

Table 2 Additional and alternative exercises

A_{LB1a}	Leg abduction in side-lying	A_{UB1a}	Steering wheel exercise 1,25-2,5 kg
A_{LB1b}	Sidewalk with mini bands	A_{UB1b}	Side-lying arm abduction
A_{LB1c}	Leg abduction with external rotation with mini band	A_{UB1c}	Horizontal pull- seated
A_{LB2a}	Dead bug	A_{UB2a}	Shoulder flexion- lying (on bed)
A_{LB2b}	Knee extension on bed with ISO hold (tempo 2:2:2:1)	A_{UB2b}	Mini-band chest press- lying
A_{LB2c}	Hip thrusts on bed (tempo 2:0:2:1)	A_{UB2c}	Resistance band shoulder press
A_{LB3a}	Half-squats (till the glutes touch the bed with no hand support)	A_{UB3a}	Assisted dumbbell press 1 kg- on bed
A_{LB3b}	Squat deadlift with kettlebell (4kg)	A_{UB3b}	Bed push-ups- assisted
A_{LB3c}	Goblet squat- 2,5 kg	A_{UB3c}	Push-ups with knees support

A: alternative exercise; LB: lower body; UB: upper body; 1, 2, 3: number of exercises; a, b, c: three types of exercise modification; tempo 2:2:2:1: Each number represents time in seconds. The first number represents the eccentric phase, the second number represents a pause at the end of the eccentric contraction, the third number represents the concentric phase, and the fourth number represents a pause at the end of the concentric contraction.