Telephone recruitment and screening

Assessments for eligibility

Inclusion and randomization of healthy older adults (n = 54)

Baseline /pre-test measurements

Intervention 1
12-week extensive supervised exercise intervention (n = 18)

Intervention 2
12-week short version exercise intervention (n = 18)

Control / waiting group
No training during intervention period (n = 18)

Post-test measurements

Follow-up assessments 12 weeks after intervention

12-week exercise training for control / waiting group