

Supplemental Material 1 – intervention exercises

Week	First exercise per week	Second exercise per week	
1	Activation for the shoulder and neck muscles with a broomstick	Sit-ups sitting on a chair	Hip lift sitting on a chair
2	Reverse butterfly sitting on a chair	Hamstring stretch	Heel raises and toe lifts
3	Neck circles	Stretch for the chest, shoulder and neck muscles	Wringing out the towel shoulder stretch
4	Single-legged squat	Isometric push and pull	Padding with a broomstick
5	Row sitting on a chair	Neuromotor finger exercise	Focus on Objects Near and Far with the eyes