

Supplementary material 6

1. Results of short-form 36 walk-wheel questionnaire

PCS: physical component summary; MCS: mental component summary. Data are presented as mean $\pm$ standard deviation.

	Iteration 1 (n=5)		Iteration 2 (n=8)		Iteration 3 (n=5)	
	Pre	Post	Pre	Post	Pre	Post
PCS (points)	48.4 $\pm$ 9.7	62.1 $\pm$ 25.1	48.4 $\pm$ 15.8	56.6 $\pm$ 18.9	57.3 $\pm$ 18.2	64.1 $\pm$ 11.4
MCS	66.7 $\pm$ 11.9	76.7 $\pm$ 20.7	59.8 $\pm$ 16.2	71.3 $\pm$ 19.7	75.1 $\pm$ 5.3	83.0 $\pm$ 6.5

2. Results of physical performance and muscle strength

	8 weeks (n=10)	>8 weeks (n=5)
m6-MAT (% pre-assessment of iteration)	129.3 $\pm$ 33.7	128.2 $\pm$ 16.6
Shoulder flexors (%)	144.5 $\pm$ 43.9	139.1 $\pm$ 12.2
Shoulder extensors (%)	138.8 $\pm$ 17.8	131.5 $\pm$ 24.4
Trunk flexors (%)	149.3 $\pm$ 55.1	125.9 $\pm$ 36.1
Trunk extensors (%)	142.9 $\pm$ 55.1	138.3 $\pm$ 29.9

Data are presented in mean $\pm$ standard deviation. Data from the initial 8 weeks of training as well as from additional iterations (>8 weeks) are presented separately. m6-MAT: modified 6-Minute Arm Test.