**Key to master chart**

**Group 1**: Constant/fixed protocol Whole-body vibration

**Group 2**: Progressive protocol Whole-body vibration

**Gender 1**: Male

**Gender 2**: Female

**BMI:** Body mass index

**VAS:** Visual Analog scale

**RMDQ**: Rolland Moris disability questionnaire

**PILE:** Progressive isoinertial lifting evaluation

**RA**: Rectus Abdominis

**EO**: External Oblique

**ES**: Erector Spinae

**MF**: Multifidus

**AvgRMS**: average of three repetition of Root mean square obtained in normal activity

**AvgMVIC**: average of three repetition of Root mean square obtained in Maximum voluntary isometric contraction

**%MVIC**: percentage MVIC

**1**: Pre-treatment

**2**: Post-treatment