

Supplementary Materials

Research Article

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Pilates-Based Training for Postural Stability in Patients with Schizophrenia

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Appendix. Pilates Based Training Protocol

Position	Exercise	Number of Repetitions
<i>Warming Up (5 minutes)</i>		
Supine	Core activation	5-10 repeats
Supine	Bridge	5-10 repeats
Supine	Marching-Toe taps	5-10 repeats
Supine	Hundred Preparation with leg changes	5-10 repeats
Supine	Cross-leg Diagonal Crunch	5-10 repeats
Sidelying	Side-kick series	5-10 repeats
	Up/down	
	Small circles	
	Beats	
Prone	Double leg kicks	5-10 repeats
Prone	Swimming	3-5 repeats
Prone	Swan Dive	5-10 repeats
Crawling	Cat and Camel	5-10 repeats
Crawling	Single Arm Single Leg Extensions	5-10 repeats
<i>Cooling down (5 minutes)</i>		