

Additional file 2

Seated knee extension exercise

Components	Exercise details	Volume
Lower body limbs 	<i>Initial position:</i> Sitting on the chair with back straight resting on the backrest, the knees bent and feet fully supported on the ground.   <i>Description</i> Extend the leg slowly until is nearly parallel to the floor. Try to hold the leg for 2 seconds as straight as possible without locking the knee. Turn back to the initial position and repeat with both legs.	1-3 sets, 3-5 repetitions (each leg) / 1`rest
		2-3 sets, 5-8 repetitions (each leg) / 1`rest
		2-3 sets, 8-10 repetitions (each leg) / 1`rest
		3 sets, 10-12 repetitions (each leg) / 1`rest