

Supplementary file Tab. S 1: Questionnaire for personal and training-specific aspects
(translated into English for publication)

Year of birth
Weight (in kg)
Height (in cm)
Gender
How long have you been working out at the gym, or how many years have you been working out at the gym in the past, if you are no longer working out at the gym? <input type="radio"/> 1 – 2 years <input type="radio"/> 2 – 3 years <input type="radio"/> 3 – 7 years <input type="radio"/> > 8 years
How often do you exercise per week (perhaps additionally at home)? <input type="radio"/> 1 – 2 times a week <input type="radio"/> 3 – 4 times a week <input type="radio"/> 4 – 6 times a week <input type="radio"/> daily
Do you follow a training plan (if so, who created the plan)? <input type="radio"/> Yes, created on my own <input type="radio"/> Yes, created online <input type="radio"/> Yes, created by a coach <input type="radio"/> No
Enter the total hours of your fitness training per week
Do you regularly participate in other sports besides fitness?
What other sports do you do besides fitness training and at what level (competitive, hobby)?
What is your level of physical activity at work? <input type="radio"/> physically high active (> 8 hours) <input type="radio"/> physically active (4 – 8 hours) <input type="radio"/> physically moderate active (2 – 4 hours) <input type="radio"/> physically inactive (0 – 2 hours)
Do you smoke? <input type="radio"/> Yes if yes how many cigarettes per year _____ if yes how many years _____ <input type="radio"/> No
Are you doing a warm – up regularly? <input type="radio"/> Yes, 1 – 5 min <input type="radio"/> Yes, 5 – 10 min <input type="radio"/> > 10 min <input type="radio"/> No