

Supplementary Material, Sling exercises

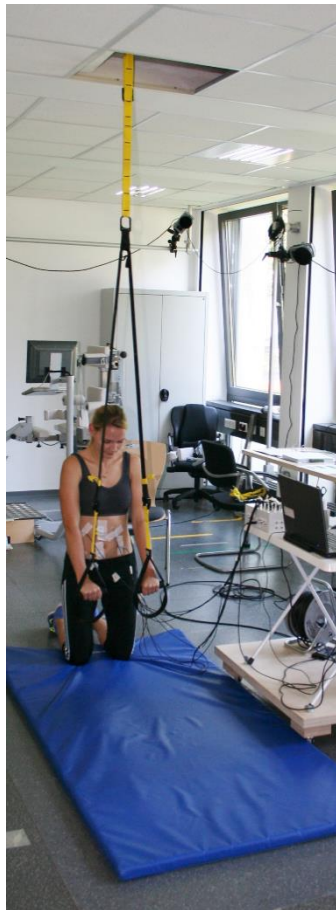


Figure SM1. The sling exercise „Body extension“. Left: starting position; right: end position.



Figure SM2. The sling exercise „Hip abduction“. Left: starting position; right: end position.

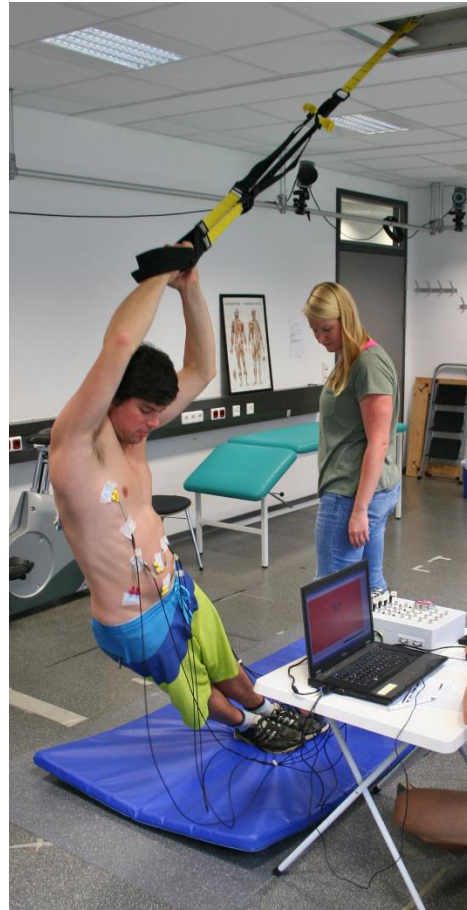


Figure SM3. The sling exercise „Hip Drop“. Left: starting position; right: end position.



Figure SM4. The sling exercise „Rowing“. Left: starting position; right: end position.

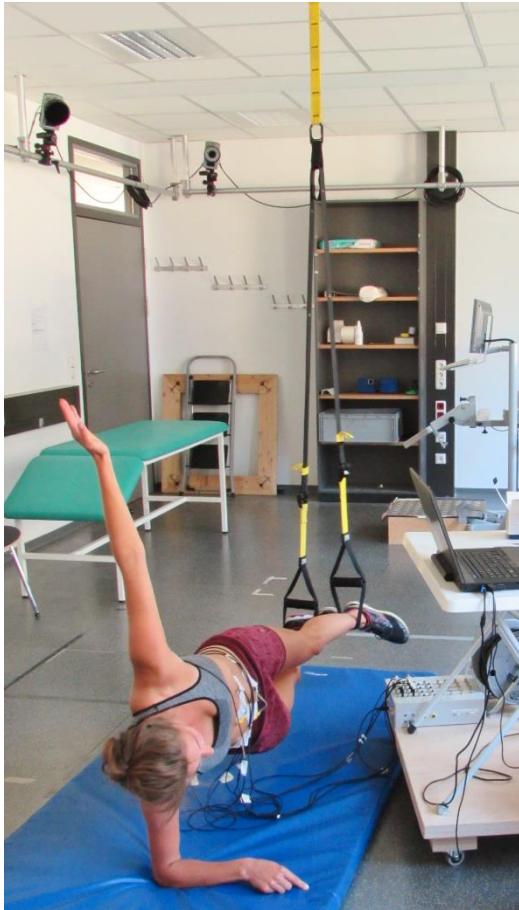


Figure SM5. The sling exercise „Side plank“. Left: starting position; right: end position.

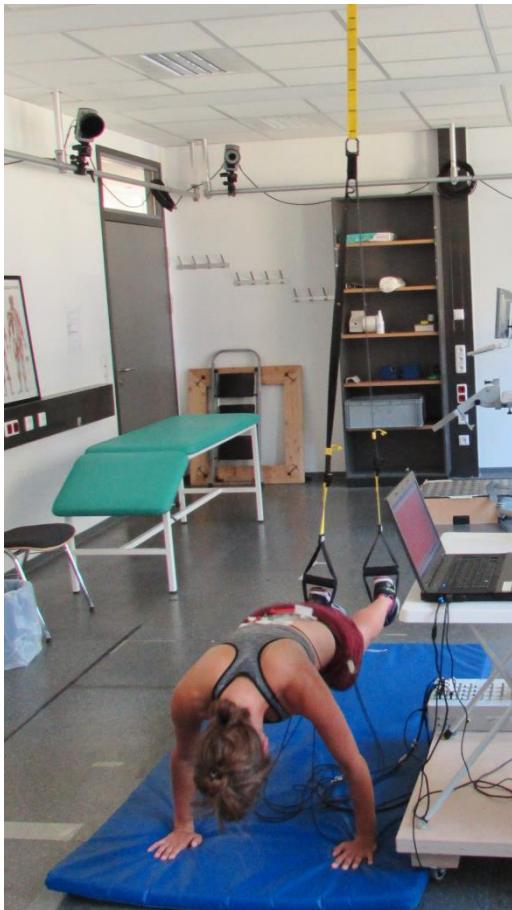


Figure SM6. The sling exercise „Suspended Crunch“. Left: starting position; right: end position.