**Supplementary Table 2.** Pilates - Exercises Protocol 1 and 2

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| **Protocol 1** |
| Sequence of the exercises | Equipment | Traditional name of the movements |
| Initial stretching | Chair | 1) Side Arm Sit; 2) Stretches the Gluteus; 3) Hamstring Stretch |
| Strengthening of the lower limbs | Wall Unit | 4) Leg Series Supine: Lowers; 5) Leg Series Supine: Scissors; 6) Leg Circles;  |
| Cadillac | 7) Tower; 8) Tower One Leg; 9) Tower Strengthening the Achilles Tendon |
| Strengthening of the extensor and lateral flexor muscles of the trunk | Ladder Barrel | 10) Swan Dive; 11) Stomach Jumps; 12) Side Sit Ups |
| Strengthening of the flexor and lateral flexor muscles of the trunk | Spine Corrector | 13) Body Up and Down; 14) Balance; 15) Side Sit Ups |
| Strengthening of the upper limbs | Reformer | 16) Arm Pulling; 17) Arm Biceps; 18) Arm Triceps |
| Final stretching | Ball | 19) Lumbar Stretch; 20) Stretching of the Posterior Chain; 21) Stretching the Side Chain |
| **Protocol 2** |
| Sequence of the exercises | Equipment | Traditional name of the movements |
| Initial stretching | Ladder Barrel | 1) Stretches to the Side; 2) Stretches the Gluteus; 3) Stretches Front |
| Strengthening of the lower limbs | Reformer | 4) Leg Lowers; 5) Leg Lowers and Opening; 6) Leg Circles |
| Chair | 7) Forward Lunge; 8) Pump One Leg Front; 9) Achilles Stretch |
| Strengthening of the extensor and lateral flexor muscles of the trunk | Small Barrel | 10) Swan; 11) Swimming; 12) Side Sit Ups |
| Strengthening of the flexor muscles of the trunk  | Cadillac | 13) The Hundred; 14) Teaser; 15) Teaser Side  |
| Strengthening of the upper limbs | Wall Unit | 16) Arm Pulling; 17) Arm Biceps; 18) Arm Triceps |
| Final stretching | Ball | 19) Relax; 20) Spine Stretch Forward; 21) Mermaid |