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| Table S1. Examples of Pilates exercises. | | | |
| MESOCYCLE | EXERCISE FOCUSHED ON THE SPINE | EXERCISE FOCUSHED ON THE HIP | EXERCISE FOCUSHED ON THE PECTORAL GIRDLE |
| FAMILIARIZA-TION PERIOD (WEEKS 1-2) | Neck and dorsal spine flexion | Hip extension | Scapula abduction |
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| MESOCYCLE 1 (WEEKS 3-6) | Standing spine twist | Standing hip extension | Windmill arms seated on a chair |
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| MESOCYCLE 2 (WEEKS 7-10) | Supine curl ups (chi ball) | Side leg lifts | Supine up shoulders  (elastic band) |
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| MESOCYCLE 3 (WEEKS 11-14) | The bridge | Side leg lifts (chi ball) | Supine windmill arms  (elastic band) |
|  |  |  |
| MESOCYCLE 4 (WEEKS 15-18) | Assisted roll up  (elastic band) | Femur arcs and windmill arms  (elastic band) | Curl ups and shoulder abduction (elastic band) |
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