

Appendix 1. Supplemental Digital Content. The 8-week Net-Step Exercise Program.

Day	Step Name	Action	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	Steps	RT	Total
Every Time	Warm up Step 1	RF	B1	B2	B3	B4	B5	B6	B7	B8																							16	1			
		LF	B1	B2	B3	B4	B5	B6	B7	B8																							16	1			
		HC																																			
Every Time	Warm up Step 2	RF	B1	B2	B3	B4	B5	B6	B7	B8																						16	1				
		LF	B1	B2	B3	B4	B5	B6	B7	B8																							16	1			
		HC																																			
Every Time	Warm up Step 3	RF	B1	B2	B3	B4	B5	B6	B7	B8																						16	1				
		LF	B1	B2	B3	B4	B5	B6	B7	B8																							16	1			
		HC																																			
Every Time	Trial Step 1	RF	B1	B2	B3	B4	B5	B6	B7	B8																						16	2				
		LF	B1	B2	B3	B4	B5	B6	B7	B8																							16	2			
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*						
Every Time	Trial Step 2	RF	B1	B2	B3	B4	B5	B6	B7	B8																						16	2				
		LF	B1	B2	B3	B4	B5	B6	B7	B8																						16	2				
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*							
Every Time	Trial Step 3	RF	B1	B2	B3	B4	B5	B6	B7	B8																						16	2				
		LF	B1	B2	B3	B4	B5	B6	B7	B8																						16	2				
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*							
Every Time	Recreation Step 1	RF	B1	B2	B3	B4	B5	B6	B7	B8																					24	3					
		LF	B1	B2	B3	B4	B5	B6	B7	B8																						24	3				
		HC																																			
Every Time	Trial Step 4	RF	B1	B2	B3	B4	B5	B6	B7	B8																					16	2					
		LF	B1	B2	B3	B4	B5	B6	B7	B8																						16	2				
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*							
Every Time	Trial Step 5	RF	B1	B2	B3	B4	B5	B6	B7	B8																					16	2					
		LF	B1	B2	B3	B4	B5	B6	B7	B8																					16	2					
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*								
Every Time	Trial Step 6	RF	B1	B2	B3	B4	B5	B6	B7	B8																					16	2					
		LF	B1	B2	B3	B4	B5	B6	B7	B8																					16	2					
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*								
Every Time	Recreation Step 1	RF	B1	B2	B3	B4	B5	B6	B7	B8																					24	3					
		LF	B1	B2	B3	B4	B5	B6	B7	B8																					24	3					
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*									
Every Time	Trial Step 7	RF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*									
Every Time	Trial Step 8	RF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*									
Every Time	Trial Step 9	RF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*									
Every Time	Recreation Step 1	RF	B1	B2	B3	B4	B5	B6	B7	B8																				24	3						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				24	3						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*										
Every Time	Trial Step 10	RF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*									
Every Time	Trial Step 11	RF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*										
Every Time	Trial Step 12	RF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*										
Every Time	Recreation Step 2	RF	B1	C1	B2	A2	B3	C3	B4	A4	A4	B5	C5	B6	A6	B7	C7	B8	C8	A8									32	3							
		LF	B1	C1	B2	A2	B3	C3	B4	A4	B5	C5	B6	A6	B7	C7	B8	C8	A8									32	3								
		HC																																			
Every Time	Trial Step 19	RF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*										
Every Time	Trial Step 20	RF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*										
Every Time	Trial Step 21	RF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		LF	B1	B2	B3	B4	B5	B6	B7	B8																				16	2						
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*										
Every Time	Recreation Step 2	RF	B1	B2	B3	B4	B5	B6	B7	B8																				32	3						
		LF	B1	C1	B2	A2	B3	C3	B4	A4	B5	C5	B6	A6	B7	C7	B8	C8	A8									32	3								
		HC																																			
Every Time	Trial Step 22	RF	B1	B2	B3	B4	B5	B																													

Abbreviations; RF; Right foot, LF; Left foot, HC; Hand Clapping, RT; Repeating time, A1 to C8; grid's position of Fumanet, see figure 2.