**Suppl 3. Interview Guide**

**General Questions:**

Q1. What are your thoughts on exercising and being physically active?

Q2. What are your opinions and understanding of MASLD and its seriousness as a health concern?

Q3. Please tell me about your opinions on the role of exercise in the management of this disease?

**Specific Questions:**

Q4. Why did you choose the exercises in the questionnaire? (Q2) Could you please elaborate on that?

Q5. How did you feel while performing the exercises that you chose? Did you enjoy doing them?

Q6. What did you like/dislike (based on their choice) about the exercises? Could you please expand on that?

Q7. What are the types of exercises that would encourage you to engage in regular exercise?

Q8. Do you have any thoughts on the factors or that would motivate you to perform exercise regularly?

Q9. What are some of the biggest challenges or barriers you face when it comes to exercising regularly?

Q10. Could you please tell me your reasons for choosing or not choosing eccentric exercise as your preferred exercise?