

**Table, Supplemental digital content. The detailed physical training program.**

Week	Exercise Program	Protocol	Borg CR-10	EMS	
1-1	Breathing (draw-in maneuver)	(3" in & 3" out) x 20reps.	2	30 Hz	
	Double legs inner sneezing	3" x 10reps x 2sets			
	Dead bug 1 (legs only)	10reps x 2sets			
	SLR out	10(5")reps x 2sets			
1-2	Breathing (draw-in maneuver)	(in 3" & out 3") x 10reps			
	Double legs Inner sneezing	5" x 10reps			
	Dead bug 1 (legs only)	10(5")reps x 2sets			
	SLR out	10(5")reps x 2sets			
1-3	Inner sneezing & crunch	3" x 10reps x 2sets			
	Dead bug 2 (arms & legs)	10(5")reps x 2sets			
	Bird dog 1	10(5")reps x 2sets			
	SLR in & out	10(5")reps x 2sets			
2-1	Inner sneezing & crunch	3" x 10reps x 2sets		3	70 Hz
	Dead bug 1&2	10(5")reps x 2sets			
	Bird dog 1	10(5")reps x 2sets			
	SLR in & out	20reps x 2sets			
2-2	Inner sneezing & crunch	3" x 10reps x 2sets			
	Dead bug 1&2	10(5")reps x 2sets			
	Bird dog 1&2	10(5")reps x 2sets			
	SLR in & out	20reps x 2sets			
2-3	Inner sneezing & crunch	3" x 15reps x 2sets			
	Dead bug 1&2	10(5") x 2sets			
	Bird dog 1&2	10(5") x 2sets			
	SLR in & out	20reps x 2sets			
3	Dead bug 1	10(5")reps x 2sets	4		
	Reverse crunch	15(5")reps x 2sets			
	Bird dog 2	10(5")reps x 2sets			
	Plank (front & half side)	20" x 2sets			
	SLR in & out	15reps x 2sets			
4	Bridge	30reps x 2sets	5		
	Reverse crunch	30reps x 2sets			
	Plank (front & half side)	40"x2sets & 30"x2sets			
	SLR in	20reps x 2sets			
5	Bridge	30reps x 2sets	6		
	Reverse Crunch	30reps x 2sets			
	Half side plank up down	20reps x 2sets			
	Supine SLR	20reps x 2sets			
	Front Plank	1"x2sets			
6	Mini squat side walk w/mini band	20reps x 2sets	7		
	SL bridge side move w/mini band	10reps x 2sets			
	Side plank up down w/mini band	15reps x 2sets			
	Full crunch	20reps x 2sets			
	Supine DL split	30" x 2sets			

	Front Plank	1' x 2sets		
7-8	Mini squat side walk w/mini band	20reps x 3sets	8~9	
	Superman	20reps x 3sets		
	Side plank Standard	1' x 3sets		
	Bicycle crunch	1' x 3sets		

SLR = straight leg raising, SL = single leg, DL = double leg, w/ = with, '' = second, ' = minute, reps = repetitions