**Supplementary table 2.** Intragroup comparison of outcome parameters in exercise and rest arm.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variables** | **Groups** | **Baseline** | **3 months** | **P** | **Effect size** |
| **MG-QOL15**  | **Exercise** | 19(14,22) | 6(5,7) | 0.001 | 2.96 |
| **Rest** | 18(15,23) | 7(6,11) | 0.001 |  1.49 |
| **MMS** | **Exercise** | 68(64,82) | 84(74,90) | 0.002 | 0.93 |
| **Rest** | 60(50,75) | 74(54,85) | 0.001 | 0.41 |
| **Pyridostigmine dose**  | **Exercise** | 240(180,240) | 180(180,240) | 0.024 | 0.23 |
| **Rest** | 240(180,240) | 240(180,240) | 0.41 | 0.06 |
| **Prednisone dose** | **Exercise** | 15(10,15) | 10(7.5,15) | 0.023 | 0.52 |
| **Rest** | 15(10,20) | 15(10,20) | 0.56 | 0.19 |
| **Step change (6MWT)** | **Exercise** | 410(310,502) | 497(405,603) | 0.001 | 0.71 |
| **Rest** | 421(355,478) | 433(322,534) | 0.73 | 0.04 |
| **Distance change (6MWT)** | **Exercise** | 132(108,180) | 294(144,387) | 0.35 | 1.34 |
| **Rest** | 108(102,144) | 126(108,144) | 0.57 | 0.24 |
| Data presented in median (IQR) and compared within group by Wilcoxon signed rank test. **P<0.05 significant**BL- Baseline; MG-QOL15- Myasthenia Gravis Quality-of-Life; MMS- Myasthenic Muscle Score; 6MWT- 6 Minute Walk Test.. |