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

Received allocated intervention n = 15

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

Outcome data 5 weeks: N = 14 with data

Group External Focus N = 16

Received allocated intervention n = 15 (1 participant withdrew after randomisation)

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

Outcome data 5 weeks: N = 12 with data