

Title: Comparison of the electromyography activity during exercises with stable and unstable surfaces: A systematic review and meta-analysis

Supplementary Online Material S2

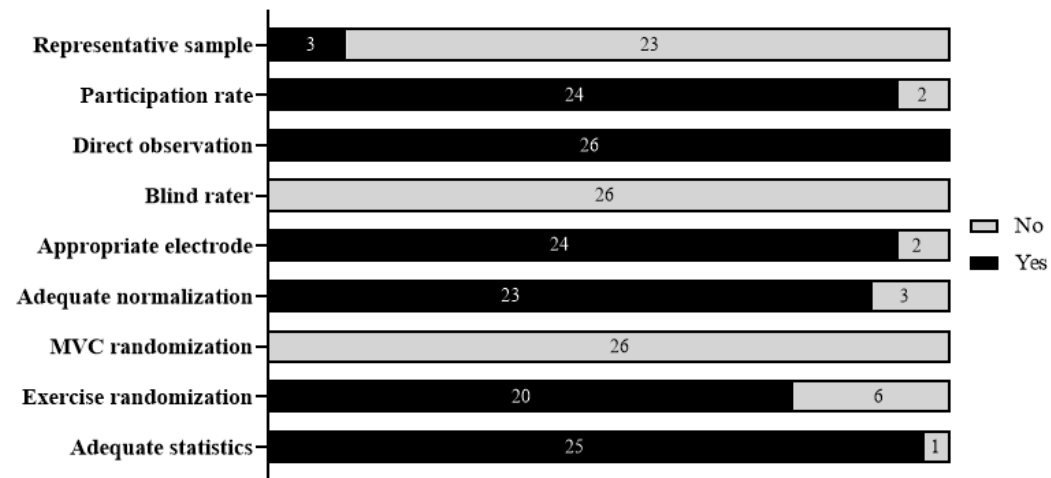


Figure 1. Methodological quality of the studies that evaluated the core musculature.

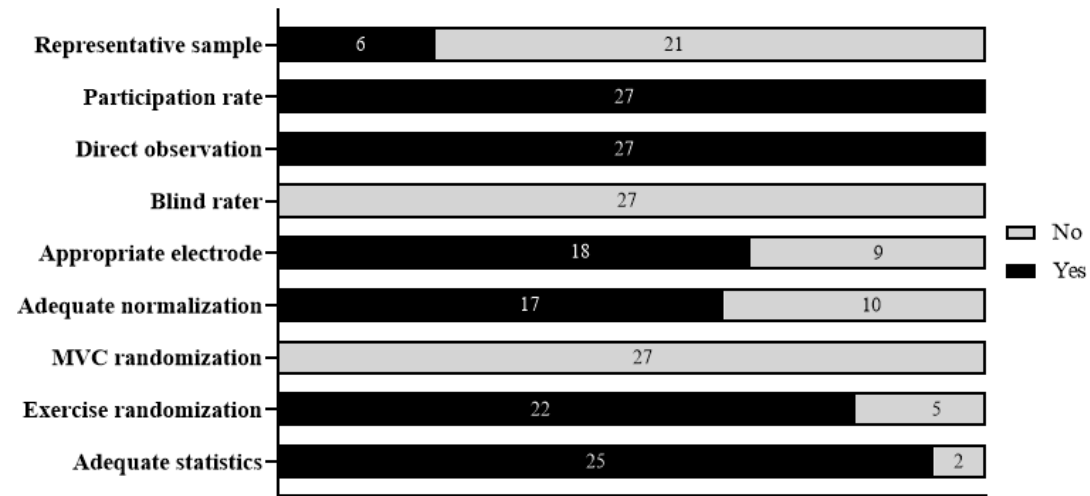


Figure 2. Methodological quality of the studies that evaluated the lower limbs musculature.

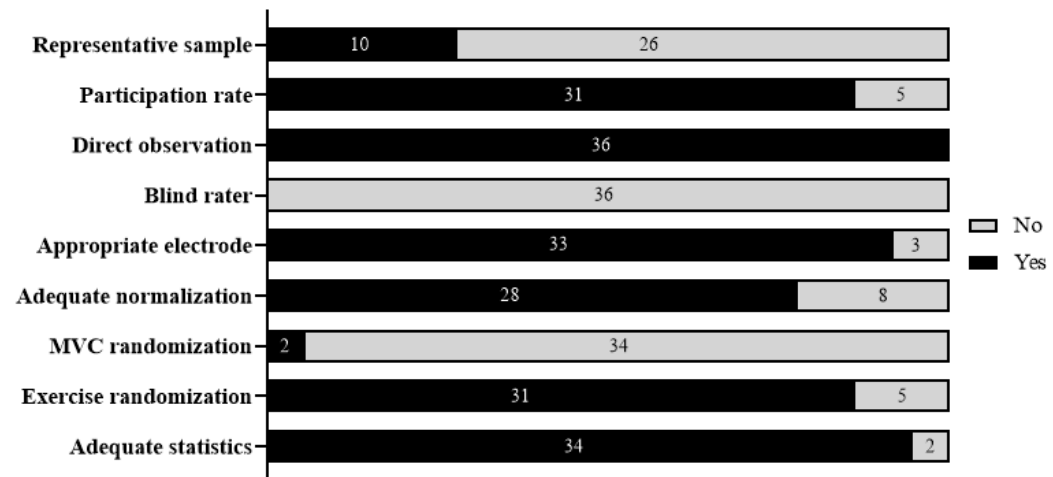


Figure 3. Methodological quality of the studies that evaluated the upper limbs musculature.