### Supplementary Material

1 **Table S1. Details of the investment of each material**

| Equipment            | Unit | Price/Unit Euro (€) | Price/Unit USD ($) | Cost Euro (€) | Cost USD ($) |
|----------------------|------|---------------------|--------------------|---------------|--------------|
| Dumbbell 1.00 kg     | 20   | 2.95                | 2.92               | 59.00         | 58.40        |
| Dumbbell 2.00 kg     | 20   | 5.58                | 5.52               | 111.60        | 110.40       |
| Ankle Weights 0.75 kg| 20   | 5.93                | 5.87               | 118.60        | 117.40       |
| Ankle Weights 1.25 kg| 20   | 7.55                | 7.47               | 151.00        | 149.40       |
| Ankle Weights 2.00 kg| 20   | 9.24                | 9.15               | 184.80        | 183.00       |
| Kettlebell 4.00 kg   | 20   | 12.74               | 12.61              | 254.80        | 252.20       |
| Softball 12.50 cm    | 20   | 1.66                | 1.64               | 33.20         | 32.80        |
| Softball 17.50 cm    | 20   | 2.91                | 2.88               | 58.20         | 57.60        |
| Softball 20.00 cm    | 20   | 4.19                | 4.15               | 83.80         | 83.00        |
| **TOTAL**            | **180** | **-**               | **-**              | **1055.00 €** | **1044.20 $** |

*Notes: 1kg = 2.20lbs; 1cm = 39 inches*