

Supplementary Table 2 – group demographics at baseline visit										
Exercise group	Total number of patients	Mean age (SD)	% male	Number using wheelchair occasionally (%)	Number using wheelchair full time (%)	'non-ambulant' (%)	Number with symptom onset <15 yrs	Clinical diagnosis		
								LGMD2b	MM	other
0	46	43 (14)	35	10 (22%)	7 (15%)	8 (17%)	6 (13%)	29 (63%)	14 (30%)	3 (7%)
1	17	38 (15)	53	5 (29%)	2 (12%)	3 (18%)	3 (18%)	6 (35%)	6 (35%)	5 (29%)
2	63	34 (10)	51	15 (24%)	10 (16%)	10 (16%)	5 (8%)	42 (67%)	15 (24%)	6 (9%)
3	56	40 (12)	52	25 (45%)	23 (41%)	24 (44%)	5 (9%)	33 (59%)	20 (36%)	3 (5%)