

**Supplementary table 2** Focus group and individual interview guide for Stage 1 (before the intervention development)

The guides were modified by the peer interviewers to meet the varying needs of the participants.

<b>Introduction</b>
<ul style="list-style-type: none"><li>• Brief introduction including name and personal background</li></ul>
<ul style="list-style-type: none"><li>• Presentation of the project by researchers and stakeholders</li></ul>
<ul style="list-style-type: none"><li>• Overview of the topics to be discussed</li></ul>
<b>Main part</b>
<b>Topic: Exercising with multiple sclerosis</b>
To set the stage: General experiences on the topic
<ul style="list-style-type: none"><li>• What experience do you have with exercise training programmes?</li></ul>
<ul style="list-style-type: none"><li>• What barriers do you encounter when using exercise training programmes?</li></ul>
<ul style="list-style-type: none"><li>• Which exercises should be included in a home exercise training programme?</li></ul>
<ul style="list-style-type: none"><li>• What goals are you pursuing with exercise training?</li></ul>
<b>Topic: Exercise location, time and duration</b>
<ul style="list-style-type: none"><li>• When and where will you carry out your exercise programme?</li></ul>
<ul style="list-style-type: none"><li>• What would make it easier to carry out your training?</li></ul>
<ul style="list-style-type: none"><li>• What training equipment or everyday objects do you use for exercise training?</li></ul>
<ul style="list-style-type: none"><li>• How long and how often do you usually exercise?</li></ul>
<b>Topic: Music preferences</b>
<ul style="list-style-type: none"><li>• What are your thoughts on combining music and exercise training?</li></ul>
<ul style="list-style-type: none"><li>• What exercise training programs that incorporate music are available to everyone?</li></ul>
<ul style="list-style-type: none"><li>• Which of these programmes do you use?</li></ul>
<ul style="list-style-type: none"><li>• In your opinion, what are the advantages and disadvantages of these programmes?</li></ul>
<ul style="list-style-type: none"><li>• What kind of assistance might be necessary to implement an exercise training programme?</li></ul>
<ul style="list-style-type: none"><li>• How long should an exercise session ideally last to maintain motivation?</li></ul>
<ul style="list-style-type: none"><li>• What music do you prefer when exercising? (considering tempo, genre, rhythm, playlist)</li></ul>
<b>Topic: Video-based exercise programmes</b>
<ul style="list-style-type: none"><li>• What exercise training programmes with videos are you aware of?</li></ul>
<ul style="list-style-type: none"><li>• Do you use any video-based programmes?</li></ul>
<ul style="list-style-type: none"><li>• How should a video-based exercise training programme be structured?</li></ul>
<ul style="list-style-type: none"><li>• How long should the individual videos be?</li></ul>
<ul style="list-style-type: none"><li>• What environment should the exercises be recorded in?</li></ul>

<ul style="list-style-type: none"><li>• What is a sufficient number of videos for self-training?</li></ul>
<b>Topic: Structure of music-supported videos</b>
<ul style="list-style-type: none"><li>• How should the exercises be explained/described?</li></ul>
<ul style="list-style-type: none"><li>• What details about the exercises do you consider important?</li></ul>
<ul style="list-style-type: none"><li>• How should the programme be structured?</li></ul>
<ul style="list-style-type: none"><li>• What options would you like to see in such a programme (if any)?</li></ul>
<ul style="list-style-type: none"><li>• What barrier-free solutions should be included in the implementation? (e.g., close-ups, subtitles, volume, announcement text)</li></ul>
<b>Conclusion</b>
<ul style="list-style-type: none"><li>• Do you have any comments or questions?</li></ul>
<ul style="list-style-type: none"><li>• If you have further questions or suggestions, please feel free to contact us by email or telephone</li></ul>
<ul style="list-style-type: none"><li>• Thank you and farewell.</li></ul>