Overview of the training protocol; participants performed the routine twice per week.

**\*Lower Body Routine**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Sets | Repetitions | Rest Interval |
| Smith machine squat | 5 | 8-12 | 2 min |
| Leg Extension | 5 | 8-12 | 2 min |
| Straight Knee Calf Raise | 5 | 8-12 | 2 min |
| Bent Knee Calf Raise | 5 | 8-12 | 2 min |

**#Upper Body Routine**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Sets | Repetitions | Rest Interval |
| Shoulder Press | 5 | 8-12 | 2 min |
| Lat Pulldown | 5 | 8-12 | 2 min |
| Chest Press | 5 | 8-12 | 2 min |
| Biceps Curl | 5 | 8-12 | 2 min |
| Triceps Pushdown | 5 | 8-12 | 2 min |

\*Supervised training; #Unsupervised training