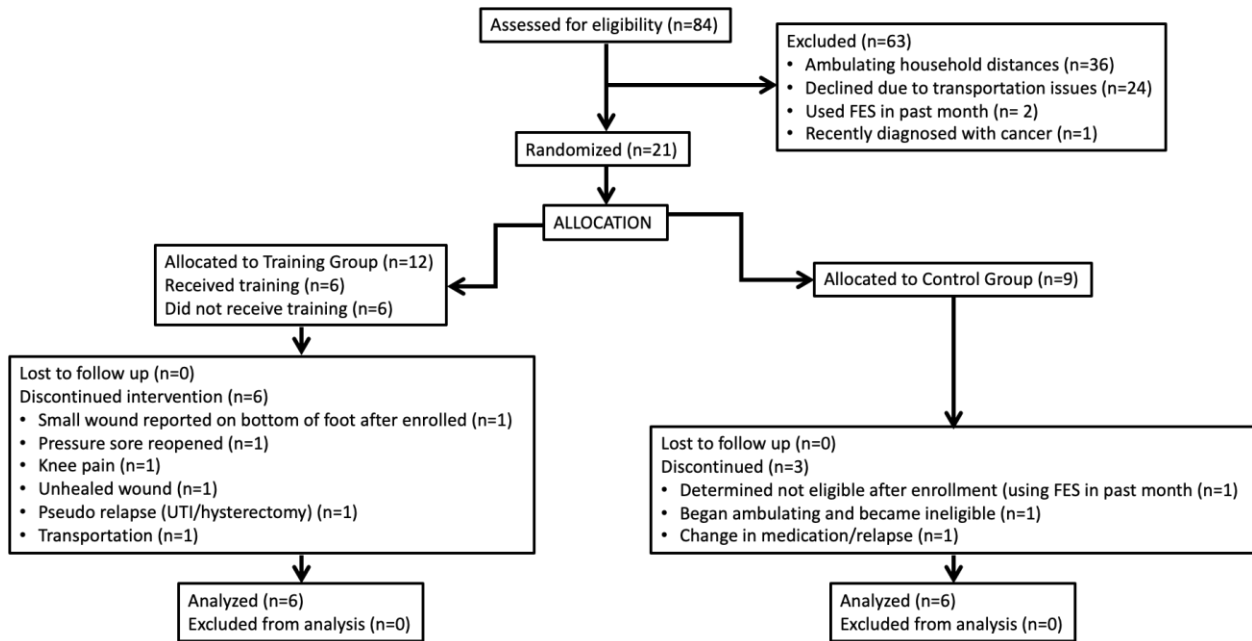


**Figure S1. Diagram of study procedures**



<b>Table S1. Training group mean (SD) FES cycling performance (presented by time cycled)</b>				
	<b>Pre</b>	<b>Post</b>	<b>Change</b>	<b>%Change</b>
<b>Able to cycle 30 min (n = 2)</b>				
Resistance	0.50 (0)	1.37 (0.81)	0.87 (.81)	172.84 (162.87)
Distance	5.04 (0.18)	5.32 (0.01)	0.29 (0.18)	5.77 (3.85)
<b>Cycle &lt;30 min pre and increased to post 30 min (n = 2)</b>				
Active time	14.61 (9.72)	30.00 (0.00)	15.39 (9.72)	163.50 (175.17)
Resistance	0.50 (0.00)	1.08 (0.59)	0.58 (0.59)	115.86 (118.61)
Distance	3.61 (1.85)	5.30 (0.05)	1.69 (1.84)	107.51 (167.40)
<b>Cycle &lt;30 min pre and did not increase (n = 2)</b>				
Active time	2.36 (0.04)	2.35 (0.01)	-0.2 (0.04)	-0.69 (1.32)
Distance	0.32 (0.01)	0.33 (0.04)	0.01 (0.04)	3.29 (13.59)

**Table S2. MSQOL-54 subscale group mean change scores**

MSQOL-54 Subscales	Mean (SD) Change Score		Effect Size
	Training Group	Control Group	
Physical Health	5.00 (8.94)	-2.50 (8.80)	0.85
Role Limitations/Physical	4.17 (24.58)	0.00 (41.83)	0.12
Role Limitations/Emotional	-5.56 (44.31)	11.11 (17.21)	0.50
Pain	9.44 (19.11)	5.28 (14.16)	0.25
Emotional Well-Being	1.33 (7.00)	4.67 (12.50)	0.33
Energy	2.67 (7.00)	-2.67 (8.64)	0.68
Health Perception	5.83 (14.63)	-11.67 (16.63)	1.12
Social Function	4.17 (28.75)	5.56 (14.59)	.06
Cognitive Function	5.00 (7.75)	0.00 (5.48)	.75
Health Distress	18.33 (26.58)	-8.33 (15.71)	1.22
Sexual Function	6.95 (13.35)	2.78 (8.61)	0.37
Change in Health	-4.17 (10.21)	0.00 (15.81)	0.31
Satisfaction with Sexual Function	8.33 (25.82)	0.00 (0.00)	0.46
Physical Health Composite	6.77 (5.25)	-2.18 (6.77)	1.48
Mental Health Composite	1.77 (14.11)	1.05 (9.64)	0.06