

Table S1: Schedule exercises' example of the online training program

SCHEDULE EXERCISES				
WARM-UP				
DURATION: 15'	AIM: Mobility, Proprioceptive, Balance Ex. EQUIPMENT: Wands, Chair			
EXERCISE	Repetitions			
Circumduction of Shoulder – Calf Raise	8-10			
Dynamic Hip Mobility on Sagittal and Frontal Plane	8-10 + 8-10			
Circumduction of Arms – Half Squat	8-10			
Flex-Extensions of Arms + Wands	8-10			
Walking on Heel, Forefoot, Tandem	1'-2'			
Monopodal Balance + Chair and Dynamic Balance Y-Balance	10"-30"			

STRENGTH PHASE				
DURATION: 20'- 30'	MUSCLE GROUPS: Total body, Core EQUIPMENT: Thera Band (TB), Mat			
CIRCUIT (1) x 3 set	Week 1	Week 2	Week 3	Week 4
Sumo squat + TB	10	10	15	15
Bent over row + TB	10	10	15	15
Romanian Dead Lift + TB	10	10	15	15
Rest	60"	45"	45"	30"
CIRCUIT (2) x 3 set	Week 1	Week 2	Week 3	Week 4
Inclined Push up	10	10	15	15
Backward Lunges – Lateral Raise + TB	8+8	8+8	10+10	10+10
Inclined walking plank Into Squat	10	10	15	15
Rest	60"	45"	45"	30"

AEROBIC PHASE	
DURATION: 10'-15'	INTENSITY: \approx 65-70% of HRR MUSIC: \approx 128 bpm
STEPS	Repetitions
March in place with Arms	3x8
Sidestep	3x8
Knee Up	3x8
Leg Curl	3x8
Kick and Punge	3x8
Lounges	3x8
V-Step	3x8
March in place with Arms	3x8

COOL-DOWN	
DURATION: 5'-10'	AIM: Stretching of all muscle groups involved in the protocol