

Appendix 1.

Isometric Group (Focus on Holding Contractions) - 8-Week Progression (3 Sessions/Week):

Week(s)	Sessions/Week	Sets	Holds (seconds)	Progression Focus	Notes
1-2	3	3	20-25	Focus on proper form and consistent holds.	Ensure comfortable holding times without significant pain.
3-4	3	3	30-35	Gradually increase hold duration by 5 seconds per exercise.	Maintain good form; if pain increases, reduce hold time.
5-6	3	3-4	35-40	Increase hold duration further. Consider adding a 4th set for each exercise if well-tolerated.	Continue to prioritize form over duration. Explore slight variations in joint angles within the hold if appropriate.
7-8	3	4	40-45	Maintain hold duration. Focus on maximal voluntary contraction (squeezing the muscles as hard as possible during the hold).	If using light weights, maintain the hold with the weight for the target duration. Pay attention to any signs of overtraining.

Isotonic Group (Focus on Movement) - 8-Week Progression (3 Sessions/Week):

Week(s)	Sessions/Week	Sets	Repetitions	Progression Focus	Notes
1-2	3	3	10-12	Focus on proper form and controlled movements through the full range of motion.	Ensure comfortable repetition ranges without significant pain.
3-4	3	3	12-15	Gradually increase repetitions by 2-3 per exercise.	Maintain good form; if pain increases, reduce repetitions. Focus on a controlled eccentric (lowering) phase.
5-6	3	3-4	15-18	Increase repetitions further. Consider adding a 4th set for each exercise if well-tolerated.	Continue to prioritize form over quantity. If using light weights, ensure you can complete the target repetitions with good control.
7-8	3	3-4	18-20	Maintain repetitions or consider a slight increase if feeling strong. Focus on the quality of each repetition.	If adding resistance bands or weights, ensure you can maintain proper form throughout the entire set. Consider slightly slowing down the tempo of the exercises.