Informed consent to participate in study. KTRs; n=50

**Baseline Assessments**
- CMR + Quadriceps scan
- Cardiopulmonary Exercise Test
- Body Composition
- Physical Function + Strength
- Accelerometry
- Blood/Urine Samples
- Survey Pack
- Clinical/Demographic Information

Randomisation

Exercise Group; n=25
Control Group; n=25

Two-week supervised ‘run-in’ period
Usual care continues

Repeat cardiopulmonary exercise test

**Start of 12-week period**

Commence Exercise Intervention
Usual care continues

Repeat cardiopulmonary exercise test (Exercise group; upper and lower limb strength)

Optional: Repeat cardiopulmonary exercise test and upper and lower limb strength
Telephone call to arrange next visit

**4 weeks**

**8 weeks**

End of 12-week period

Repeat baseline assessments

**Baseline Assessments**
- CMR + Quadriceps scan
- Cardiopulmonary Exercise Test
- Body Composition
- Physical Function + Strength
- Accelerometry
- Blood/Urine Samples
- Survey Pack
- Patient Satisfaction Questionnaire
- Clinical/Demographic Information

Sub-study; one-to-one semi-structured interview
Opportunity to complete exercise intervention

Three month follow-up telephone interview

End of study involvement

Figure X. Original ECSERT study flow diagram (pre-COVID-19)