

Supplementary material 2. Exercises ratings post-workshop and 4-weeks post-workshop

Exercise		Importance		Enjoyable			Difficulty				
		Important % (n)	Not Important % (n)	Fun % (n)	Average % (n)	Boring % (n)	Too Challenging % (n)	Fit % (n)	Too Easy % (n)		
Jog	Post (n=108)	99.1% (107)	0.9% (1)	Post (n=101)	28.7% (29)	58.4% (59)	12.9% (13)	Post (n=96)	1.0% (1)	84.4% (81)	14.6% (14)
	4-week (n=23)	100.0% (23)	0.0% (0)	4-week (n=16)	25.0% (4)	56.2% (9)	18.8% (3)	4-week (n=13)	0.0% (0)	92.3% (12)	7.7% (1)
A March	Post (n=108)	98.1% (106)	1.9% (2)	Post (n=103)	57.3% (59)	42.7% (44)	0.0% (0)	Post (n=94)	2.1% (2)	92.6% (87)	5.3% (5)
	4-week (n=21)	100.0% (21)	0.0% (0)	4-week (n=18)	83.3% (15)	11.1% (2)	5.6% (1)	4-week (n=9)	0.0% (0)	100.0% (9)	0.0% (0)
Running	Post (n=108)	99.1% (107)	0.9% (1)	Post (n=97)	36.1% (35)	47.4% (46)	16.5% (16)	Post (n=95)	3.2% (3)	88.4% (84)	8.4% (8)
	4-week (n=25)	100.0% (25)	0.0% (0)	4-week (n=9)	11.1% (1)	66.7% (6)	22.2% (2)	4-week (n=13)	0.0% (0)	100% (13)	0.0% (0)
Lateral Lunge Stops	Post (n=107)	99.1% (106)	0.9% (1)	Post (n=96)	45.8% (44)	51.1% (49)	3.1% (3)	Post (n=94)	13.8% (13)	83.0% (78)	3.2% (3)
	4-week (n=24)	100.0% (24)	0.0% (0)	4-week (n=11)	9.1% (1)	81.8% (9)	9.1% (1)	4-week (n=12)	16.7% (2)	83.3% (10)	0.0% (0)
Jump/Catch/Land	Post (n=108)	99.1% (107)	0.9% (1)	Post (n=96)	64.6% (62)	35.4% (34)	0.0% (0)	Post (n=93)	8.6% (8)	90.3% (84)	1.1% (1)
	4-week (n=26)	100.0% (26)	0.0% (0)	4-week (n=11)	72.7% (8)	27.3% (3)	0.0% (0)	4-week (n=9)	0.0% (0)	100% (9)	0.0% (0)
Pick Ups	Post (n=108)	96.3% (104)	3.7% (4)	Post (n=97)	56.7% (55)	40.2% (39)	3.1% (3)	Post (n=90)	4.4% (4)	88.9% (80)	6.7% (6)
	4-week (n=23)	100% (23)	0.0% (0)	4-week (n=15)	60.0% (9)	40.0% (6)	0.0% (0)	4-week (n=11)	0.0% (0)	90.9% (10)	9.1% (1)
Partner Shuffle	Post (n=107)	99.1% (106)	0.9% (1)	Post (n=96)	70.8% (68)	26.0% (25)	3.1% (3)	Post (n=92)	7.6% (7)	85.9% (79)	6.5% (6)
	4-week (n=20)	90.0% (18)	10.0% (2)	4-week (n=17)	76.5% (13)	23.5% (4)	0.0% (0)	4-week (n=10)	0.0% (0)	100.0% (10)	0.0% (0)
Lunge Stops	Post (n=106)	99.1% (105)	0.9% (1)	Post (n=95)	41.1% (39)	51.6% (49)	7.4% (7)	Post (n=90)	8.9% (8)	87.8% (79)	3.3% (3)
	4-week (n=21)	100.0% (21)	0.0% (0)	4-week (n=13)	30.8% (4)	53.8% (7)	15.4% (2)	4-week (n=12)	25.0% (3)	75.0% (9)	0.0% (0)
Slow Plant and Cut	Post (n=106)	100.0% (106)	0.0% (0)	Post (n=94)	56.4% (53)	36.2% (34)	7.4% (7)	Post (n=91)	12.1% (11)	86.8% (79)	1.1% (1)
	4-week (n=23)	91.3% (21)	8.7% (2)	4-week (n=13)	30.8% (4)	53.8% (7)	15.4% (2)	4-week (n=11)	9.1% (1)	81.8% (9)	9.1% (1)

Squat Stops	Post	99.1%	0.9%	Post	42.9%	50.0%	7.1%	Post	6.7%	92.2%	1.1%
	(n=106)	(105)	(1)	(n=98)	(42)	(49)	(7)	(n=90)	(6)	(83)	(1)
	4-week	100.0%	0.0%	4-week	35.7%	57.1%	7.2%	4-week	8.3%	91.7%	0.0%
Arabesque	(n=20)	(20)	(0)	(n=14)	(5)	(8)	(1)	(n=12)	(1)	(11)	(0)
	Post	97.1%	2.9%	Post	64.1%	28.3%	7.6%	Post	14.1%	85.9%	0.0%
	(n=104)	(101)	(3)	(n=92)	(59)	(36)	(7)	(n=92)	(13)	(79)	(0)
Leg Swings	4-week	100.0%	0.0%	4-week	60.0%	33.3%	6.7%	4-week	22.2%	77.8%	0.0%
	(n=21)	(21)	(0)	(n=15)	(9)	(5)	(1)	(n=9)	(2)	(7)	(0)
	Post	95.3%	4.7%	Post	64.9%	32.0%	3.1%	Post	4.4%	90.0%	5.6%
Partner push into lunge	(n=106)	(101)	(5)	(n=97)	(63)	(31)	(3)	(n=90)	(4)	(81)	(5)
	4-week	90.9%	9.1%	4-week	56.3%	37.5%	6.2%	4-week	0.0%	92.3%	7.7%
	(n=22)	(20)	(2)	(n=16)	(9)	(6)	(1)	(n=13)	(0)	(12)	(1)
Nordic Hamstring Curl	Post	90.5%	9.5%	Post	70.8%	22.9%	6.3%	Post	14.3%	81.3%	4.4%
	(n=105)	(95)	(10)	(n=96)	(68)	(22)	(6)	(n=91)	(13)	(74)	(4)
	4-week	95.0%	5.0%	4-week	66.7%	26.7%	6.6%	4-week	21.4%	78.6%	0.0%
Front plank	(n=20)	(19)	(1)	(n=15)	(10)	(4)	(1)	(n=14)	(3)	(11)	(0)
	Post	91.3%	8.7%	Post	57.9%	35.8%	6.3%	Post	28.7%	69.1%	2.1%
	(n=104)	(95)	(9)	(n=95)	(55)	(34)	(6)	(n=94)	(27)	(65)	(2)
Side plank	4-week	100%	0.0%	4-week	50.0%	50.0%	0.0%	4-week	53.3%	46.7%	0.0%
	(n=23)	(23)	(0)	(n=10)	(5)	(5)	(0)	(n=15)	(8)	(7)	(0)
	Post	95.2%	4.8%	Post	37.5%	52.1%	10.4%	Post	22.3%	76.6%	1.1%
Split Squats	(n=104)	(99)	(5)	(n=96)	(36)	(50)	(10)	(n=94)	(21)	(72)	(1)
	4-week	100%	0.0%	4-week	36.4%	45.4%	18.2%	4-week	15.4%	84.6%	0.0%
	(n=26)	(26)	(0)	(n=11)	(4)	(5)	(2)	(n=13)	(2)	(11)	(0)
Lateral Hop and Hold	Post	92.4%	7.6%	Post	37.5%	50.0%	12.5%	Post	32.6%	66.3%	1.1%
	(n=105)	(97)	(8)	(n=96)	(36)	(48)	(12)	(n=92)	(30)	(61)	(1)
	4-week	100%	0.0%	4-week	30.0%	60.0%	10.0%	4-week	35.3%	64.7%	0.0%
Prisoner Squats	(n=21)	(21)	(0)	(n=10)	(3)	(6)	(1)	(n=17)	(6)	(11)	(0)
	Post	96.1%	3.9%	Post	46.3%	46.3%	7.4%	Post	15.1%	84.9%	0.0%
	(n=102)	(98)	(4)	(n=95)	(44)	(44)	(7)	(n=93)	(14)	(79)	(0)
Counter Movement Jump	4-week	90.9%	9.1%	4-week	18.2%	54.5%	27.3%	4-week	38.9%	61.1%	0.0%
	(n=22)	(20)	(2)	(n=11)	(2)	(6)	(3)	(n=18)	(7)	(11)	(0)
	Post	97.1%	2.9%	Post	58.5%	36.2%	5.3%	Post	15.2%	83.7%	1.1%
Prisoner Squats	(n=103)	(100)	(3)	(n=94)	(55)	(34)	(5)	(n=92)	(14)	(77)	(1)
	4 Week	100%	0.0%	4 Week	53.8%	46.2%	0.0%	4-week	23.1%	76.9%	0.0%
	(n=22)	(22)	(0)	(n=13)	(7)	(6)	(0)	(n=13)	(3)	(10)	(0)
Counter Movement Jump	Post	95.2%	4.8%	Post	47.4%	48.5%	4.1%	Post	13.2%	86.8%	0.0%
	(n=104)	(99)	(5)	(n=97)	(46)	(47)	(4)	(n=91)	(12)	(79)	(0)
	4-week	94.7%	5.3%	4-week	27.3%	63.6%	9.1%	4-week	33.3%	66.7%	0.0%
Counter Movement Jump	(n=19)	(18)	(1)	(n=11)	(3)	(7)	(1)	(n=15)	(5)	(10)	(0)
	Post	99.0%	1.0%	Post	53.7%	43.2%	3.2%	Post	14.4%	84.5%	1.1%

	(n=105)	(104)	(1)	(n=95)	(51)	(41)	(3)	(n=90)	(13)	(76)	(1)
	4-week	95.5%	4.5%	4-week	27.3%	63.6%	9.1%	4-week	28.6%	71.4%	0.0%
High Skips	(n=22)	(21)	(1)	(n=11)	(3)	(7)	(1)	(n=14)	(4)	(10)	(0)
	Post	100.0%	0.0%	Post	64.9%	31.9%	3.2%	Post	7.7%	87.9%	4.4%
	(n=105)	(105)	(0)	(n=94)	(61)	(30)	(3)	(n=91)	(7)	(80)	(4)
	4-week	100.0%	0.0%	4-week	73.3%	20.0%	6.7%	4-week	0.0%	100.0%	0.0%
Two Forward One Back	(n=19)	(19)	(0)	(n=15)	(11)	(3)	(1)	(n=10)	(0)	(10)	(0)
	Post	96.2%	3.8%	Post	58.3%	38.5%	3.1%	Post	6.7%	89.9%	3.4%
	(n=106)	(102)	(4)	(n=96)	(56)	(37)	(3)	(n=89)	(6)	(80)	(3)
	4-week	95.2%	4.8%	4-week	66.7%	25.0%	8.3%	4-week	0.0%	90.9%	9.1%
Bounds	(n=21)	(20)	(1)	(n=12)	(8)	(3)	(1)	(n=11)	(0)	(10)	(1)
	Post	96.2%	3.8%	Post	61.1%	34.7%	4.2%	Post	12.0%	85.9%	2.1%
	(n=105)	(101)	(4)	(n=95)	(58)	(33)	(4)	(n=92)	(11)	(79)	(2)
	4-week	91.3%	8.7%	4-week	41.7%	50.0%	8.3%	4-week	0.0%	100.0%	0.0%
Fast Plant and Cut	(n=23)	(21)	(2)	(n=12)	(5)	(6)	(1)	(n=11)	(0)	(11)	(0)
	Post	98.1%	1.9%	Post	58.9%	35.8%	5.3%	Post	16.9%	82.0%	1.1%
	(n=105)	(103)	(2)	(n=95)	(56)	(34)	(5)	(n=89)	(15)	(73)	(1)
	4-week	96.4%	3.6%	4-week	45.5%	54.5%	0.0%	4-week	11.1%	88.9%	0.0%
One on One	(n=28)	(27)	(1)	(n=11)	(5)	(6)	(0)	(n=9)	(1)	(8)	(0)
	Post	97.2%	2.8%	Post	63.8%	33.0%	3.2%	Post	8.0%	92.0%	0.0%
	(n=106)	(103)	(3)	(n=94)	(60)	(31)	(3)	(n=88)	(7)	(81)	(0)
	4-week	100%	0.0%	4-week	50.0%	41.7%	8.3%	4-week	0.0%	100.0%	0.0%
Fast Feet shuffle	(n=22)	(22)	(0)	(n=12)	(6)	(5)	(1)	(n=10)	(0)	(10)	(0)
	Post	98.1%	1.9%	Post	67.0%	28.9%	4.1%	Post	10.0%	90.0%	0.0%
	(n=106)	(104)	(2)	(n=97)	(65)	(28)	(4)	(n=90)	(9)	(81)	(0)
	4-week	100.0%	0.0%	4-week	70.0%	30.0%	0.0%	4-week	9.1%	81.8%	9.1%
Dynamic Lunge	(n=24)	(24)	(0)	(n=10)	(7)	(3)	(0)	(n=11)	(1)	(9)	(1)
	Post	97.1%	2.9%	Post	50.0%	44.7%	5.3%	Post	18.7%	81.3%	0.0%
	(n=105)	(102)	(3)	(n=94)	(47)	(42)	(5)	(n=91)	(17)	(74)	(0)
	4-week	100%	0.0%	4-week	44.4%	44.4%	11.2%	4-week	28.6%	71.4%	0.0%
	(n=23)	(23)	(0)	(n=9)	(4)	(4)	(1)	(n=14)	(4)	(10)	(0)

Post; post-workshop. 4-week; Four week follow up.