

Additional file “X”: Table “X” Exercise equipment for The EFICAN study.

Equipment (Brand)	Number	Characteristics	Photo
Spalier (SALTER)	4	-Colour: brown	
Fitness mat (Salter)	10	-Colour: Blue	
Fitball (Amaya sport)	1	-Colour: Grey. -Diameter: 65 cm.	
Fitness bar (SALTER)	3	-Colour: Grey. -Weight: 20 kg.	
Iron Bumper plate (SALTER)	20	-Colour: Black. -Weight: 20/15/10/5/2,5/1,25 kg	

Multipower (CYBEX)	2	-Colour: Black. -Types of grip: Open bar, closed grip and the rope grip.	
Treadmill (LifeFitness)	4	Model: 950HR (2)	
Chest Press (Cybex)	1	-Colour: White.	
Banks (Ffittech)	6	-Colour: Black. -Postions: 5 inclinations.	
Kettlebells (Azafit)	10	-Colour: Black -Weight: 2/ 4/ 6/ 8/ 10/ 12/ 18/ 20 kg	
Dumbbells (Azafit)	16 pairs	-Colour: Black. -Weight: 1/ 2/ 3/ 4/ 5/ 7.5/ 10/ 12.5/ 15/ 17.5/ 20/ 22.5/ 25 kg	

Dumbbells Salter	5 pairs	-Colour: Black. -With bearings. -Weight: 26/ 27/ 28/ 29/ 30 kg	
Resistance Bands (AFW)	2	-Yellow: Low resistance. -Green: Medium resistance. -Blue: High resistance.	
Therabands (AFW)	3	-Yellow: Low resistance. -Green: High resistance.	