

Supplementary table 3 Focus group and individual interview guide for Stage 2 (during and after the intervention development)

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

Introduction
<ul style="list-style-type: none">• Brief introduction including name and personal background
<ul style="list-style-type: none">• Presentation of the project by researchers and stakeholders
<ul style="list-style-type: none">• Introduction of exercises developed by researchers and stakeholders
<ul style="list-style-type: none">• Overview of discussed topics
<ul style="list-style-type: none">• Presentation of the draft for intervention development
Main part
Topic: Exercise selection
<ul style="list-style-type: none">• How well-suited are the presented exercises to your daily routine?
<ul style="list-style-type: none">• How would you rate the difficulty of the exercises?
<ul style="list-style-type: none">• What could be barriers to implementing these exercises in your daily routine?
<ul style="list-style-type: none">• What additional exercises can you think of that should be integrated into the exercise programme?
<ul style="list-style-type: none">• What motivations do you have for and against performing the presented exercises?
<ul style="list-style-type: none">• What additional exercising equipment or aids do you consider necessary for an effective workout?
Topic: Music selection
<ul style="list-style-type: none">• How do you feel about the music choices featured in the videos?
<ul style="list-style-type: none">• Which of your favourite music selections would you like to see included?
<ul style="list-style-type: none">• In what ways do you find this music beneficial for exercising?
<ul style="list-style-type: none">• Are there any drawbacks you perceive from using this music during exercising?
Topic: Exercise content
<ul style="list-style-type: none">• How clear and easy to follow do you find the exercise instructions?
<ul style="list-style-type: none">• Are the exercises appropriately tailored to your level of ability? Please elaborate.
<ul style="list-style-type: none">• Do you feel the exercises are effective in meeting your physical activity needs
Topic: Personalisation and relevance
<ul style="list-style-type: none">• How relevant do you feel the exercises are to your personal goals and needs?
<ul style="list-style-type: none">• Would you like to see more customisation options in the exercises? If so, what kind?
<ul style="list-style-type: none">• Are there any specific elements or features you would like to see incorporated into this programme?

<ul style="list-style-type: none">• Is there anything you would change or add to the music-supported exercise exercises to improve your experience?
Conclusion
<ul style="list-style-type: none">• Can you provide a brief summary of your thoughts on the discussion?
<ul style="list-style-type: none">• Do you have any comments or questions to share?
<ul style="list-style-type: none">• If you have further questions or suggestions, please feel free to contact us by email or telephone
<ul style="list-style-type: none">• Thank you and farewell.