

1. "Xu"



2. "He"



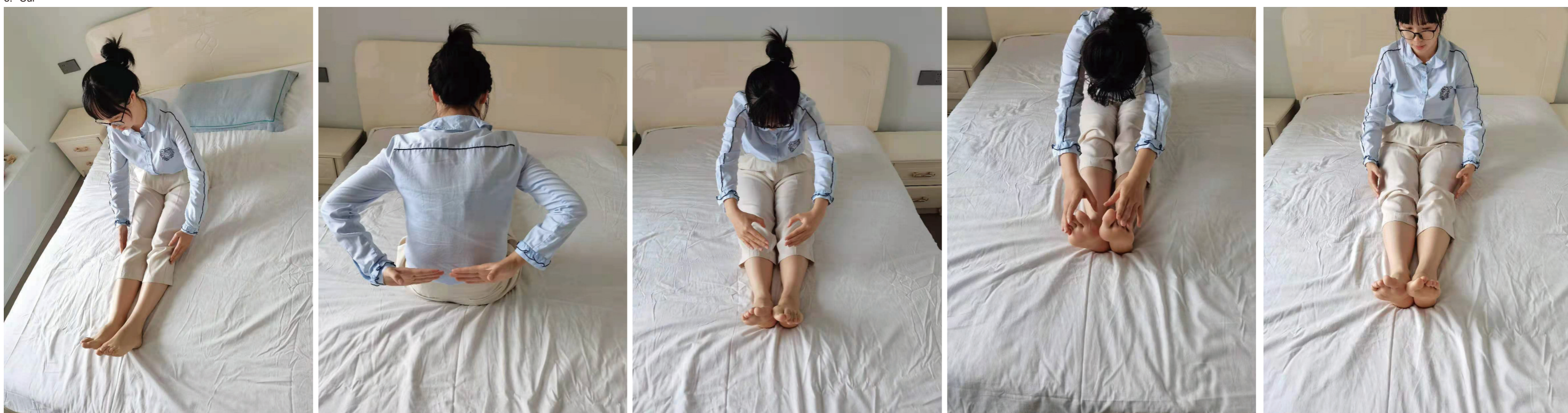
3. "Hu"



4. "Si"



5. "Cui"



6. "Xi"



Figure S1 Specific exercise methods of sitting and lying Liuzijue. This image is published with the participant's consent.