

Supplementary table 4 Focus group and individual interview guide for Stage 3 (evaluation of completed videos)

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 exercise videos developed by researchers and stakeholders
<ul style="list-style-type: none">• Overview of discussed topics
<ul style="list-style-type: none">• Presentation of the initial videos containing the music-supported exercises
Main part
Topic: General feedback on initial videos
<ul style="list-style-type: none">• Can you describe your overall perception of the music-supported exercise videos?
<ul style="list-style-type: none">• What aspects of the videos do you find most enjoyable?
<ul style="list-style-type: none">• What aspects of the videos do you find most helpful?
<ul style="list-style-type: none">• Are there any elements of the videos that you find challenging?
<ul style="list-style-type: none">• Are there any elements of the videos that you find unhelpful?
<ul style="list-style-type: none">• What additional aspects should be considered for the final video recording/processing?
Topic: Music elements
<ul style="list-style-type: none">• How do you feel about the music choices featured in the videos?
<ul style="list-style-type: none">• How you feel that the music choice matches with the exercises?
<ul style="list-style-type: none">• How do you think the music in the videos will influence your enjoyment while exercising?
<ul style="list-style-type: none">• How do you think the music in the videos will influence your motivation while exercising?
Topic: Exercise videos
<ul style="list-style-type: none">• What are your thoughts on the visual designs used in the videos?
<ul style="list-style-type: none">• What changes do you suggest for camera settings or the filming environment?
<ul style="list-style-type: none">• What accessibility features should be included to ensure a user-friendly experience (e.g., close-up shots, subtitles, volume control, announcement texts)?
<ul style="list-style-type: none">• Would you like to see more customisation options in the videos? If so, what kind?
<ul style="list-style-type: none">• How do these videos compare to other exercise resources you have used?
<ul style="list-style-type: none">• What additional support or resources might help you in using these exercise videos effectively?
Topic: Structure and overall impression
<ul style="list-style-type: none">• How do you rate the explanation and description of the exercises in the videos?
<ul style="list-style-type: none">• What improvements do you suggest for the presentation and moderation?

<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 videos to enhance 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.