**Supplementary table 1.**  Comparison of outcome parameters between Exercise and Rest group using raw outcome parameters.

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameters** | **Exercise (19)** | **Rest (19)** | ***P- value*** |
| **MG-QOL15**  **median (IQR)**  2 months  3 months | 8(7,9)  6(5,7) | 9(8,12)  7(6,11) | 1.00  1.00 |
| **MMS**  **median (IQR)**  2 months  3 months | 80(72,84)  84(74,90) | 69(58,85)  74(54,85) | 0.047  0.048 |
| **MGADL**  **median (IQR)**  2 months  3 months | 0(0,2)  0(0,2) | 1(0,4)  2(0,3) | 0.20  0.11 |
| **Steps (6MWT)**  **median (IQR)**  2 months  3 months | 463 (362,624)  497 (405,603) | 478 (383, 545)  433 (322,534) | 0.43  0.06 |
| **Distance in meters (6MWT)- median (IQR)**  2 months  3 months | 334 (138,381)  294 (144, 387) | 144 (126, 174)  126 (108, 144) | 0.04  <0.001 |
| **RNS (%) at 3 months**  **median (IQR )** | 10.80(6.40,21.60) | 16.70(7.3,20.60) | 0.54 |
| **Grip Strength (kg)**  **mean±SD**  2 month  3 month | 25.50±10.88  25.84±12.72 | 17.47±13.68  19.31±14.70 | 0.05  0.06 |
| **Compliance (**%)  **mean±SD** | 97.10±4.1 | 97.5±3.7 | 0.74 |
| **CK at (IU/L) 3month**  **mean±SD** | 70.47±50.7 | 61.05±56.8 | 0.59 |
| **Prednisone dose**  **median (IQR)**  2 months  3 months | 12.5(7.5,15)  10(7.5,15) | 15(10,20)  15(10,20) | 0.21  0.11 |
| Data presented in median (IQR) and compared within group by Wilcoxon signed rank test. P<0.05 significant. **CK**- Creatine Kinase; **MGADL**- Myasthenia Gravis Activities of Daily Living; **MG-QOL15**- Myasthenia Gravis Quality-of-Life; **MMS**- Myasthenic Muscle Score; **6MWT**- 6 Minute Walk Test;  **RNS**- Repetitive Nerve Stimulation. | | | |