

Table S1. Baseline Demographic, Anthropometric, and Clinical Sample Characterization

Variable	All (N = 57)	NW (n = 29)	C&T (n = 28)	<i>P</i> value
Age (SD)	51.98 (9.93)	51.10 (8.75)	52.89 (11.12)	.20
Years since diagnosis (SD)	14.75 (8.52)	15 (12.10)	14.5 (14.12)	.51
BMI (mean as kg/m ²) (SD)	25.94 (5.45)	24.22 (26.17)	25.83 (18.18)	.35
Gender, n (%)				.40
Female	38 (66.7)	21 (72.4)	17 (60.7)	
Male	19 (33.3)	8 (27.6)	11 (39.3)	
Phenotype, n (%)	29 (100)	29 (100)	28 (100)	.08
RRMS	37 (64.9)	23 (79.3)	14 (50)	
SPMS	9 (15.8)	5 (17.2)	4 (14.3)	
PPMS	11 (19.3)	1 (3.4)	10 (35.7)	
EDSS (median) (range)	4.0 (4.5)	4.0 (3.5)	4.0 (4.5)	.51
T25FW test (SD)	6.68 (2.49)	6.26 (5.80)	6.54 (14.14)	.32
6MWT (SD)	372.87 (101.84)	396.82 (91.84)	348.08 (107.30)	.07
BBS (SD)	51.57 (5.03)	54 (1.3)	51.5 (2.2)	.13
TUG test (SD)	9.58 (3.29)	8.88 (9.81)	8.99 (18.35)	.54
ABC scale (SD)	56.60 (20.44)	59.20 (20.64)	52.07 (20.19)	.21
MSWS-12 (SD)	37.98 (10.67)	36.14 (10.32)	40.36 (10.98)	.16
MFIS (SD)	48.08 (19.12)	44.81 (21.35)	52.56 (15.17)	.14
MSQOL-54P (SD)	50.82(17.82)	54.15 (19.40)	47.44 (15.87)	.18
MSQOL-54E (SD)	61.11 (21.30)	73.69 (80.74)	60.38 (70.29)	.38

6MWT, 6-Minute Walk Test; ABC, Activities-specific Balance Confidence; BBS, Berg Balance Scale; C&T, cycling and treadmill; EDSS, Expanded Disability Status Scale; MFIS, Modified

Fatigue Impact Scale; MSQOL-54E, Multiple Sclerosis Quality of Life–54 Emotional; MSQOL-54P, Multiple Sclerosis Quality of Life–54 Physical; MSWS-12, 12-item Multiple Sclerosis Walking Scale; Nordic walking, NW; PPMS, primary progressive multiple sclerosis; RRMS, relapsing-remitting multiple sclerosis; SPMS, secondary progressive multiple sclerosis; T25FW, 25-Foot Walk Test; TUG, Timed Up and Go.

Normal distribution values expressed as mean (SD) and no normal distribution expressed as median (range), or *n* (%).

Figure S1. Consolidated Standards of Reporting Trials Diagram.

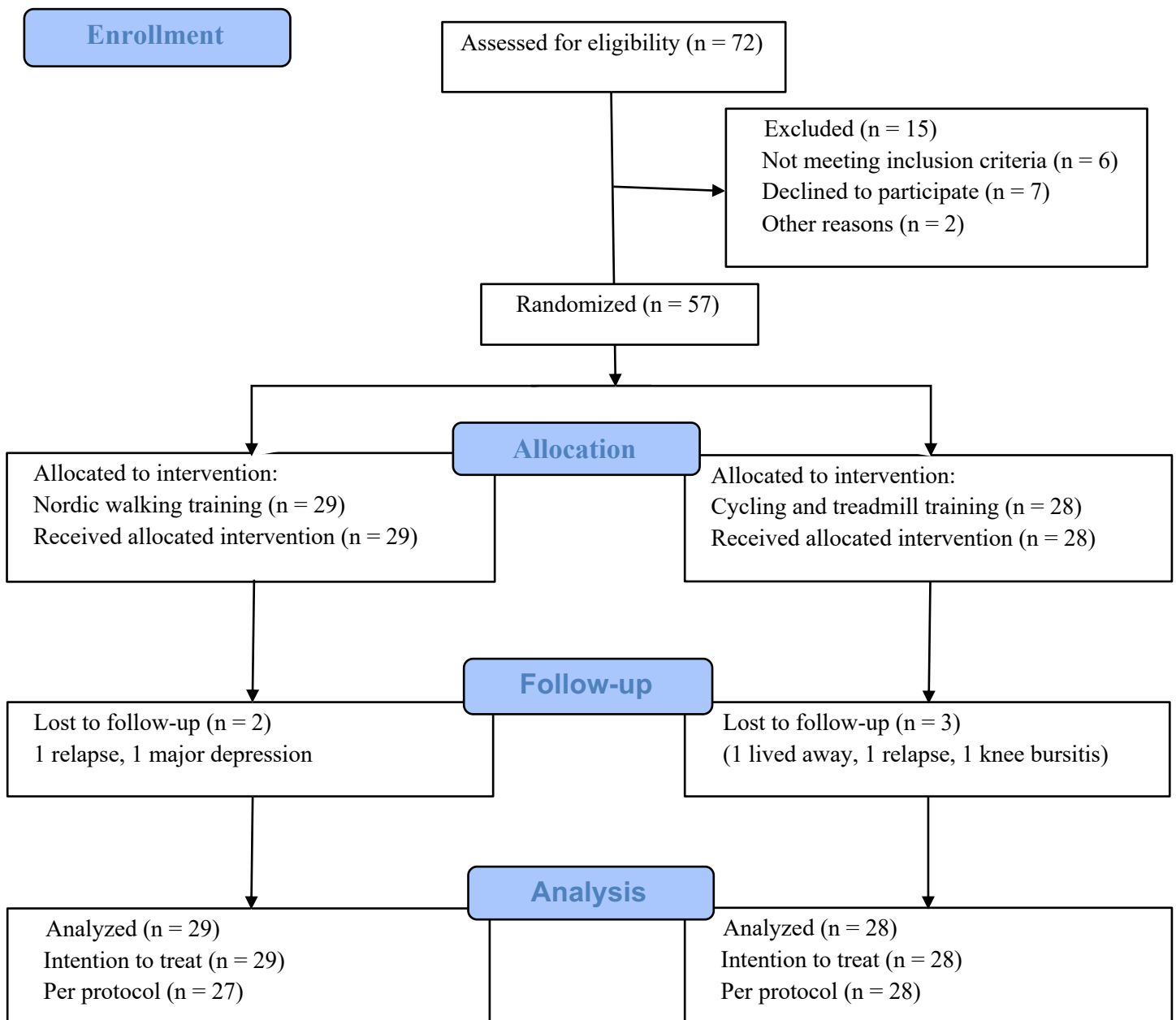
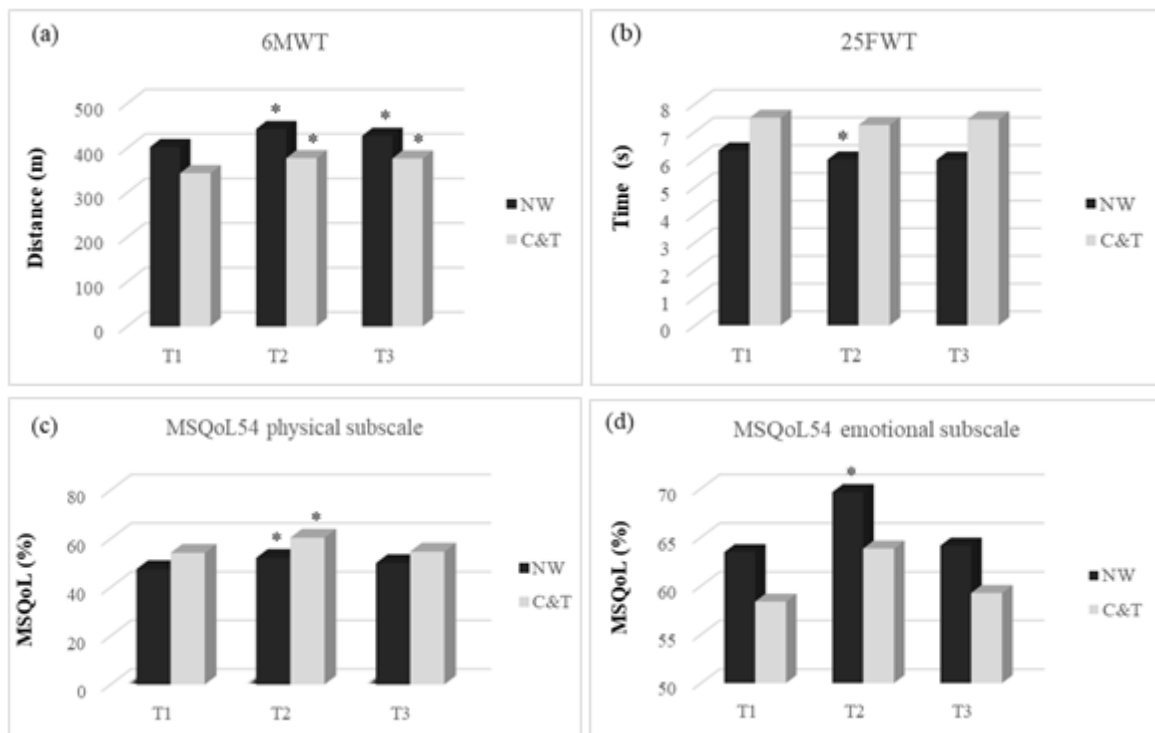


Figure S2. Within-Group Pairwise Comparison.

Nordic walking and cycling and treadmill groups on walking capacity measured by the maximal (a) distance on the 6MWT (m) and (b) time (sec) of the T25FWT; and on quality of life measured by the (c) physical and (d) emotional subscales of the MSQOL-54 (%). The asterisks (*) represent statistical improvement within groups from T1 (pre-training) to T2 (post-training) and T3 (3 months after training).



6MWT, Six-Minute Walk Test; cycling and treadmill, C&T; MSQoL-54, Multiple Sclerosis Quality of Life-54; Nordic walking, NW; T25FWT, Timed 25-Foot Walk Test.