

	Exercise (n=53)	Control (n=54)	p
Age (years) (SD)	80.4 (5.8)	79.5 (4.9)	0.39
Male sex (%)	35 (66)	37 (69)	0.78
Severity of LVSD (mild / mod / severe)	28 / 13 / 9	22 / 17 / 14	0.32
Ischaemic aetiology (%)	35 (66)	32 (59)	0.47
Previous stroke (%)	7 (13)	11 (20)	0.32
COPD (%)	16 (30)	7 (13)	0.03
Current smoker (%)	5 (9)	3 (6)	0.49
On ACEi / ARB (%)	39 (74)	45 (83)	0.22
On beta blocker (%)	25 (47)	29 (54)	0.50
On spironolactone (%)	13 (25)	15 (28)	0.70
On digoxin (%)	7 (13)	9 (17)	0.62
Median diuretic dose (frusemide eq) (mg) (IQR)	20 (40)	40 (80)	0.33*
Median MMSE (IQR)	29 (5)	29 (3)	0.88*
Walking aid (%)	25 (47)	22 (41)	0.50
Home help (%)	15 (28)	15 (28)	0.95
NYHA class (II / III)	37 / 16	48 / 6	0.015
Six minute walk distance (m) (SD)	266 (118)	267 (112)	0.97
ISWT (m) (SD)	164 (121)	170 (114)	0.79
Median ESWT (m) (IQR)	226 (302)	240 (300)	0.27*
Median sit to stand (s) (IQR)	40.4 (27.9)	37.9 (20.7)	0.59*
Right quadriceps strength (Kg) (SD)	13.8 (6.7)	13.7 (6.2)	0.98
Median accelerometry count (IQR)	78957 (55306)	82902 (48477)	0.74*
Median EuroQoL (IQR)	0.73 (0.23)	0.76 (0.24)	0.42*
Median EuroQoL thermometer (IQR)	75 (33)	75 (31)	0.39*
Median FLP total (IQR)	983 (259)	953 (360)	0.61*

Median MLWHF physical (IQR)	10 (14)	5 (7)	0.015*
Median MLWHF emotional (IQR)	2 (5)	1 (5)	0.38*
Median MLWHF total (IQR)	15 (22)	8 (12)	0.12*
Median HADS Anxiety (IQR)	3 (5)	3 (3)	0.60*
Median HADS Depression (IQR)	5(4)	4 (4)	0.76*

*Mann-Whitney test

LVSD: Left Ventricular Systolic dysfunction

MMSE: Mini-mental state examination

FLP: Functional Limitations Profile

HADS: Hospital Anxiety and Depression Scale

MLWHF: Minnesota Living with Heart Failure score

COPD: Chronic Obstructive Pulmonary Disease

ACEi: Angiotensin Converting Enzyme inhibitor

ARB: Angiotensin receptor blocker

ISWT: Incremental shuttle walk test

ESWT: Endurance shuttle walk test

NHYA: New York Heart Association

Outcome measures

	Change 0 vs 8 weeks				Change 0 vs 24 weeks			
	Exercise	Control	Adjusted treatment effect (95% CI)	p	Exercise	Control	Adjusted treatment effect (95% CI)	p
<i>Primary outcome</i>								
Six min walk (m) (SD)	9.8 (58.3)	22.4 (52.8)	-16.9 (-41.8 to 7.9)	0.18	-3.0 (64.1)	-2.8 (55.2)	-5.3 (-32.6 to 22.0)	0.70
<i>Secondary outcomes</i>								
Median Sit to stand(s) (IQR)	-8.8 (17.9)	-4.2 (7.9)	-5.0 (-10.1 to 0.1)	0.06	-8.2 (18.1)	-3.1 (9.5)	--6.4 (-12.2 to -0.6)	0.03
Quadriceps strength(Kg) (SD)	1.0 (4.2)	0.3 (4.5)	0.9 (-0.9 to 2.6)	0.34	0.1 (4.8)	-0.4 (3.5)	0.8 (-0.9 to 2.5)	0.33
FLP total (SD)	-56 (144)	-26 (165)	-27 (-90 to 36)	0.40	-14 (151)	-29 (156)	6 (-58 to 70)	0.81
Median EuroQoL (IQR)	0 (0.17)	0 (0.27)	0.08 (-0.02 to 0.17)	0.11	0.07 (0.22)	0 (0.23)	0.07 (-0.03 to 0.16)	0.15
EuroQoL thermometer (SD)	-0.5 (19.6)	3.6 (15.1)	-1.8 (-9.4 to 5.8)	0.64	-1.8 (24.9)	-0.8 (20.0)	0.3 (-8.2 to 8.8)	0.95
Median MLWHFtotal (IQR)	-2 (9)	-1 (7)	1.4 (-1.9 to 4.7)	0.41	0 (10)	-1 (11)	0.1 (-4.4 to 4.6)	0.95
Median HADS anxiety (IQR)	0 (3)	0 (3)	-0.4 (-1.3 to 0.5)	0.39	0 (2)	0 (3)	0.1 (-0.9 to 1.1)	0.83
Median HADS depression (IQR)	-1 (3)	0 (3)	-0.2 (-1.3 to 0.8)	0.64	0 (3)	0 (4)	-0.9 (-2.1 to 0.2)	0.11
Zarit carer burden scale*	1.8 (15.9)	-1.1 (7.2)	3.7 (-3.2 to 10.5)	0.29	1.8 (16.8)	2.8 (9.2)	-0.5 (-8.3 to 7.3)	0.80

* Performed for 17 carers of participants in the exercise group and 29 carers of participants in the control group

ESWT: Endurance shuttle walk test

FLP: Functional limitations profile

MLWHF: Minnesota Living with Heart Failure score

HADS Hospital Anxiety and Depression score

Adverse events

	Exercise	Control
Worsening of heart failure symptoms	13	5
Chest infection / coryza	7	5
Musculoskeletal	7	10
Fall / syncope /dizziness	6	5
Chest pain	0	1
Gastrointestinal	2	3
Renal/ urological	0	2
Neurological inc stroke	3	1
Other	1	7
TOTAL	41	39
Hospitalisations	14	11
Deaths	2	1