




Additional Figure 1. Illustrations of the exercises


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1.		Abdominal crunches (Herlev site)
		Sit ups (Aarhus site)



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2.		Back extensions
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3.		Chest Press
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4.		Lateral pull down (Aarhus site)
		Low row (Herlev site)


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5.		Hamstring curls
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6.		Knee extensions
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7.		Leg press
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