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.