Supplementary Table 1. Comparison of Baseline Information between Included and Withdrawn Participants

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|  | Included (n=43) | Withdrawn (n=12) | P-value |
| Age, years; mean (SD) | 36.7 (3.5) | 35.1 (3.4) | 0.16 |
| BMI, kg/m2; mean (SD) | 22.9 (3.0) | 24.3 (5.1) | 0.25 |
| Number of pregnancies; n (%) |  |  |  |
| 1 | 12 (28) | 3 (25) | 0.69 |
| 2 | 12 (28) | 3 (25) |  |
| 3 | 8 (19) | 3 (25) |  |
| 4 | 5 (12) | 3 (25) |  |
| 5 | 5 (12) | 0 (0) |  |
| 6 | 1 (2) | 0 (0) |  |
|  |  |  |  |
| Multiple gestation pregnancies; n (%)  | 4 (9) | 0 (0) | 0.27 |
|  |  |  |  |
| Number of vaginal deliveries; n (%) |  |  |  |
| 1 | 8 (19) | 2 (17) | 0.87 |
| 2 | 10 (23) | 3 (25) |  |
| 3 | 10 (23) | 3 (25) |  |
| 4 | 1 (2) | 0 (0) |  |
| 5 | 2 (5) | 0 (0) |  |
| Number of C-sections; n (%) |  |  |  |
| 1 | 12 (28) | 1 (8) | 0.17 |
| 2 | 2 (5) | 3 (25) |  |
| 3 | 1 (2) | 0 (0) |  |
| History of abdominal surgery; n (%) | 7 (16) | 1 (8) | 0.49 |
| IRD above umbilicus, at rest, cm; mean (SD) | 3.5 (1.1) | 4.1 (1.4) | 0.14 |
| IRD above umbilicus, contracted, cm; mean (SD) | 3.0 (1.0) | 3.5 (1.2) | 0.20 |
| IRD below umbilicus, at rest, cm; mean (SD) | 2.2 (0.8) | 2.8 (1.7) | 0.11 |
| IRD below umbilicus, contracted, cm; mean (SD) | 2.1 (0.8) | 2.6 (1.5) | 0.08 |
| LBP-related disability score (QBPDS); mean (SD) | 7.8 (10.6) | 8.3 (5.7) | 0.90 |
| Stress urinary incontinence score (ICIQ-UI); mean (SD) | 3.3 (3.2) | 1.7 (2.2) | 0.10 |
| Pelvic floor function score (PISQ-12); mean (SD) | 37.3 (4.0) | 36.5 (4.9) | 0.47 |
| Body image score (BSQ-16A); mean (SD) | 38.0 (12.0) | 38.7 (13.5) | 0.85 |

Abbreviations: C-section: Caesarean section; IRD: inter-rectus distance; SD: standard deviation

Supplementary Table 2. Comparison of Baseline Information between the 12-Week Maintenance Subset and Remaining Participants

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|  | Maintenance Subset(n=19) | No Maintenance (n=24) | P-value |
| Age, years; mean (SD) | 37.1 (2.9) | 36.5 (3.9) | 0.55 |
| BMI, kg/m2; mean (SD) | 22.7 (2.9) | 23.0 (3.2) | 0.79 |
| Number of pregnancies; n (%) |  |  |  |
| 1 | 6 (32) | 6 (25) | 0.72 |
| 2 | 6 (32) | 6 (25) |  |
| 3 | 2 (11) | 6 (25) |  |
| 4 | 2 (11) | 3 (13) |  |
| 5 | 3 (16) | 2 (8) |  |
| 6 | 0 (0) | 1 (4) |  |
|  |  |  |  |
| Multiple gestation pregnancies; n (%)  | 1 (5) | 3 (13) | 0.42 |
|  |  |  |  |
| Number of vaginal deliveries; n (%) |  |  |  |
| 1 | 4 (21) | 4 (17) | 0.33 |
| 2 | 4 (21) | 6 (25) |  |
| 3 | 4 (21) | 6 (25) |  |
| 4 | 0 (0) | 1 (4) |  |
| 5 | 2 (11) | 0 (0) |  |
| Number of C-sections; n (%) |  |  |  |
| 1 | 5 (26) | 7 (29) | 0.77 |
| 2 | 1 (5) | 1 (4) |  |
| 3 | 0 (0) | 1 (4) |  |
| History of abdominal surgery; n (%) | 4 (21) | 3 (13) | 0.45 |
| IRD above umbilicus, at rest, cm; mean (SD) | 3.6 (1.1) | 3.5 (1.2) | 0.86 |
| IRD above umbilicus, contracted, cm; mean (SD) | 3.1 (1.0) | 3.0 (1.0) | 0.67 |
| IRD below umbilicus, at rest, cm; mean (SD) | 2.0 (0.8) | 2.4 (0.8) | 0.12 |
| IRD below umbilicus, contracted, cm; mean (SD) | 1.9 (0.7) | 2.2 (0.8) | 0.24 |
| LBP-related disability score (QBPDS); mean (SD) | 9.8 (12.4) | 6.3 (9.0) | 0.30 |
| Stress urinary incontinence score (ICIQ-UI); mean (SD) | 2.2 (2.0) | 4.2 (3.7) | **0.04** |
| Pelvic floor function score (PISQ-12); mean (SD) | 37.1 (4.3) | 37.5 (3.8) | 0.76 |
| Body image score (BSQ-16A); mean (SD) | 38.7 (12.9) | 37.4 (11.4) | 0.73 |

Abbreviations: C-section: Caesarean section; IRD: inter-rectus distance; SD: standard deviation