

**Table S1.** First mesocycle day 1.

<b>Exercise</b>	<b>Series</b>	<b>Extent</b>
10 'of warming up		
Passing the tennis ball under the plantar fascia	3	30'' per side
Passage of the proprioceptive ball under the plantar fascia	3	30'' per side
Static balance on the BOSU with open eyes	3	1'
Static balance on the BOSU with closed eyes	3	1'
Bend on the lower limbs with one foot on the BOSU	3	10 per side
Passage of the proprioceptive ball under the palm of the hand	3	30'' per side
Arm flexion with 1 'of isometry by pushing the swissball	3	10''
Single push with 1 'of isometry and with the back of the hand and humerus extrarotated on the swissaball resting on the wall	3	10 per side
Isometric crunch	3	20''
Isometric plank with support on the hands	3	20''
10 'of stratching and joint mobility		

**Table S2.** First mesocycle day 2.

<b>Exercise</b>	<b>Series</b>	<b>Extent</b>
10 'of warming up		
Partial squat with sitting on the bench	3	10
Isometric squat leaning against the wall with knee bent at 90 °	3	20''
Single step up on rise (double step)	3	10 per side
Floor buttocks bridge	3	10
Lat machine	3	10
Vertical traction	3	10
Lateral raises	3	10
Supine curl with dumbbells	3	10
French press with dumbbells	3	10
Isometric crunch	3	20''
Isometric plank with support on the hands	3	20''
10 'of stratching and joint mobility		

**Table S3.** Second mesocycle day 1.

<b>Exercise</b>	<b>Series</b>	<b>Extent</b>
10' of warming up		
Passage of the proprioceptive ball under the plantar fascia	3	30'' per side
Static balance on the BOSU with eyes closed	3	1'
Dynamic and monopodalic ascent and descent on the BOSU	3	30'' per side
Partial lunge with one foot on the BOSU	3	10 per side

Single step up on rise (double step) and front descent	3	8 per side
Arm flexion with 1 'of isometry by pressing the RING	3	10
Adduction with 1 'of isometry by pressing the RING behind the buttocks	3	10
Launch of the swissball with subject sitting on the BOSU	3	1'
Crunch	3	20''
Quadrupedal hyperextension	3	20''
10' of stretching and joint mobility		

**Table S4.** Second mesocycle day 2.

<b>Exercise</b>	<b>Series</b>	<b>Extent</b>
10' of warming up		
Super set:		
-Squat up to parallel	4	12
-Rowing with EZ barbell	4	12
Super set:		
-Squat in side walk	4	30''
-Vertical traction	4	12
Super set:		
-Leg extension	4	12
-Supine lat machine	4	12
Super set:		
-Step up	3	10
-Lateral raise		
Crunch	3	20''
Quadrupedal hyperextension	3	20''
10' of stretching and mobility		