

Total number that attended the information sessions N = 55

Exclusion N = 24
Not meeting inclusion criteria (n = 8); refused to participate (n = 16)

Total number of participants registered N = 31

Group Internal Focus N = 15

Group External Focus N = 16

Received allocated intervention n = 15

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(1 participant withdrew after randomisation)

Losses (N = 1):
Reason for discontinued intervention:
developed pain in the hip and knee due to arthrosis following the training

Losses (N = 3):
Reasons for discontinued intervention:
Unspecific back pain after training (1); bronchial pneumonia (1); neurological condition (1)

Outcome data 5 weeks: N = 14 with data

Outcome data 5 weeks: N = 12 with data