



Supplementary figure 1: McKenzie Extension Exercise Posture in Lying.



Supplementary figure 2: McKenzie Extension Exercise Posture in Standing



Supplementary figure 3: Prone position with arms by the sides of the body, and head and trunk lifted off the plinth from neutral to extension for static and dynamic back extensors endurance exercise.



Supplementary figure 4: Prone position with hands interlocked at occiput so shoulders are abducted to 90° and elbows flexed, and head and trunk lifted off the plinth from neutral to extension for static and dynamic back extensors endurance exercise.

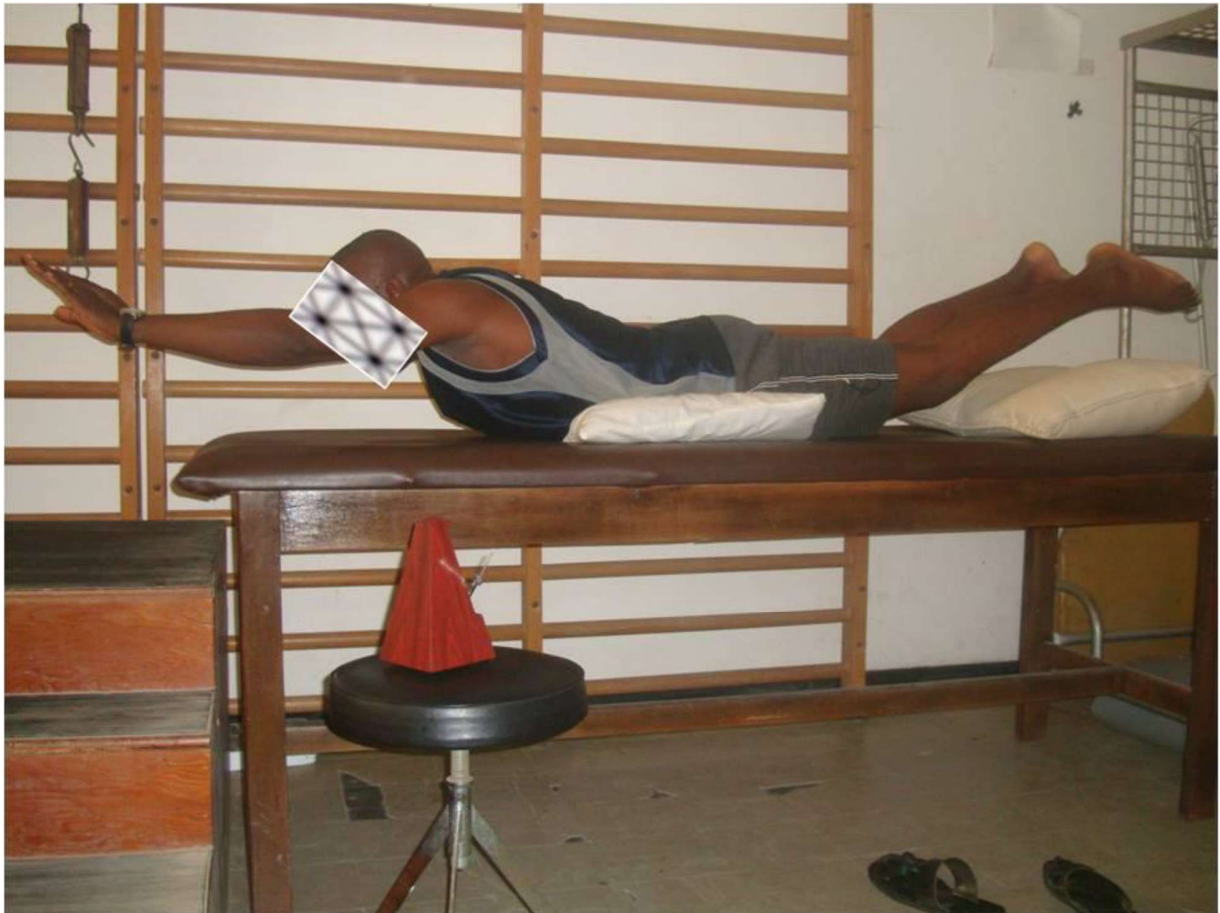




Supplementary figure 5: Prone position with both arms elevated forwards, and head and trunk lifted off the plinth from neutral to extension for static and dynamic back extensors endurance exercise.



Supplementary figure 6: Prone position and head, trunk and contralateral arm and leg lifted off the plinth from neutral to extension for static and dynamic back extensors endurance exercise.



Supplementary figure 7: Prone position with both arms elevated forwards and both legs (with knees extended) lifted off the plinth from neutral to extension for static and dynamic back extensors endurance exercise.