

SUPPLEMENT

Supplementary Table 1. Resistance training exercises

Exercise grouping	Progression 1	Progression 2	Progression 3	Progression 4	Progression 5	Progression 6
Lift	Sit to stand	Touch downs	Body weight squats	Overhead squats (no weight)	Dumbbell squats	Overhead squats with weight
Extension 1	Prone floor opposite arm and leg lifts	Prone trunk extension on floor	Prone opposite arm and leg lifts on Swiss ball	Prone trunk extension on Swiss ball	Trunk extension with rotation on floor in prone	
Extension 2	Supine double leg bridge	Supine single leg bridge	Supine double leg bridge on Swiss ball	Supine Swiss ball hamstring curls		
Extension 3	Standing lat pull down	Standing straight arm pull down	Stiff-leg deadlifts	Single-leg deadlift		
Trunk flexion	Partial curl up in supine fingers to knee	Partial curl up in supine wrist to knee	Bosu ball crunches			
Push	Split stance double arm cable chest press	Split stance single arm cable chest press	Single leg double arm chest press	Single arm opposite leg cable chest press		
Pull	Split stance double arm cable row	Split stance opposite arm cable row	Single leg double arm cable row	Single leg opposite arm cable row		