

Supplement A

Description of each training program’s exercise

| <i>Week</i> | <i>Minutes</i> | <i>Sport Actions</i> | <i>Sports Equipment</i> | <i>Total Exercises</i> | <i>Series-rest</i> | <i>Rep</i> | <i>Observations</i> |
|-------------|----------------|-------------------------------------------------|---------------------------------|------------------------|--------------------|------------|--------------------------|
| 1 | 40´ | Whole Body Vibration Exercise (30Hz-4mm) | Vibratory platform | 5 | 1-1´ | 10 | |
| | | Proprioceptive Training | Balance platform | 5 | 1-1´ | 10 | |
| | | Eccentric Training | Russian belt | 5 | 1-1´ | 10 | No load |
| | | Suspension Training | TRX® | 4 | 1-1´ | 10 | |
| | | Proprioceptive Training + balance | Fitball | 4 | 1-1´ | 10 | |
| 2 | 45´-50´ | Whole Body Vibration Exercise (30Hz-4mm) | Vibratory platform | 5 | 1-1´ | 20 | |
| | | Proprioceptive Training | Balance platform | 5 | 1-1´ | 10 | Closed eyes |
| | | Eccentric Training | Russian belt + foam ball + disk | 5 | 1-1´ | 10 | External load (~10% BMI) |
| | | Suspension Training | TRX® | 4 | 1-1´ | 12 | |
| | | Proprioceptive Training + balance | Fitball | 4 | 1-1´ | 10 | Closed eyes |
| 3 | 45´-50´ | Whole Body Vibration Exercise (30Hz-4mm) + jump | Vibratory platform | 4 | 1-1´ | 10 | |
| | | Proprioceptive Training + jump | Balance platform | 4 | 1-1´ | 10 | |
| | | Coordination | Agility ladder | 5 | 1-1´ | 2 | |

| | | | | | | | |
|---|---------|----------------------------------------------------|---------------------------------------|---|------|----|-------------|
| 4 | 45'-50' | Eccentric Training | Theraband | 4 | 1-1' | 10 | |
| | | Proprioceptive Training + balance | Fitball | 3 | 1-1' | 10 | |
| | | Whole Body Vibration Exercise (30Hz-4mm) + jump | Vibratory platform | 4 | 1-1' | 20 | |
| | | Proprioceptive Training + jump | Balance platform | 4 | 2-1' | 10 | |
| | | Coordination | Agility ladder | 5 | 1-1' | 4 | |
| | | Eccentric Training | Theraband | 4 | 1-1' | 16 | |
| | | Proprioceptive Training + balance | Fitball | 3 | 1-1' | 16 | |
| | | Whole Body Vibration Exercise (30Hz-4mm) + jump | Vibratory platform | 3 | 1-1' | 20 | Closed eyes |
| | | Proprioceptive Training + jump | Balance platform | 4 | 1-1' | 10 | With turns |
| | | Coordination Exercise | Agility ladder | 5 | 1-1' | 6 | |
| 5 | 50'-55' | Eccentric Training + balance | Theraband + foam ball | 4 | 1-1' | 10 | Closed eyes |
| | | Proprioceptive Training + balance | Fitball | 3 | 1-1' | 10 | Closed eyes |
| | | Whole Body Vibration Exercise (30Hz-4mm) + balance | Vibratory platform + balance platform | 4 | 1-1' | 10 | |
| | | | | | | | |
| | | | | | | | |
| 6 | 50'-55' | | | | | | |
| | | | | | | | |

| | | | | | | | |
|---|---------|----------------------------------------------------|----------------------------------------------|---|------|----|--------------------------|
| 7 | 50'-55' | Proprioceptive Training + cross jumping | Balance platform | 3 | 1-1' | 10 | |
| | | Isometric + balance | Russian belt + balance platform | 2 | 1-1' | 10 | |
| | | Suspension Training + balance | TRX® + balance platform | 3 | 1-1' | 10 | |
| | | Proprioceptive Training + balance | Fitball, balance platform + foam ball | 2 | 1-1' | 10 | |
| | | Coordination + balance | Agility ladder + balance platform | 3 | 1-1' | 2 | |
| | 50'-55' | Whole Body Vibration Exercise (30Hz-4mm) + balance | Vibratory platform + balance platform | 4 | 1-1' | 16 | |
| | | Proprioceptive Training + cross jumping | Balance platform | 4 | 1-1' | 8 | Closed eyes |
| | | Isometric + balance | Russian belt + balance platform | 2 | 1-1' | 10 | External load (~10% BMI) |
| | | Suspension training + balance | TRX® + balance platform | 3 | 1-1' | 16 | |
| | | Proprioceptive Training + balance | Fitball + balance platform + foam ball | 2 | 1-1' | 10 | With foot change |
| 8 | 50'-55' | Coordination + balance | Agility ladder + balance platform | 3 | 1-1' | 4 | |
| | | Proprioceptive Training + balance + jump | Agility Ladder + foam ball + balance board | 4 | 1-1' | 10 | Closed eyes |
| | | | | | | | Cross jumping |
| | | Proprioceptive Training + balance | Cama elástica + balance platform + foam ball | 6 | 1-1' | 10 | |

| | | | | | | | |
|----|---------|--------------------------------------------------|---------------------------------------------------|---|------|----|-------------------------------|
| 9 | 55'-60' | Balance | Fitball + balance platform + foam ball | 2 | 1-1' | 10 | |
| | | Proprioceptive Training + coordination | Agility ladder + balance platform | 3 | 1-1' | 8 | |
| | | Proprioceptive Training + balance | Balance platform + balance board + foam ball | 3 | 1-1' | 10 | Closed eyes |
| | | Proprioceptive Training + balance + jump | Cama elástica + balance platform + foam ball | 5 | 1-1' | 10 | |
| | | Balance | Balance board + foam ball | 2 | 1-1' | 10 | Closed eyes |
| | | Proprioceptive Training | Fitball + foam ball | 1 | 1-1' | 10 | Closed eyes and cross support |
| 10 | 55'-60' | Coordination + Proprioceptive Training + balance | Agility Ladder + balance platform + cama elástica | 4 | 1-1' | 2 | |
| | | Proprioceptive Training + balance + turns | Balance platform + balance board | 3 | 1-1' | 10 | Upside-down balance platform |
| | | Proprioceptive Training + balance + jump | Cama elástica + balance platform + foam ball | 5 | 1-1' | 10 | Closed eyes |
| | | Balance | Balance board + foam ball | 1 | 1-1' | 10 | Closed eyes |
| | | Proprioceptive Training | Fitball + foam ball | 1 | 1-1' | 10 | Closed eyes and cross support |
| | | Coordination + Proprioceptive Training + balance | Agility ladder + balance platform y cama elástica | 3 | 1-1' | 4 | |

| | | | | | | | |
|----|---------|---------------------------------------------------------|---------------------------------------------------|---|------|----|-----------------|
| 11 | 55'-60' | Eccentric Training + Proprioceptive Training | Theraband + cama elástica | 2 | 1-1' | 10 | |
| | | Proprioceptive Training + balance + turns | Balance platform + balance board | 3 | 1-1' | 16 | |
| | | Proprioceptive Training + balance + jump + turns | Cama elástica + balance platform + foam ball | 6 | 2-1' | 10 | |
| | | Balance | Balance board + foam ball | 2 | 1-1' | 10 | |
| | | Proprioceptive Training | Fitball and foam ball | 1 | 1-1' | 20 | |
| | | Coordination + Proprioceptive Training + balance | Agility ladder + balance platform y cama elástica | 3 | 1-1' | 6 | |
| 12 | 55'-60' | Eccentric Training + Proprioceptive Training | Theraband + cama elástica + foam ball | 2 | 1-1' | 20 | |
| | | Proprioceptive Training + balance + turns | Balance platform + balance board | 4 | 1-1' | 16 | With stop tasks |
| | | Proprioceptive Training + balance + jump + turns | Cama elástica, balance platform + foam ball | 6 | 1-1' | 16 | |
| | | Balance | Balance board + foam ball | 2 | 1-1' | 20 | |
| | | Coordination + Proprioceptive Training + balance + jump | Agility ladder + balance platform y cama elástica | 3 | 1-1' | 6 | |
| | | Eccentric Training + Proprioceptive Training | Theraband + cama elástica + foam ball | 2 | 1-1' | 16 | |