Additional file 4. Heterogeneity of sample in motor and cognitive baseline performance (per protocol)

|                          | Total sample | Intervention group | Control group |
|--------------------------|--------------|--------------------|---------------|
| **Balance**              |              |                    |               |
| FICSIT-4 [Median (IQR), range] | 2 (2), 0-5   | 2 (2.5), 0-5       | 2 (2), 0-4    |
|                          | (n=160)      | (n=89)             | (n=71)        |
| **Mobility**             |              |                    |               |
| TUG, sec [Mean (SD), range] | 22.5 (11.2), 9.0-85.0 | 22.3 (12.2), 9.7-85.0 | 22.7 (10.0), 9.0-61.0 |
|                          | (n=160)      | (n=90)             | (n=70)        |
| **Lower limb strength & function** |          |                    |               |
| modified 30s CST [Mean (SD), range] | 8.0 (3.6), 1-19 | 8.1 (3.7), 1-19    | 7.9 (3.6), 2-17 |
| SPPB [Mean (SD), range]   | 6.5 (2.7), 1-12 | 6.8 (2.8), 1-12    | 6.2 (2.6), 1-12 |
|                          | (n=152)      | (n=85)             | (n=67)        |
| **Executive function**   |              |                    |               |
| Clock Drawing Test [Mean (SD), range] | 3.0 (1.5), 1-9  | 3.0 (1.3), 1-8     | 3.1 (1.7), 1-9 |
| Trail Making Test [Mean (SD), range] | 21.3 (13.0), 0-48 | 21.5 (14.3), 0-48 | 21.0 (11.4), 1-43 |
|                          | (n=152)      | (n=82)             | (n=70)        |
| **Attention & working memory** |          |                    |               |
| Digit Span forward [Mean (SD), range] | 5.0 (1.7), 1-10 | 5.0 (1.7), 1-10    | 5.0 (1.8), 1-9 |
| Digit Span backward [Mean (SD), range] | 2.8 (1.7), 0-6  | 2.7 (1.7), 0-6     | 2.9 (1.7), 0-6 |
|                          | (n=161)      | (n=88)             | (n=73)        |
|                          | (n=160)      | (n=87)             | (n=73)        |

30s CST: 30-second chair stand test, FICSIT-4: Frailty and Injuries: Cooperative Studies of Intervention Techniques - subtest 4, IQR: interquartile range, n: number, SD: standard deviation, SPPB: Short Physical Performance Battery, TUG: Timed Up & Go Test