



Supplementary Material

Table S1. The content of core-stability exercise program.

Core-Stability Exercise Program								
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Basis principle of Pilates: Breathing, pelvic placement, rib cage placement, scapular movement and stabilization, head and cervical placement.	V (supine)	V (supine)		V (sitting)	V (sitting)			
Supine position								
Glute bridge	V	V	V	V	V	V	V	
Pelvic tilt	V	V	V					
Partial curl			V	V	V			
Toe touch				V	V	V	V	
Supine bicycle					V			
Single leg bridge						V	V	
Dead bug						V	V	
Prone position								
Swimmers	V	V	V					
Forearm plank				V	V	V	V	V
Plank body saw				V	V			
Plank single leg saw				V	V			
Plank crawl					V	V	V	V
High plank						V	V	V
Plank up down							V	V
Panther shoulder tap								V
All four position								
Bear holds			V			V	V	V
Mountain climber						V	V	V
Bull dog							V	V
Bear plank walk								V
Standing position								
Squat	V	V	V	V	V			
Side lunge	V	V	V			V	V	

Alternating side lunge	V	V		V	V
Slide shuffle	V	V		V	V
Carioca	V	V			
Calf raises	V	V	V		
High kicks		V			
Jump squats		V	V	V	
Standing core rotation		V	V	V	
Oblique twist				V	V
Foot fire				V	V
Burpee jacks					V
Foot fire—lateral					V
Jumping jacks					V
Lateral jumping jacks					V

Sixty minutes per session (including 10 min of warm-up and 5 min of cool-down); 2–3 sets × 5–10 reps for each as tolerated.