Author, Year; Country Score Research Design Sample Size	Methods	Outcomes
de Groot et al. 2003; Netherlands PEDro = 7 RCT Level 1 N = 6	**Population:** 4 male, 2 female, C5-L1, AIS A (*n* = 1), B (*n* = 1), and C (*n* = 4), age 36 yrs, 116 d post-injury. **Treatment:** Randomized to low-intensity (50%–60% HRR) or high-intensity (70%–80% HRR) arm ergometry; 20 min/d, 3 d/wk, 8 wks. **Outcome Measures:** lipid profiles including total cholesterol (TC), HDL, LDL, triglycerides (TG).	1. The TC/HDL ratio and triglycerides decreased significantly more in the high-intensity group.
Hooker & Wells 1989; USA Prospective controlled trial Level 2 N = 8	**Population:** Low-intensity group: *n* = 6, 3 male, 3 female, C5-T10, age 26–36 yrs, 3 months to 19 yrs post-injury; moderate-intensity group: *n* = 5, 3 male, 2 female, C5-T9, age 23–30 yrs, 2–19 yrs post-injury. **Treatment:** Wheelchair ergometry 20 min/d, 3 d/wk, 8 wks: low-intensity (50%–60% max HRR) and moderate intensity (70%–80% max HRR). **Outcome Measures:** total cholesterol (TC), triglycerides, HDL, LDL.	2. No change in lipid levels in low-intensity group. 3. Significant increases in HDL and decreases in triglycerides, LDL, and the TC/HDL ratio in the moderate intensity group.
El-Sayed et al. 2005; UK Pre-post Level 4 N = 12	**Population:** 5 SCI, lesion below T10, age 32 yrs; 7 AB controls, age 31 yrs. **Treatment:** Arm ergometry, 30 min/d (60%–65%VO_2peak), 3 d/wk, 12 wks. **Outcome Measures:** VO_2peak, peak HR, peak workload, total cholesterol (TC), triglycerides, HDL.	1. Training improved HDL but did not alter TC or triglycerides.
Stewart et al. 2004; Canada Pre-post Level 4 N = 9	**Population:** 8 male, 1 female, incomplete AIS C, C4-T12, 8.1 yrs post-injury. **Treatment:** Body-weight–supported treadmill training, 3 d/wk, 6 months. **Outcome Measures:** ambulatory capacity (Wernig Walking Scale), cholesterol, HDL, LDL, triglycerides.	1. There were significant reductions in TC (-11.2%), LDL (-12.9%), and TC/HDL (-19.8%).
Nash et al. 2001; USA Pre-post Level 4 N=5	**Population:** 5 males, complete lesions T6-L1, age 37.8 yrs, 4.8 yrs post-injury. **Treatment:** Circuit resistance training (50%–60%1 repetition maximum), 3 d/wk, 12 wks. **Outcome Measures:** VO_2peak, time to fatigue, TC, triglycerides, HDL, LDL.	1. There were significant decreases in LDL, LDL/HDL, and TC/HDL after training.
Solomonow et al. 1997; USA Pre-post Level 4 N = 70/33	**Population:** All participants had paraplegia, no other details given. **Treatment:** Reciprocating gait orthosis powered with electrical muscle stimulation, 3 hr/wk, 14 wks. **Outcome Measures:** cholesterol, LDL, HDL	1. There were significant reductions in total cholesterol, LDL, LDL/HDL ratio, and TC/HDL ratio in 8 patients with initially high total cholesterol levels (>200 $mg \cdot dL^{-1}$).

Note: AIS = ASIA Impairment Scale; d = day; HDL = high-density lipoprotein; hr = hour; HRR = heart rate reserve; LDL = low-density lipoprotein; min = minute; RCT = randomized controlled trial; TC = total cholesterol; wk = week; yrs = year.