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

**Supplementary Online Material S4**

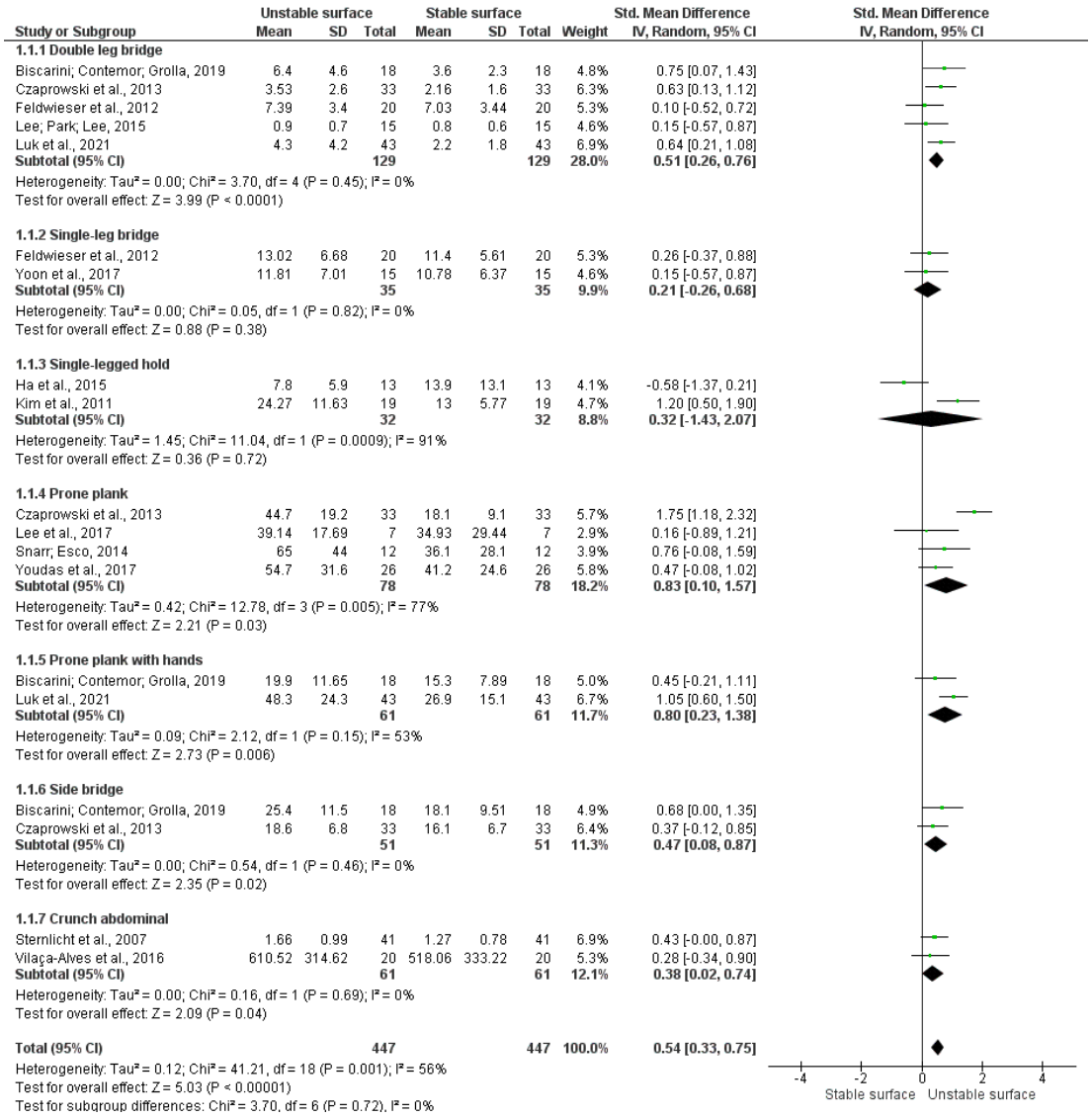


**Figure 1.** Forest plot of the rectus abdominis muscle EMG activity on an unstable surface versus a stable surface.

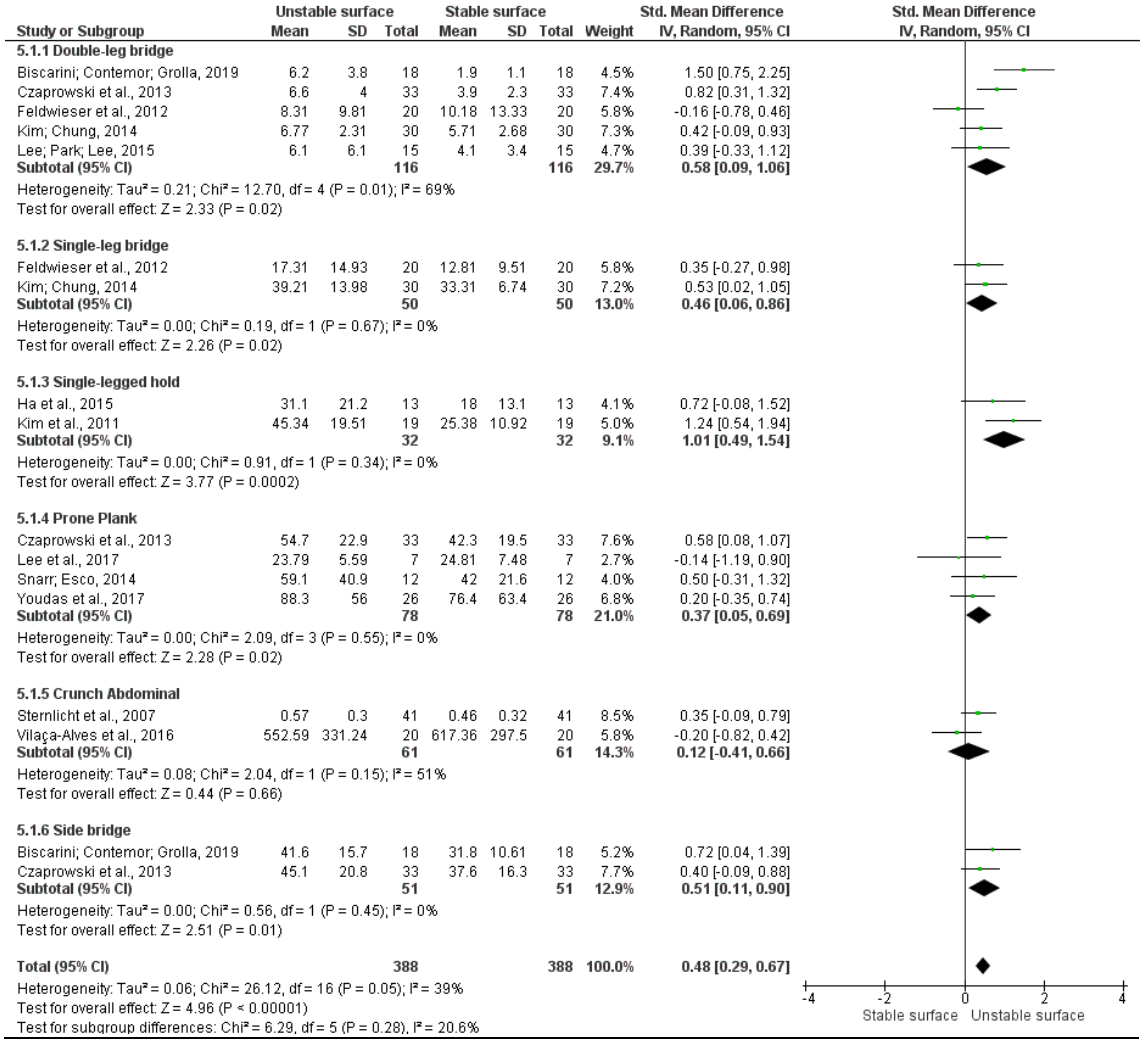


**Figure 2.** Forest plot of the external oblique muscle EMG activity on an unstable surface versus a stable surface.

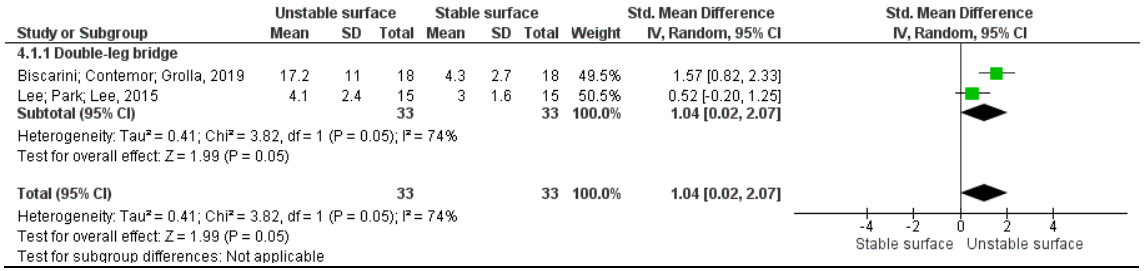


**Figure 3.** Forest plot of the internal oblique muscle EMG activity on an unstable surface versus a stable surface.

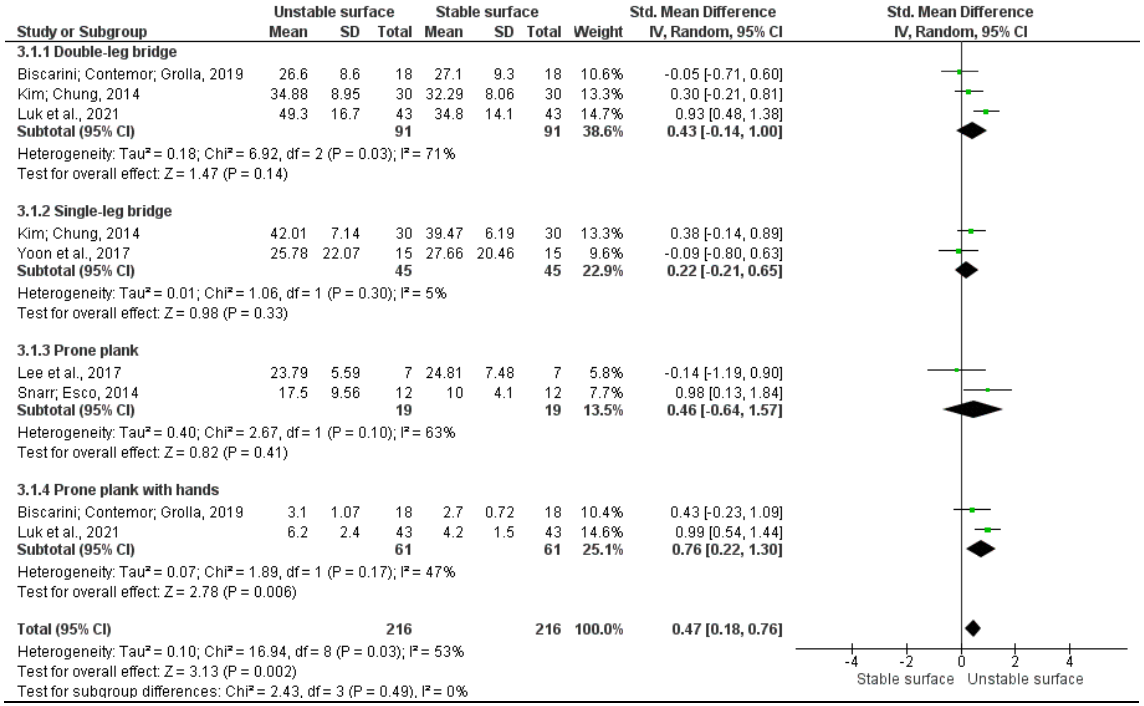


**Figure 4.** Forest plot of the erector spinae muscle EMG activity on an unstable surface versus a stable surface.

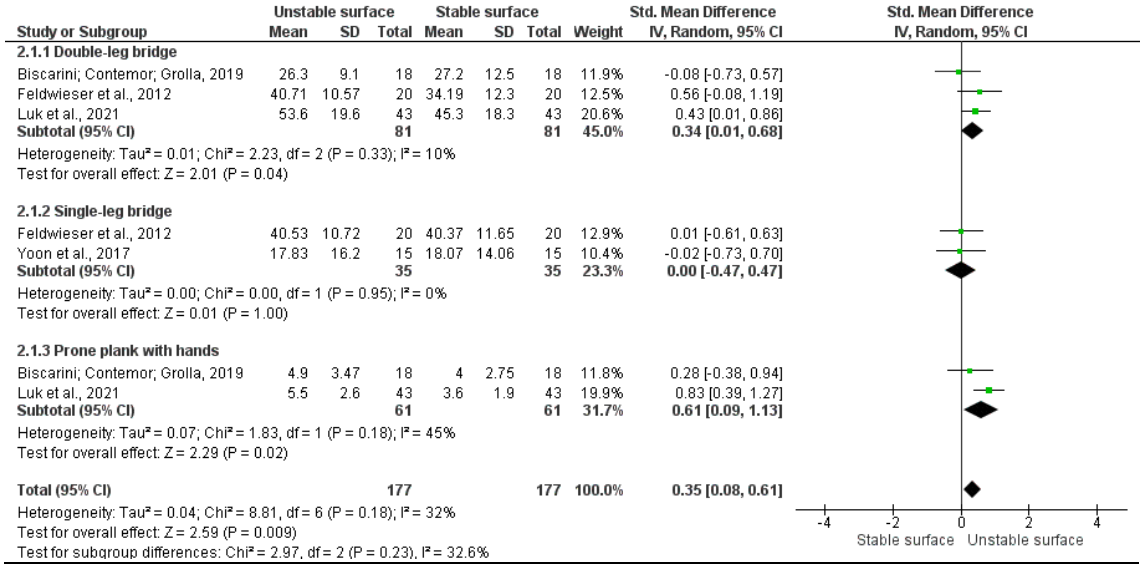


**Figure 5.** Forest plot of the lumbar multifidus muscle EMG activity on an unstable surface versus a stable surface.

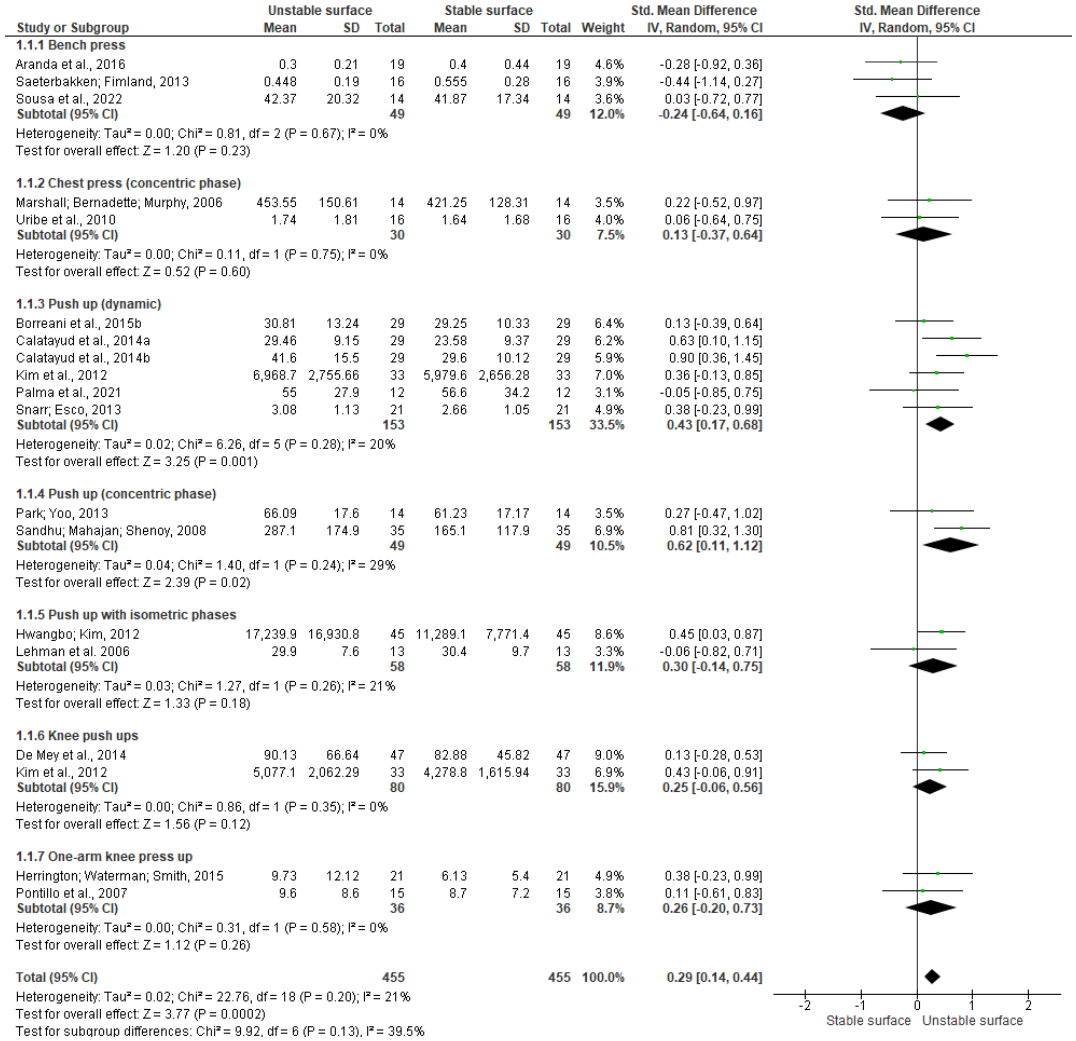


**Figure 6.** Forest plot of the pectoralis major muscle EMG activity on an unstable surface versus a stable surface.

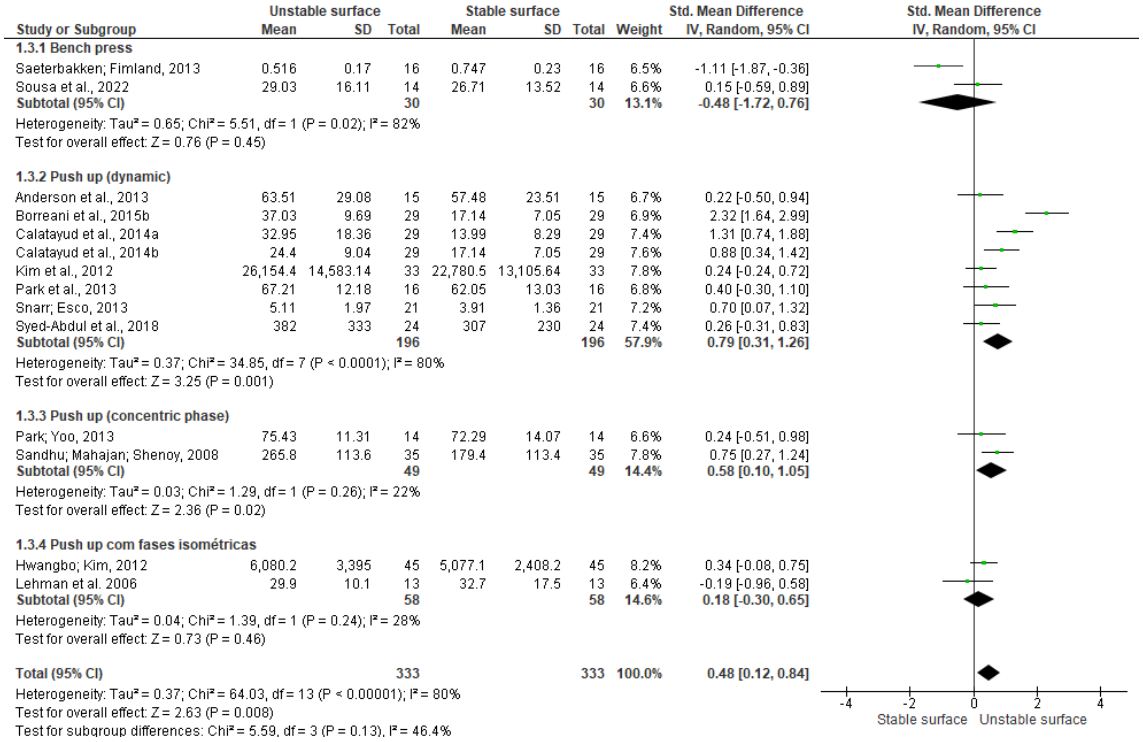


**Figure 7.** Forest plot of the triceps muscle EMG activity on an unstable surface versus a stable surface.

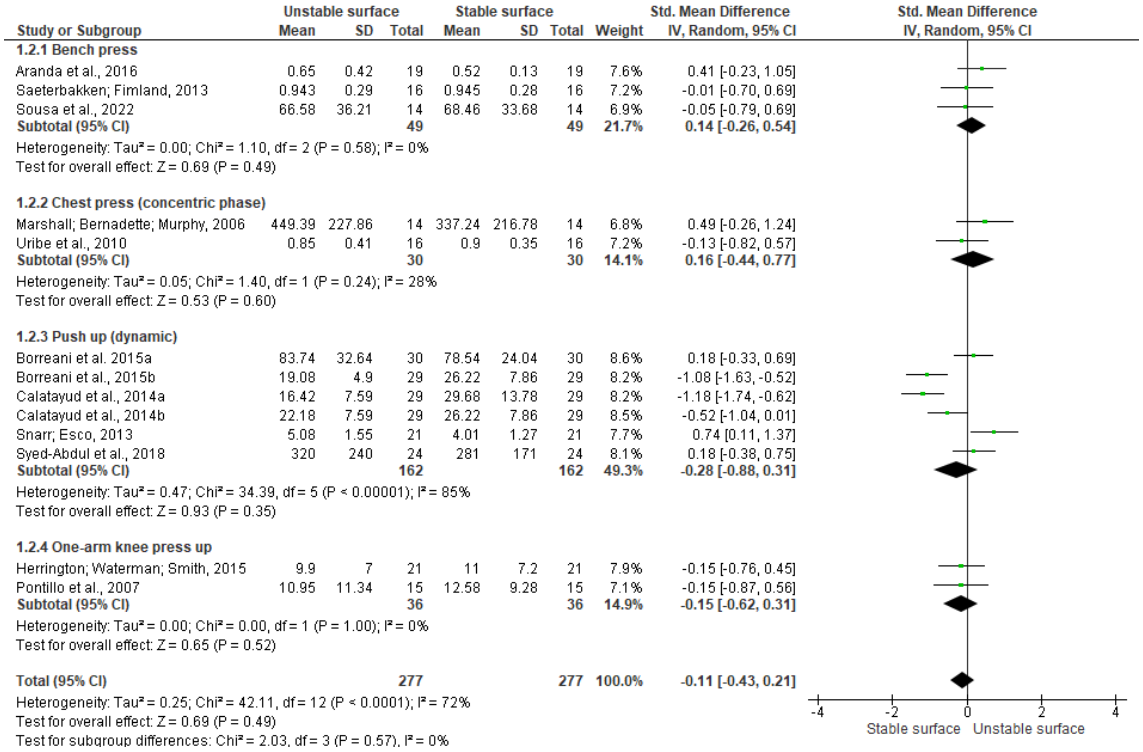


**Figure 8.** Forest plot of the anterior deltoid muscle EMG activity on an unstable surface versus a stable surface.

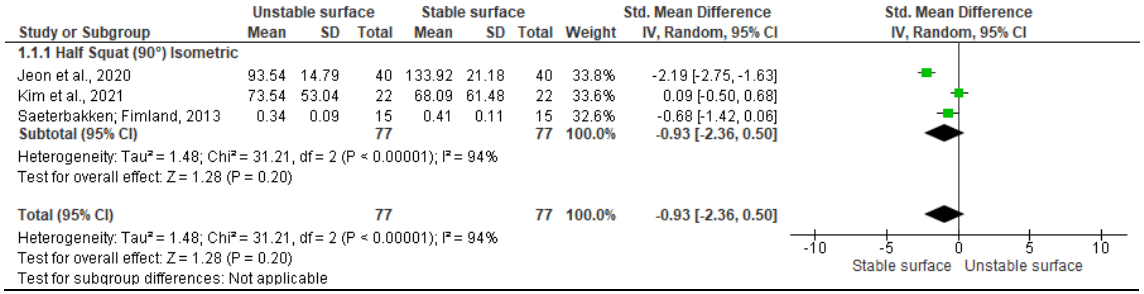


**Figure 9.** Forest plot of the rectus femoris muscle EMG activity on an unstable surface versus a stable surface.

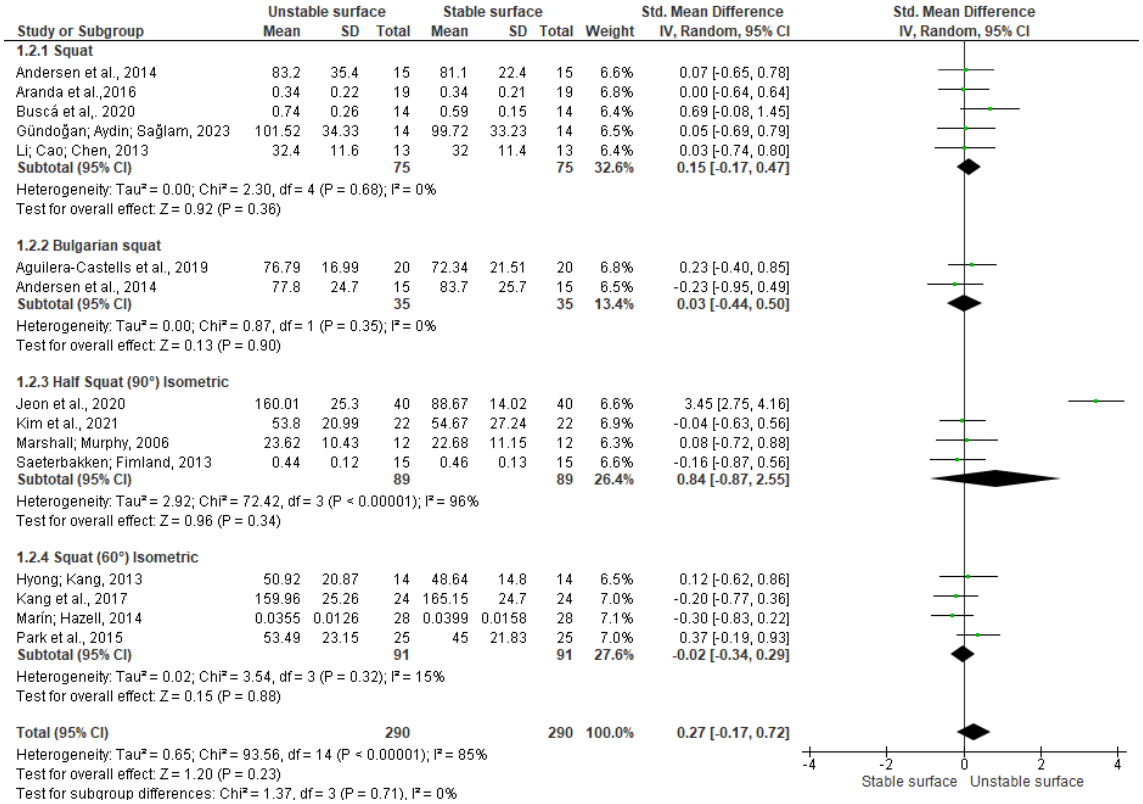


**Figure 10.** Forest plot of the vastus lateralis muscle EMG activity on an unstable surface versus a stable surface.

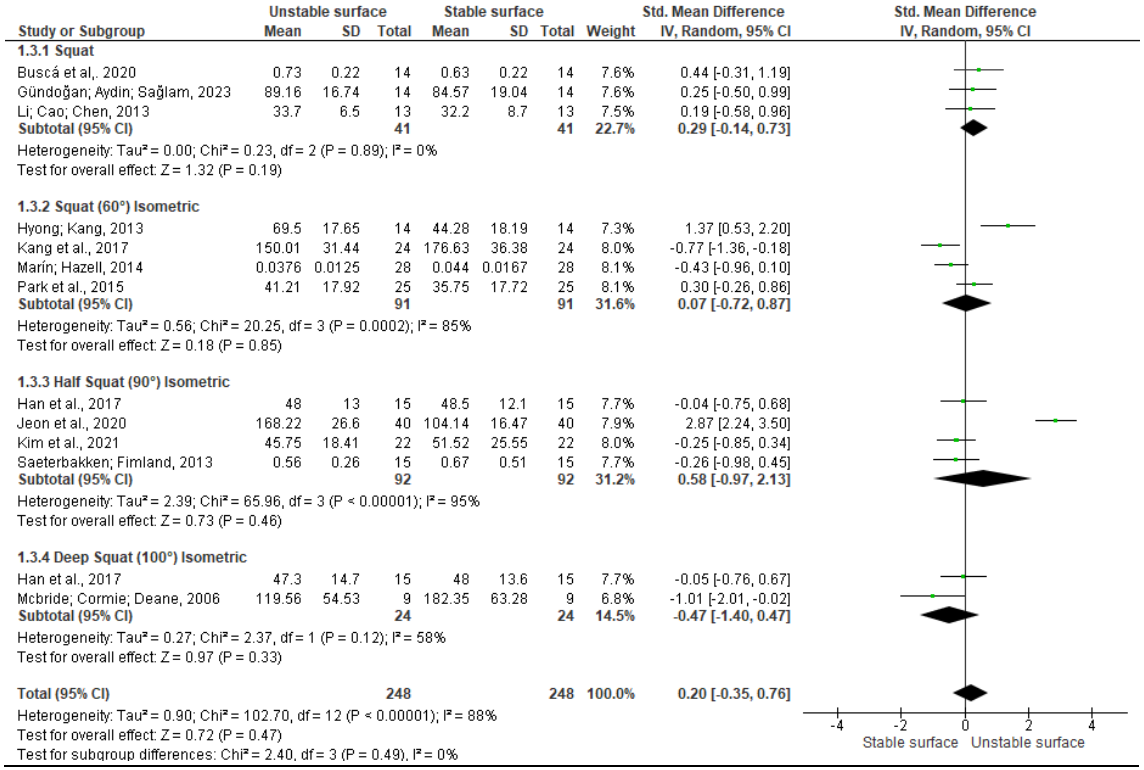


**Figure 11.** Forest plot of the vastus medialis muscle EMG activity on an unstable surface versus a stable surface.

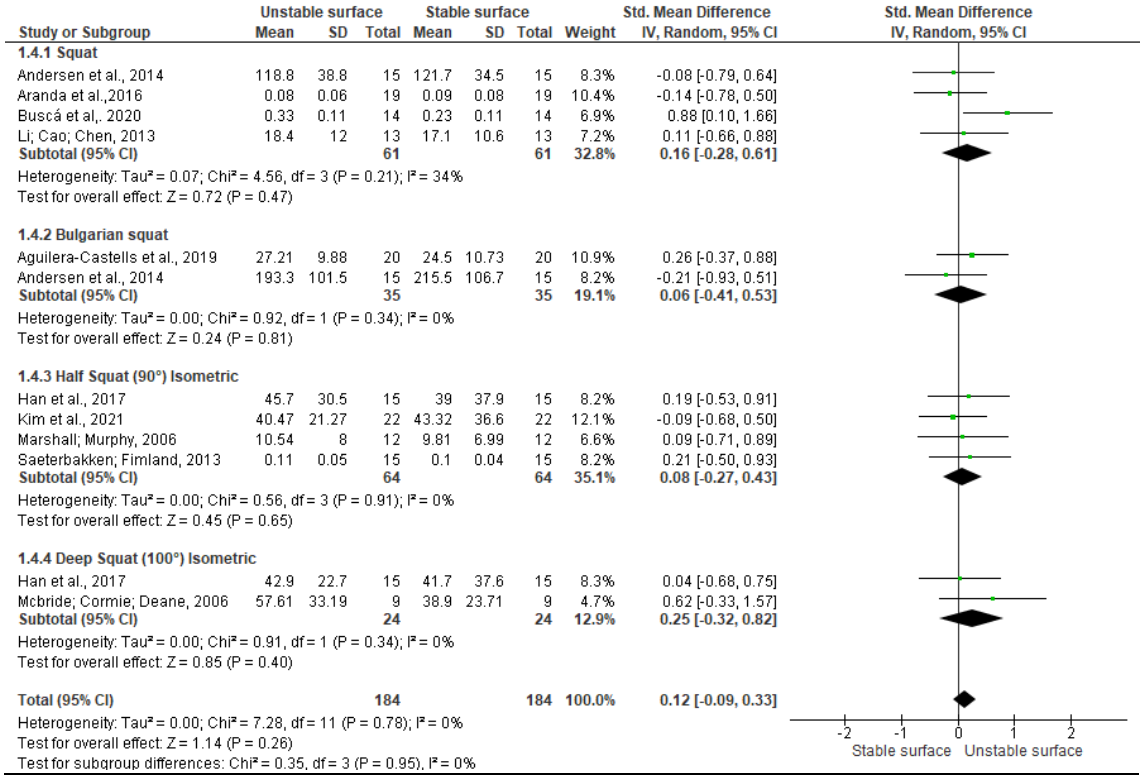


**Figure 12.** Forest plot of the biceps femoris muscle EMG activity on an unstable surface versus a stable surface.

**Table 1.** Intensity of exercises included in the meta-analysis.

| EXERCISE | STUDY | INTENSITY |
|---|---|---|
| BENCH PRESS | ARANDA et al., 2016 | 15 RMs |
| | SOUSA et al., 2022 | 50% of 1 RM |
| | SAETERBAKKEN; FIMLAND, 2013 | 50% of 6 RM |
| CHEST PRESS | MARSHALL; MURPHY, 2006 | 60% of 1 RM. |
| | URIBE et al., 2010 | 80% of 1 RM. |
| SQUAT | ANDERSEN et al., 2014 | 6 RMs |
| | ARANDA et al., 2016 | 15 RMs |
| | BUSCÀ et al., 2020 | 80% of 1 RM |
| | LI; CAO; CHEN, 2013 | 60% of 1 RM |
| | GÜNDOĞAN; AYDIN; SAĞLAM, 2023 | Body weight |