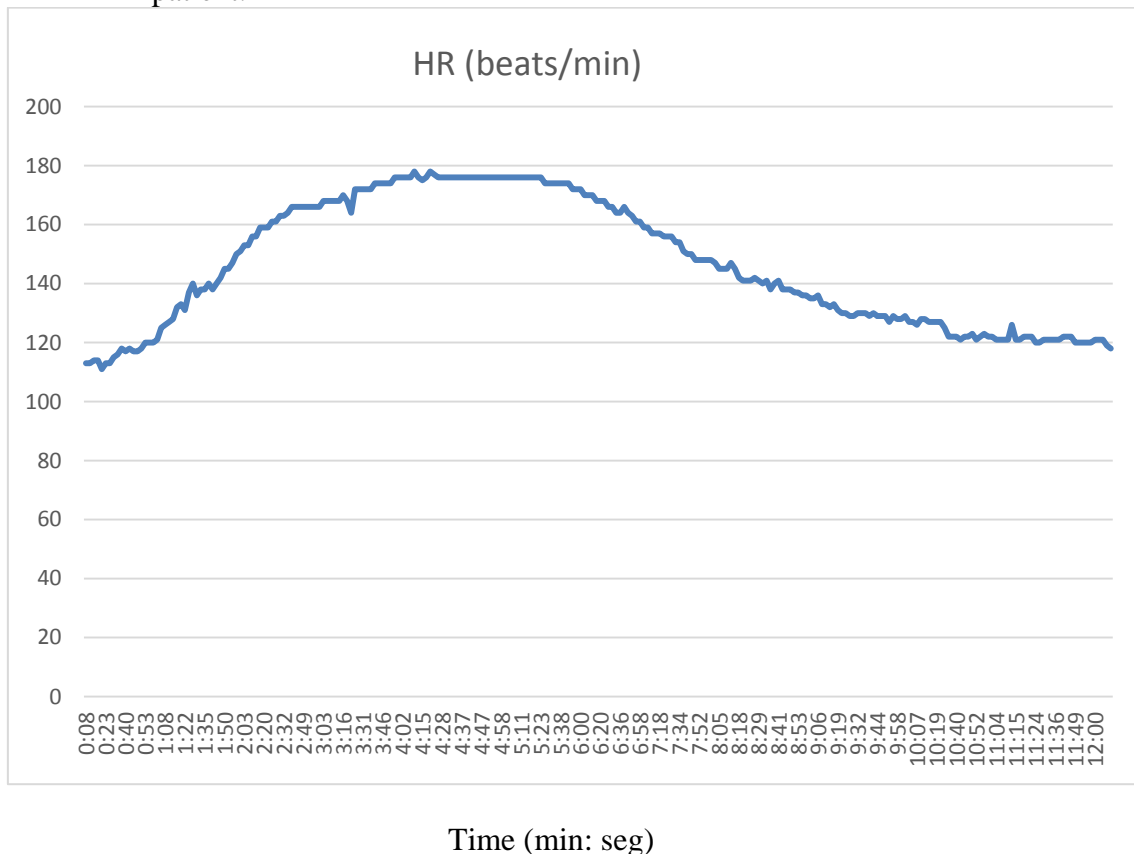


**Supplemental file 3.** Example of second wind assessment in one adult patient.



The test consists of a 15-minute bout of cycle-ergometer exercise at a wattage eliciting a heart rate value of 60-70% of the predicted maximum heart rate [i.e., 220 beats/minute *minus* age (in years)] [1]. The patients typically show a decrease in early exertional tachycardia (from ~175 to ~120 beats/min in this example) starting after around 6 minutes of the test. This test only requires a cycle-ergometer and use of a heart rate meter.

1. Vissing J, Haller RG: **A diagnostic cycle test for McArdle's disease.** *Ann Neurol* 2003, **54**(4):539-542.