Appendix 2: The general exercise program

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| Name of Exercise | Description | Dosage  |
| Exercise bike  | Ride an upright exercise bike | 10 minutes |
| Lower limb stretches | Stretch the calf, quadriceps, adductors, gluteals | 20 sec each  |
| Triceps dips | Lift and lower body using triceps, 2 hands on bench | 2x15-20 |
| Biceps curls  | Use two dumbbells or cables to flex the elbows against resistance | 2x15-20 |
| Standing T-band pulls  | Pull down with two hands holding blue theraband | 2x15-20 |
| Bird dog | On all fours lift the opposite arm and leg, alternate  | 20 each side |
| Lumbar twists | Lie supine on mat and twist both knees side to side  | 20-30 |
| Bridges  | Lie supine on mat lift the buttocks off the mat  | 20-30 |
| Lumbar flexion | Lie supine and roll the knees to the chest  | 20-30 |
| Cobra  | Lie prone and do a half push-up from the waist | 20-30 |
| Ball crunches | Lift the pelvis up as before, then roll the ball towards the buttocks, roll way again and lower  | 20-30 |
| Trunks twists and trunk side-bends | Standing with feet shoulder-width apart, twist trunk around side to side and let arms swing, then side-bend the trunk alternating left and right |  20 each side of each exercise |
| Ball squats | Stand with back against a physio ball which is against a wall, squat down to thighs parallel to ground position and repeat | 2x15-20 |