

## Supplemental text1

Text of the exercise program distributed to the participants.

1. Knee circles (Gluteal muscles)
  - ① Lie on your side and bend your knees to perpendicularly.
  - ② Pull your leg and rotate your knees in a circular motion.
2. Inner thigh (Adductor muscle)
  - ① Lie on your side and bend your knees to perpendicularly.
  - ② Extend your knees and raise them straight up.
3. Raise your knees at right angles (gluteal region)
  - ① Lie on your side and bend your knees to perpendicularly.
  - ② Raise your knees straight up, keeping your knees and hip at right angles.
4. Elbow at 90 degrees (shoulder inner muscle)
  - ① Hold the tube a little shorter than shoulder-width apart with the flat of the hand facing up.
  - ② Slowly, in a parallel manner, spread the tube without recoil.
5. Shoulder stretch (back shoulder)
  - ① Grip the tube shoulder-width apart with the flat of the hand down.
  - ② Slowly, in a parallel manner, spread the tube without recoil.
6. Elbow bending (biceps brachii muscle, biceps)
  - ① Grip the tube with the flat of the hand facing up.
  - ② Bend your elbow about 90 to 100 degrees.
7. Squat (Whole legs)
  - ① Spread your feet wider than hip-width apart and bend forward. The line of sight is on the floor.
  - ② Stand up until your posture is upright.
8. Raising and lowering the heel
  - ① Stand with your feet hip-width apart.

- ② Raise your heels with your back straight.