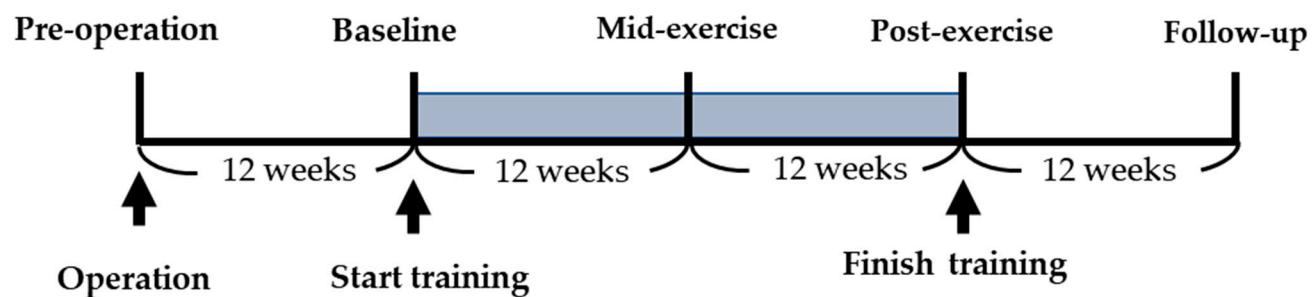


 WT intervention



Supplementary Figure S1. Schematic diagram of the experimental time course.

Supplementary Table S1. The coefficient of validity and reliability in the WT and CON groups.

Variable	Baseline	Coefficient of variation (%)			Typical error			Intraclass correlation coefficient	
		Mid-exercise	Post-exercise	Follow-up	Between mid-exercise and baseline	Between post- and mid-exercise	Between follow-up and post-exercise		
WT	HE	45	47	37	33	5	5	14	0.573
	HF	41	48	49	63	3	3	9	0.724
	KE	42	39	40	38	4	4	9	0.873
	KF	25	29	25	16	4	3	10	0.525
	6MWT	24	23	24	30	22	5	18	0.897
	8UG	28	21	36	34	5	1	3	0.774
	30s-CST	23	28	27	35	5	1	4	0.837
	Sym	29	25	16	16	13	3	11	0.402
	Pain	20	24	16	13	13	3	9	0.544
	ADL	21	22	8	12	14	4	9	0.448
CON	Sports	31	35	32	37	15	4	13	0.177
	QoL	38	32	24	20	14	4	14	0.521
	HE	30	47	36	37	4	4	12	0.608
	HF	39	62	50	35	3	3	6	0.550
	KE	43	29	19	22	3	3	9	0.474
	KF	35	27	28	22	3	3	7	0.586
	6MWT	19	17	19	18	5	4	14	0.829
	8UG	26	23	35	25	5	1	3	0.613
	30s-CST	31	20	24	21	5	1	2	0.706
	Sym	25	21	25	15	13	4	10	0.385
	Pain	16	15	20	9	11	4	11	0.074
	ADL	15	24	25	7	13	4	11	0.147
	Sports	41	29	39	26	12	3	8	0.472
	QoL	30	40	36	24	17	5	14	0.201

Abbreviation: CON: Control; WT: Walk Training; HE: Hip Extension; HF: Hip Flexion; KE: Knee Extension; KF: Knee Flexion; 6MWT: 6-minutes' walk test; 8UG: 8 feet up and go; 30s-CST: 30-second chair stand test; Sym: Symptom; ADL: Activity of daily livings; QoL: Quality of life.

Supplementary Table S2. Shapiro-Wilk test of normality.

	Shapiro-Wilk test	
	Shapiro-Wilk	<i>p</i>
Hip Extension	.953	.229
Hip Flexion	.967	.507
Knee Extension	.974	.690
Knee Flexion	.953	.239
6MWT	.952	.345
8-Ft Up-and-Go	.861	.052
30s-CST	.948	.290
Symptom	.909	.094
Pain	.886	.061
Activity of daily living	.908	.091
Sports	.854	.051
Quality of life	.898	.063