**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 months3 months | 8(7,9)6(5,7) | 9(8,12)7(6,11) | 1.001.00 |
| **MMS****median (IQR)**2 months3 months | 80(72,84)84(74,90) | 69(58,85)74(54,85) | 0.0470.048 |
| **MGADL****median (IQR)**2 months3 months | 0(0,2)0(0,2) | 1(0,4)2(0,3) | 0.200.11 |
| **Steps (6MWT)****median (IQR)**2 months3 months | 463 (362,624)497 (405,603) | 478 (383, 545)433 (322,534) | 0.430.06 |
| **Distance in meters (6MWT)- median (IQR)**2 months3 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 month3 month | 25.50±10.8825.84±12.72 | 17.47±13.6819.31±14.70 | 0.050.06 |
| **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 months3 months | 12.5(7.5,15)10(7.5,15) | 15(10,20)15(10,20) | 0.210.11 |
| 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. |