|  |  |
| --- | --- |
|  | **OMNI-Res** |
|  | **Non-vibro vs vibro 25** |  | **Non-vibro vs vibro 40** |  | **Vibro 25 vs vibro 40** |
| **%** |  | **%** |  | **%** |
| Suspended supine bridge  | 17.98 |  | 32.43 |  | 12.24 |
| Suspended hamstring curl | 9.82 |  | 10.71 |  | 0.81 |

**Supplementary Table 9.** Percentage of change for the OMNI-Res under suspended supine bridge and suspended hamstring curl conditions.