Electronic Supplementary Material Appendix S2 criteria for correct performance

**1. One legged knee squat**

* During one legged knee squat, knee motion forward in the sagittal plane, alignment with foot
* Trunk control maintained with minimum lateral movement allowed
* Stable hip with horizontal pelvic position
* The sole of the foot in contact with the ground
* Foot placed in the sagittal plane pointing forward

**2. Pelvic lift**

* Trunk control with minimum wobbling allowed in the frontal plane
* Full hip extension to 0° (neutral position)

**3. Two legged knee squat**

* Knee over foot alignment during the squat
* The trunk should be upright
* Knee flexion to 90°
* Feet pointing forward and the sole of the feet in contact with the ground

**4. The bench**

* Elbows placed beneath the shoulders with 90° flexion of the shoulders and elbows
* Upper body and trunk kept straight, no hip flexion/extension

Side bench:

* Elbow under shoulder with 90° shoulder abduction and 90° elbow flexion
* No hip abduction/adduction

**5. The lunge**

* Knee over foot alignment
* Trunk control maintained with minimum lateral movement allowed
* Stable hip with horizontal pelvic position
* Forward knee flexed to 90°
* Foot placed in the sagittal plane pointing forward

**6. Jump & landing**

* Knee over foot alignment
* Trunk control maintained with minimal motion allowed
* Knee control maintained with only minimal wobble sideways allowed
* Controlled and soft landing
* Foot placed in sagittal plane pointing forward at landing