Supplementary Table S2 Survey instrument

<table>
<thead>
<tr>
<th>Field</th>
<th>Answer Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Demographics</td>
<td>Country drop down</td>
</tr>
<tr>
<td></td>
<td>Country</td>
</tr>
<tr>
<td></td>
<td>Sex</td>
</tr>
<tr>
<td></td>
<td>1. Male</td>
</tr>
<tr>
<td></td>
<td>2. Female</td>
</tr>
<tr>
<td></td>
<td>3. Other</td>
</tr>
<tr>
<td>Age, y</td>
<td>Below 18 years</td>
</tr>
<tr>
<td></td>
<td>18-65</td>
</tr>
<tr>
<td></td>
<td>Over 65 years</td>
</tr>
<tr>
<td>2. Participation Information</td>
<td>Do you regularly participate in HIMT? (at least 2 days per week)*</td>
</tr>
<tr>
<td></td>
<td>Is this due to current or previous COVID-19 restrictions?</td>
</tr>
<tr>
<td>c) How many days per week do you participate in HIMT?*</td>
<td>Numerical 1-7</td>
</tr>
<tr>
<td></td>
<td>How long have you been regularly participating in HIMT? (at least 2 days per week)*</td>
</tr>
<tr>
<td>d) Where do you currently participate in HIMT?</td>
<td>(Tick ALL that apply)</td>
</tr>
<tr>
<td></td>
<td>Is this due to current or previous COVID-19 restrictions?</td>
</tr>
</tbody>
</table>
|                              | Where did you participate in HIMT prior to current or previous COVID-19 restrictions? | (Tick ALL that apply)

Figure 1. Visual representation of a) HIMT session that combines aerobic and resistance-based exercise; and b) aerobic and bodyweight-based exercise only.
5. Outdoors in a group
6. Outdoors 1 on 1
7. Online in a group
8. Online 1 on 1
9. Other (open)

Was this due to COVID-19 restrictions?
1. Yes
2. No

Where did you participate in HIMT prior to COVID-19 restrictions?
(Tick ALL that apply)
1. Specialised group / challenge / box / bootcamp style training gym e.g. F45, Orange Theory, CrossFit® affiliate gym
2. Traditional gym (group classes) e.g. Fitness First, Crunch Fitness, Anytime Fitness
3. Traditional gym (by myself) e.g. Fitness First, Crunch Fitness, Anytime Fitness
4. Home gym (in my own or someone else’s home)
5. Outdoors in a group
6. Outdoors 1 on 1
7. Online in a group
8. Online 1 on 1
9. Other (open)

When did you most recently participate in HIMT?
1. Today
2. 1-2 days ago
3. 3-4 days ago
4. 5-6 days ago
5. Over 7 days ago

3. Think back to your most recent HIMT session. Please rate how you felt in the moment immediately after the physical activity that you were doing.

If you are completing this survey on a mobile device, please turn your device to a landscape orientation.

PACES 18-item Likert scale (1-7)[1].

Please select UP TO the TOP 3 reasons that you enjoy HIMT.
1. I enjoy training in a group
2. I enjoy being led by an instructor
3. I enjoy when there is variety in a session
4. I enjoy feeling competent when I do it
5. I enjoy that it helps me stay fit
6. I enjoy that it helps me build muscle
7. I enjoy that the sessions are generally short
8. I enjoy that the sessions are generally fast paced
9. I enjoy it when there is music playing
10. I enjoy that the workout is high-intensity
11. I enjoy feelings of pain/displeasure due to the high-intensity of the workout
12. I enjoy that it is 'popular'
13. Other (open)

Please rank your choices in order of importance. (You may only rank up to 3 choices).
1. First most important
2. Second most important
3. Third most important

Please select UP TO the TOP 3 reasons that you do not enjoy HIMT.
1. I do not enjoy training in a group
2. I do not enjoy being led by an instructor
3. I do not enjoy it when there is variety in a session
4. I do not enjoy when I do not feel competent when I do it
5. I do not enjoy that it does not help me stay fit enough
6. I do not enjoy that does not help me build muscle
7. I do not enjoy that the sessions are generally short
8. I do not enjoy that the sessions are generally fast paced
9. I do not enjoy it when there is music playing
10. I do not enjoy that the workout is high-intensity
11. I do not enjoy the feeling of pain/displeasure due to high-intensity of the workout
12. I do not enjoy that it is 'popular'
13. Other (open)

Please rank your choices in order of importance. (You may only rank up to 3 choices).
1. First most important
2. Second most important
### Exercise Motivation

<table>
<thead>
<tr>
<th>Question</th>
<th>Response Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you feel motivated to continue to participate in HIMT?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>How likely are you to continue to participate in HIMT?</td>
<td>Very unlikely, Unlikely, Likely</td>
</tr>
<tr>
<td>How likely are you to drop out of HIMT?</td>
<td>Very unlikely, Unlikely, Likely</td>
</tr>
<tr>
<td>Please select UP TO the TOP 3 reasons that you feel motivated to continue to participate in HIMT.</td>
<td>I enjoy training in a group, I enjoy being led by an instructor, I enjoy feeling competent when I do it</td>
</tr>
<tr>
<td>Please rank your choices in order of importance. (You may only rank up to 3 choices).</td>
<td>First most important, Second most important, Third most important</td>
</tr>
<tr>
<td>Please select UP TO the TOP 3 reasons that you do not feel motivated to continue to participate in HIMT.</td>
<td>I do not enjoy training in a group, I do not enjoy being led by an instructor, I do not enjoy it when there is variety in a session</td>
</tr>
<tr>
<td>Please rank your choices in order of importance. (You may only rank up to 3 choices).</td>
<td>First most important, Second most important, Third most important</td>
</tr>
</tbody>
</table>

Supplemental material placed on this supplemental material which has been supplied by the author(s) BMJ Open, et al. Sharp T...
12. I did not enjoy the feeling of pain/displeasure due to high-intensity of the workout
13. I did not enjoy that it is 'popular'
14. I started another type of sport, exercise or training
15. It was too expensive
16. I finished a challenge
17. Family commitments were a priority
18. Work commitments were a priority
19. Other (open)

Please rank your choices in order of importance. (You may only rank up to 3 choices).

1. First most important
2. Second most important
3. Third most important

What other type of sport, exercise or training did you start? Open

Abbreviations: HIMT: High-Intensity Multimodal Training; PACES: Physical Activity Enjoyment Scale; y: years; *: must provide value

References: