Sequence A
- Single joint robotic training
- Assessment 1
- Assessment 2
- Period 1
  - 4 weeks
- 1-week break
- Single joint robotic training

Sequence B
- Multijoint functional robotic training
- Assessment 3
- Assessment 4
- Period 2
  - 4 weeks
- 3-month break

- Multijoint functional robotic training
- Single joint robotic training