

Supplementary Material

Article Title

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1 Supplementary Tables

Supplementary Table 1- Critical Values for Normality Test in Blood Pressure, Heart Rate, and Plane Asymmetry Variables.

Variables			Test					
Anderson Darling			D'agostino & Person		Shapiro-Wilk		Kolmogorov-Smirnov	
	A2	P value	K2	P value	W	P value	KS	P value
Heart rate pre (bpm)	0.75	0.04	4.69	0.09	0.96	0.01	0.09	0.02
Heart rate post (bpm)	1.12	0.00	5.42	0.96	0.96	0.01	0.13	0.00
sBP pre (mmHg)	1.30	0.00	5.47	0.06	0.95	0.00	0.11	0.00
sBP post (mmHg)	1.02	0.01	9.89	0.00	0.96	0.00	0.10	0.00
dBp pre (mmHg)	1.50	0.00	17.91	0.00	0.95	0.00	0.10	0.00
dBp post (mmHg)	1.54	0.00	16.85	0.00	0.94	0.00	0.09	0.01
fractional change (delta) sBP	0.60	0.11	3.87	0.14	0.98	0.05	0.07	0.07
fractional change (delta) dBp	0.66	0.08	1.25	0.53	0.98	0.06	0.06	>0.10

frontal plane asymmetry 1 (°)	1.21	0.00	19.01	0.00	0.94	0.00	0.09	0.01
frontal plane asymmetry 2 (°)	1.20	0.00	7.25	0.02	0.96	0.00	0.12	0.00
asymmetry in the sagittal plane 1 (°)	2.06	0.00	3.47	0.17	0.94	0.00	0.13	0.00
asymmetry in the sagittal plane 2 (°)	2.36	0.00	8.46	0.01	0.94	0.00	0.13	0.00

Subtitle - * p<0.05

Supplementary Table 2 - Functional Flexibility Test

Variable	Group (n)	Pre	Post	F / p Value (group)	F / p Value (time)	F / p Value (group x time)
Sit-and-reach (cm)	FT (24)	-1.35±11.2	2.8±8.5*	1.695 / 0.140	6.007 / 0.016	6.831 / <0.001
	FTSAH (28)	1.6±9.3	5.3±8.7*			
	MT (22)	-4.9±8.1	2.5±3.4*			
	MTSAH (23)	0.3±4.9	0.6±6.6			
	CG (18)	1.2±11.6	-4.1±8.6 ^{a,d}			
	CGSAH (26)	-1.0±8.2	-1.9±6.0			
Hands-on-back (cm)	FT (24)	-5.5±8.9	-2.1±6.6	2.050 / 0.076	0.011 / 0.915	2.309 / 0.047
	FTSAH (28)	-12.4±9.0	-6.6±8.2			
	MT (22)	-8.8±10.8	-7.2±11.3			
	MTSAH (23)	-9.5±10.0	-7.7±9.1			
	CG (18)	-6.6±10.2	-4.9±9.4			
	CGSAH (26)	-8.4±12.4	-8.6±11.7			

Subtitle – FT: flexibility training; FTSAH: flexibility training for hypertensive patients; MT: Multicomponent Training; MTSAH: multicomponent training for hypertensive patients; CG: control group; CGSAH: hypertensive control group; * p<0.05 for differences between pre and post groups (two-way ANOVA test was used for repeated measures, followed by Tukey Post-Hoc; a: FT difference at the same time point d: MTSAH difference at the same time point;

Supplementary Table 3 - Joint range of motion test, in flexion and extension movements

Variable	Group (n)	Pre	Post	F / p Value (group)	F / p Value (time)	F / p Value (group x time)
CERVICAL Ext (°)	FT (24)	16.0±9.5	19.5±8.9*	1.534 / 0.183	37.1 / <0.001	6.9 / < 0.001
	FTSAH (28)	13.4±6.9	15.4±6.9*			
	MT (22)	13.9±7.1	16.3±8.8*			
	MTSAH (23)	12.7±5.0	13.0±6.0			
	CG (18)	12.8±6.6	12.7±8.3			
	CGSAH (26)	12.4±6.4	12.6±7.3			
CERVICAL Flex (°)	FT (24)	35.2±14.3	39.0±14.5*	1.982 / 0.085	40.9 / <0.001	15.7 / <0.001
	FTSAH (28)	31.5±14.6	36.1±14.6*			
	MT (22)	28.7±14.8	32.0±16.7*			
	MTSAH (23)	36.0±15.4	36.2±15.7			
	CG (18)	35.9±10.3	35.0±11.0			
	CGSAH (26)	27.8±12.2	27.0±11.5 ^{a,b,c,d}			
SHOULDER Ext (°)	FT (24)	29.0±10.7	31.5±10.6*	1.430 / 0.217	99.1 / <0.001	13.7 / <0.001
	FTSAH (28)	28.9±7.2	30.8±7.8*			
	MT (22)	26.3±9.3	28.8±9.2*			
	MTSAH (23)	32.9±8.8	33.6±7.4			
	CG (18)	27.6±7.5	27.6±8.2			
	CGSAH (26)	32.4±9.6	32.6±10.2			
SHOULDER Flex (°)	FT (24)	137.7 ±21.1	142.8±20.6*	4.375 / 0.001	24.7 / <0.001	5.8 / <0.001
	FTSAH (28)	135.3±19.4	140.5±19.8*			
	MT (22)	141.6±19.8	146.1±17.5*			
	MTSAH (23)	150.6±16.0	151.4±14.2 ^{a,d}			
	CG (18)	154.2±24.0	152.9±24.6 ^{a,b,d}			
	CGSAH (26)	158.2±18.5	158.4±19.1 ^{a,b,d}			
LOW BACK Ext (°)	FT (24)	17.5±10.4	22.7±10.4*	0.943 / 0.456	119.2 / <0.001	11.2 / <0.001
	FTSAH (28)	15.6±6.8	19.7±7.1*			
	MT (22)	16.1±9.0	20.0±10.7*			
	MTSAH (23)	16.1±7.8	16.8±8.4			
	CG (18)	17.0±10.4	18.3±11.7 ^{a*}			

	CGSAH (26)	14.5±7.9	15.1±9.5			
LOW BACK Flex (°)	FT (24)	74.5±9.2	79.5±10.2*	0.583 / 0.713	79.7 / <0.001	15.7 / <0.001
	FTSAH (28)	75.5±9.0	79.0±9.9*			
	MT (22)	73.9±10.0	76.1±11.8*			
	MTSAH (23)	75.7±11.2	76.3±10.7			
	CG (18)	73.6±11.0	73.4±12.4 ^{a,d}			
	CGSAH (26)	73.8±10.8	73.5±11.9			
HIP Ext (°)	FT (24)	5.0±2.6	7.6±2.6*	3.144 / 0.010	57.4 / <0.001	15.1 / <0.001
	FTSAH (28)	5.5±1.9	7.8±2.0*			
	MT (22)	5.4±1.8	8.1±3.7*			
	MTSAH (23)	4.6±1.6	4.8±3.8 ^{a,b}			
	CG (18)	5.5±1.0	5.4±2.0 ^{a, b,d}			
	CGSAH (26)	5.5±1.8	4.9±3.0 ^a			
HIP Flex (°)	FT (24)	62.2±9.6	71.7±9.6*	2.5 / 0.033	68.2 / <0.001	7.2 / <0.001
	FTSAH (28)	63.1±10.6	71.5±10.5*			
	MT (22)	54.5±14.9	60.5±16.5*			
	MTSAH (23)	59.8±17.6	66.4±18.0 ^{a,b}			
	CG (18)	53.1±17.9	54.6±21.6 ^{a,b,d}			
	CGSAH (26)	58.8±19.4	59.5±21.7 ^{c,e}			
KNEE Ext (°)	FT (24)	91.3±18.3	95.3±18.6*	1.980 / 0.085	0.06 / 0.807	4.9 / <0.001
	FTSAH (28)	93.8±19.7	97.6±19.8			
	MT (22)	93.6±18.8	95.5±20.5			
	MTSAH (23)	81.9±18.5	80.7±21.4 ^a			
	CG (18)	97.1±18.8	96.0±18.9*			
	CGSAH (26)	93.3±22.2	87.0±23.2 ^{a, d}			
KNEE Flex (°)	FT (24)	87.5±27.6	91.5±28.0*	0.790 / 0.559	0.12 / 0.720	6.9 / <0.001
	FTSAH (28)	94.5±25.5	98.2±25.6 ^{a*}			
	MT (22)	90.1±15.3	92.0±16.8 ^d			
	MTSAH (23)	85.5±20.6	84.3±22.7			
	CG (18)	97.1±18.8	92.7±19.4*			
	CGSAH (26)	93.3±22.2	90.4±21.6 ^d			
ANKLE Ext (°)	FT (24)	10.3±3.3	14.0±3.6*	5.665 / <0.001	19.4 / <0.001	19.8 / <0.001

	FTSAH (28)	10.0±3.2	13.0±3.4*			
	MT (22)	8.8±3.6	10.1±5.5 ^{a, d}			
	MTSAH (23)	9.6±3.5	9.6±4.9			
	CG (18)	9.4±3.3	7.5±4.0 ^{a, b, d*}			
	CGSAH (26)	8.2±2.4	7.0±3.5 ^{a, d, e}			
	FT (24)	19±8.0	24.3±7.6*	0.901 / 0.482	46.1 / <0.001	4.6 / 0.001
	FTSAH (28)	17.1±7.7	20.8±8.0*			
	MT (22)	20.8±7.3	23.3±6.9*			
ANKLE Flex (°)	MTSAH (23)	17.8±8.0	19.7±8.2			
	CG (18)	19.7±7.5	20.2±8.4 ^a			
	CGSAH (26)	19.1±8.0	19.6±8.3			

Subtitle – FT: flexibility training; FTSAH: flexibility training for hypertensive patients; MT: Multicomponent Training; MTSAH: multicomponent training for hypertensive patients; CG: control group; CGSAH: hypertensive control group Ext: Extension; Flex: Flexion; * p<0.05 for differences between pre and post groups (two-way ANOVA test was used for repeated measures, followed by Tukey Post-Hoc; a: FT difference at the same time; b: FTSAH difference at the same time; c: MT difference at the same time; d: MTSAH difference at the same time; e: CG difference at the same time; f: CGSAH difference at the same time

Supplementary Table 4 - Assessment of Plane Asymmetry Variables in the Frontal and Sagittal Planes.

Variable	Group (n)	Pre	Post	F / p Value (group)	F / p Value (time)	F / p Value (group x time)
Asymmetry in the Frontal Plane (°)	FT (24)	54.3±22.0	33.0±19.8*	3.384 / 0.007	35.0 / <0.001	6.1 / <0.001
	FTSAH (28)	54.3±19.1	34.2±14.7*			
	MT (22)	45.1±18.6	43.8±18.8			
	MTSAH (23)	48.9±15.9	36.4±15.3*			
	CG (18)	60.5±27.3	59.3±21.9 ^{a,b, d}			
	CGSAH (26)	54.2±23.6	54.12±23.0 ^{a, b,d,e}			
Asymmetry in the Sagittal Plane (°)	FT (24)	34.8±9.9	24.5±10.9*	5.664 / <0.001	28.1 / <0.001	4.6 / 0.001
	FTSAH (28)	34.1±10.1	23.7±10.4*			
	MT (22)	36.7±9.9	29.0±11.6 ^{d*}			
	MTSAH (23)	37.2±9.8	26.0±9.2*			
	CG (18)	36.0±17.0	39.0±9.8 ^{a,b,d}			
	CGSAH (26)	39.4±14.2	39.2±8.4 ^{a,b,d, e}			

Subtitle - FT: flexibility training; FTSAH: flexibility training for hypertensive patients; MT: Multicomponent Training; MTSAH: multicomponent training for hypertensive patients; CG: control group; CGSAH: hypertensive control group; * p<0.05 for differences between pre and post groups (two-way ANOVA test was used for repeated measures, followed by Tukey Post-Hoc; a: FT difference at the same time; b: FTSAH difference at the same time; c: MT difference at the same time; d: MTSAH difference at the same time; e: CG difference at the same time; f: CGSAH difference at the same time

