

**Table S2.** Scheme of strength exercises.

Day of the week	Exercise	Number of series/repetitions
Monday	<ol style="list-style-type: none"> <li>1. Push the barbell in front of chest upwards while standing.</li> <li>2. One minute recovery break.</li> <li>3. Push the barbell up from behind head in a standing position.</li> <li>4. One minute recovery break.</li> <li>5. Bend elbow joints through their full range of motion while standing.</li> </ol>	3/16*
Wednesday	<ol style="list-style-type: none"> <li>1. Kneel straight on a bean type balance ball (across on the bean) – maintaining balance on unstable ground.</li> <li>2. Lie on your stomach on a bean type balance ball (along the bean ball) – maintain body on the ball so that no part of body touches the ground.</li> <li>3. Sit astride on a bean type balance ball so that no part of your body touches the ground.</li> </ol>	depending on fitness level
Friday	<ol style="list-style-type: none"> <li>1. Do squats with a barbell on shoulders to the right angle, at a medium pace counted on "3".</li> <li>2. Do squats with a barbell on shoulders to the right angle with varying pace in the following sequence: 1 slow, 1 quick ... 5 slow, 5 quick</li> <li>3. Perform isometric contractions while doing a squat (90° knee bend), with varying duration. The sequence is: 10 s, 15 s, 20 s, 25 s, 30 s, 25 s, 20 s, 15 s, 10 s.</li> </ol>	6/10  6/30  9

\*Series interrupted with an approximately. 10-12 s isometric contraction in intermediate position (approx. 90° bend at the elbow joint).