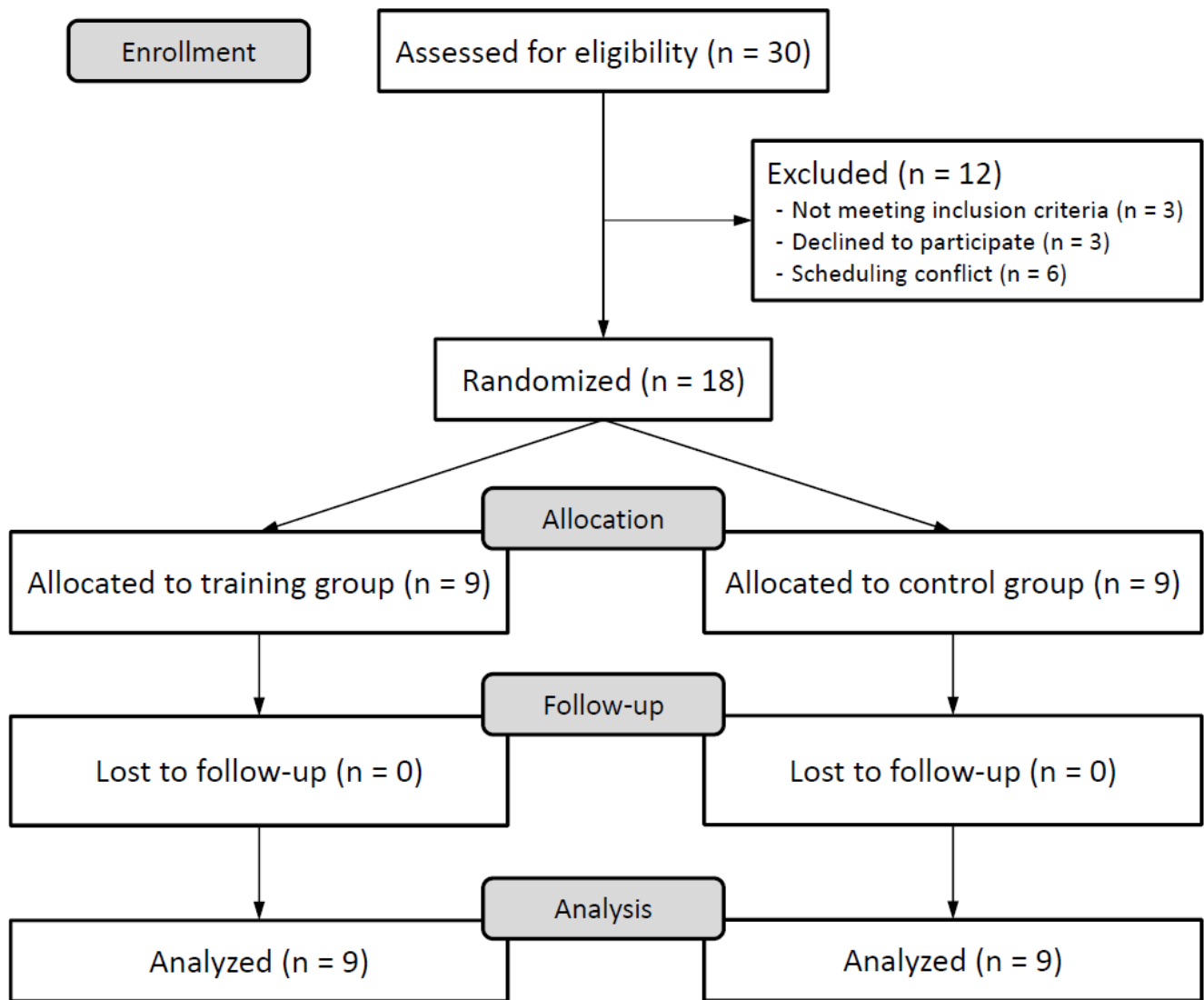


**Figure S1. CONSORT Flow Diagram Showing the Recruitment, Screening, Testing, and Data Analyses for the Participants**



CONSORT, Consolidated Standards of Reporting Trials

**Figure S2. Schematics of (a) the Vibration Platform Used to Deliver Vibration Training and (b) the Protocol of Each Training Session on the Vibration Platform**

Each vibration training session consists of 5 repetitions of 1 bout of training followed by a 1-minute rest. During training, participants stand barefoot on the platform with knees slightly bent and hands holding the handlebars for balance. The vibration frequency was 20 Hz throughout the training course. The peak-to-peak amplitude gradually increased from 2 mm during the first 2 weeks to 4 mm during the last 4 weeks. The duration of each bout also progressively extended from 1 minute during the first 4 weeks to 1.5 minutes to the last 2 weeks. Such training was repeated 3 times a week for 6 weeks, leading to 18 sessions in total. The control group received no vibration exposure but maintained their regular lifestyle.

