Appendix 1. Dynamic Exercises Performed During WBV-Training

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| Exercise | Description |
| Squat | Participants bent the knees and hips slowly to lower the body (maximum knee, ankle 90°) and then returned to the upright position. |
| Tiptoe | Children raised the heels slowly and then returned to the starting position. |
| Adduction | Children took a small gymnastic ball between their legs and pressed the knees against the ball for a few seconds. |