

Block 1. Circuit *							
1. Lateral hip bridge with Bossu (a)	2. Prone plank with hand placed on soft ball (a)	3. Passe, side balance and arabesque over an unstable disc	4. Plyometric hops combining passe, side balance and arabesque	5. Plyometric hops: hop passe-hop, hope arabesque-hop, hop side balance-hop	6. Plyometric hops executing the scissor leap	7. Plyometric hops executing the stag leap	8. Plyometric hops executing the split leap
Block 2. Plyometric exercises							
9. Drop Jump passe (b)	10. Drop Jump arabesque (b)	11. Jump-Drop-Jump passe (b)	12. Jump-Drop-Jump arabesque (b)	13. Jump-Drop-Jump side balance (b)	14. Plyometric hops with passe	15. Plyometric hops with side balance	16. Plyometric hops with arabesque
Block 3. Core stability exercises							
17. Drop Jump stag leap (b)	18. Drop Jump scissors leap (b)	19. Drop Jump split leap (b)	20. Lateral plank with arm straight (a)	21. Lateral plank with elbow (a)	22. Hip bridge with passe	23. hip bridge with side balance	
					24. hip bridge + plyometric with passe *	25. hip bridge + plyometric with side balance *	

Figure S1. Training protocol exercises; all exercises were performed with right and left sides. * Mixed CS and plyometric exercises. (a) All planks and lateral hip bridges were executed with passe, side leg, and arabesque positions and were maintained for 2" in each position. (b) All drop jumps and jump-drop jumps were performed with a 30 cm bench.

Core Stability Tests

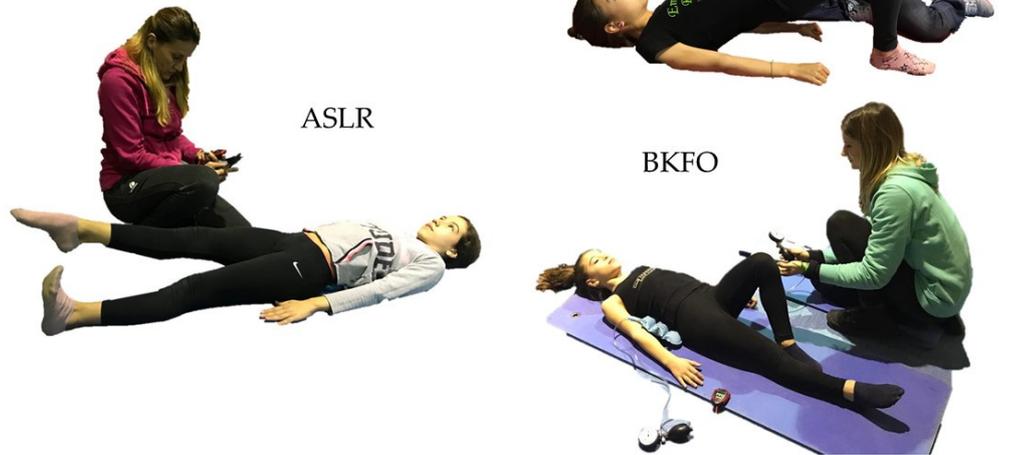


Figure S2. CS tests images; BKFO, ASLR and, Pelvic Tilt.

Supplementary materials. Weekly training content

hour	Tuesday		Thursday		Friday	
	EG	CG	EG	CG	EG	CG
6:00-6:30pm	Activation and stretching					
6:30-7:00pm	CST Intervention	RG warm-up	CST Intervention	RG warm-up	CST Intervention	RG warm-up
7:00-7:15pm	Flexibility on benches					
7:15-8:15pm	Ballet + Balances & turns	Ballet + Balances & turns	Acrobatics and leaps	Acrobatics and leaps	Apparatus handling	Apparatus handling
8:15-9:00pm	Competition Choreographies					

Figure S3. Weekly training content.