**Description of the exercises included in the training program**

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| **Laying** |  |
| Exercise 1 | Position: supine. Movement: extended arm and contralateral flexed leg raise (simultaneous). Repeat on the opposite side. |
| Exercise 2 | Position: quadrupedal.Movement: forward arm extension and backward contralateral leg extension.Repeat on the opposite side. |
| Exercise 3 | Position: supine with hips and knees flexed (feet on the floor) and abducted arms (90°).Movement: alternated whole-body rotation along the longitudinal axis from side to side. |
| Exercise 4 | Position: supine with hips and knees flexed (feet on the floor). Movement: hip extension (glutes off the floor).  |
| Exercise 5 | Position: supine Movement: simultaneous maximal hip and knee flexion (i.e., knee to the chest); holding the knee with the ipsilateral arm.Repeat on the opposite side. |
| Exercise 6 | Position: supine with hips and knees flexed (feet on the floor) and abducted shoulder (90°).Movement: alternated pelvis rotation along the longitudinal axis from side to side. |
| Exercise 7 | Position: supine, arms along the trunk, flexed elbows and hands facing upwardsMovement: extension of the arms backwards. Repeat on the opposite side. |
| Exercise 8 | Position: supine.Movement: lying-to-sitting postural transition. Repeat on the opposite side. |
| Exercise 9 | Position: long sitting with hands on the floor (back)Movement: head and trunk extension  |
| Exercise 10 | Position: quadrupedal. Movement: Cat-Cow exercise.  |
| Exercise 11 | Position: side-lying.Movement: extended arm and leg abduction (toward the ceiling) while holding a bottle of water. Repeat on the opposite side. |
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| **Sitting position (without back support)** |
| Exercise 1 | Position: sitting, flexed shoulders (90°) and arms (full flexion) and closed fists. Movement: arms upward extension (alternated).  |
| Exercise 2 | Position: sitting, shoulders abducted (90°), arms flexed (full flexion) and closed fists.Movement: bilateral arm extension on frontal plane and simultaneous head rotation to one side (alternated). Slow movements. |
| Exercise 3 | Position: sitting, holding a stick with both hands (extended arms).Movement: shoulder flexion/extension (full available range of motion). |
| Exercise 4 | Position: sitting, flexed shoulders (90°), holding a stick with both hands (extended arms).Movement: side-to-side trunk flexion on the frontal plane. |
| Exercise 5 | Position: sitting, flexed shoulders (90°), holding a stick with both hands (extended arms).Movement: side-to-side trunk rotation along the longitudinal axis. |
| Exercise 6 | As for ‘Exercise 2’ but with increased speed.  |
| Exercise 7 | Position: sitting. Movement: feet plantarflexion/dorsiflexion (alternated) |
| Exercise 8 | Position: sitting, shoulder abducted (90°) and arms extendedMovement: trunk rotation along the longitudinal axis so to touch the contralateral hand (alternated).  |
| Exercise 9 | Position: sittingMovement: full sit-to-stand transfer and back.  |
| Exercise 10 | Position: sitting, soles togetherMovement: trunk flexion/extension |
| Exercise 11 | Position: sitting, shoulders abducted (90°), arms flexed (full flexion) and closed fists.Movement: explosive arms extension coupled with opening hands (alternated).  |
| Exercise 12 | Position: sittingMovement: side-to-side complete trunk rotation associated to an upwards extension of the arm and backwards extension of the ipsilateral leg (alternated).  |
| **Standing** |  |
| Exercise 1 | Position: standing, Movement: trunk rotation (90°) combined with a lateral step on the frontal plane while opening both arms (alternated). |
| Exercise 2 | Position: standingMovement: simultaneous maximal hip and knee flexion (i.e., knee to the chest) and ipsilateral shoulder flexion (180°).Repeat on the opposite side. |
| Exercise 3 | Position: standing, feet apart. Movement: lateral weight shifting with overhead reaching task (alternated).  |
| Exercise 4 | Position: standingMovement: forward lunges with arm Forwards frontal lunges with simultaneous arm opening. Repeat with the contralateral side. |
| Exercise 5 | Position: split-stanceMovement: antero-posterior weight shifting coupled with arm swing. Repeat with inverted split-stance. |
| Exercise 6 | Position: standingMovement: reaching movement from overhead to floor.Repeat on the opposite side. |
| Exercise 7 | Position: standing.Movement: lateral weight shifting followed by a forward half lunge, and back Repeat on the opposite side. |
| Exercise 8 | Position: standing.Movement: forward-backward frontal lunges. Repeat on the opposite side. |
| Exercise 9 | Position: standing.Movement: lateral weight shifting followed by a forward long step, and back Repeat on the opposite side. |
| Exercise 10 | Position: standing.Movement: lateral weight shifting, ipsilateral trunk flexion (frontal plane) and contralateral hip abduction (with extended leg). Repeat on the opposite side. |
| Exercise 11 | Position: standing.Movement: trunk rotation (90°) along the longitudinal axis, ipsilateral shoulder abduction (90°) and lateral step (simultaneous). Alternated with the opposite side. |
| Exercise 12 | Position: standing.Movement: turning (180°) starting with the ipsilateral leg to the chosen turning direction. Repeat on the opposite direction. |
| Exercise 13 | Position: standing.Movement: walking 4 long steps forward and 4 long steps backward. |
| Exercise 14 | Position: standing, shoulders flexed (90°), arms flexed (full flexion) and closed fists.Movement: upward arm extension (alternated)  |
| Exercise 15 | Position: standing.Movement: turning (360°) starting with the ipsilateral leg to the chosen turning direction. Repeat on the opposite direction. |
| Exercise 16 | Position: standing.Movement: slow stepping on the spot.  |
| Exercise 17 | Position: standing.Movement: tandem walking with shoulder abduction (90°) (simultaneous).  |
| Exercise 18 | Position: standing (with support).Movement: simultaneous maximal hip and knee flexion (i.e., knee to the chest; holding the knee with the ipsilateral hand. Repeat on the opposite side. |
| Exercise 19 | Position: standing.Movement: walking 2 steps on a straight line followed by obstacle crossing. |