

Appendix 1: Eligibility criteria for the training program

Inclusion criteria

- Age \geq 18 years.
- Diagnosed with cancer.
- At least one treatment with chemotherapy or immunotherapy before beginning of training (curative, adjuvant, palliative).
- Expected treatment with chemo- or immunotherapy during the training period.
- Performance status 0-1.
- Regular resting pulse $<$ 110 per minute.
- Resting diastolic blood pressure $>$ 45 mmHg.
- In case of hypertension, it is well-regulated (diastolic blood pressure $<$ 100 mmHg or systolic blood pressure $<$ 160 mmHg).
- Neutrophils (ANC) \geq $1 \times 10^9/L$, platelet count \geq $100 \times 10^9/L$, and hemoglobin $>$ 6 mmol/L.
- Oral and written information about the training program.

Exclusion criteria

- Dementia or psychosis.
- Contradictions for physical training (in case of surgery within past six weeks, consider a surgical evaluation).
- Myelomatosis (if without osteolytic structure, myelomatosis is allowed).
- Metastases to weight bearing bones (if participation is approved by the treatment-responsible physician, metastases to weight bearing bone structures are acceptable).
- Metastases to cerebrum, cerebellum, meninges or medulla (allowed if symptomless after treatment of the metastases).
- Symptomatic heart disease or pathological ECG.
- Myocardial stroke within the last 3 months.