

Author Year Country Research Design Score Total Sample Size	Methods	Outcome
Stone et al. 2019 USA Pre - post Level 4 N = 11	Population: 11 participants; 7 males and 4 females; mean ($\pm$ SD) age 39.0 ($\pm$ 15.9) years; AIS B (n = 4), AIS C (n = 4), and AIS D (n = 3); level of injury cervical (n = 6), thoracic (n = 4) and lumbar (n = 1); and mean ($\pm$ SD) time since injury 9.5 ($\pm$ 4.7) years. Treatment: Participants trained twice a week for 12 weeks on an eccentrically biased recumbent stepper (Eccentron), which targets the gluteal, hamstring, and quadriceps muscles. Participants started training at 50% 1RM (intensity was individually adjusted) for 2 to 3 sets of 8 repetitions at 12 rpm. Outcome Measures: 10MWT, and WISCI II during 10MWT were assessed at baseline, after 6 weeks, and after 12 weeks. Daily step physical activity on four consecutive days was also assessed.	1. There were no AEs or elevated pain associated with the eccentric resistance training (ERT). 2. There was a significant ($P = .027$) ERT effect on 10MWT speed with these changes occurring from pre-test (0.34 ± 0.42 m/s) to post-test (0.43 ± 0.50 m/s). 3. Participants also improved in WISCI II scores from pre-test (8 ± 7) to post-test (13 ± 7) ($P = .004$). 4. The improvement in 10MWT performance across the ERT was positively correlated with the change identified in daily step physical activity ($r = .649$, $P = .04$).
Stone et al. 2018 USA Pre-post Level 4 N = 11	Population: 11 participants with incomplete and chronic SCI; mean ($\pm$ SD) age 39.1 ($\pm$ 15.9) years; injury level cervical (n = 6), thoracic (n = 4), and lumbar (n = 1); and mean ($\pm$ SD) time since injury 9.5 ($\pm$ 4.7) years. Treatment: Participants trained two times a week for 12 weeks on the eccentric stepping ergometer (Eccentron) with a progression in resistance training (RT) parameters. Outcome Measures: Isometric strength of the flexors and extensors of the knees and hip and plantar- and dorsiflexors (using a hand-held, digital dynamometer); eccentric strength (using the Eccentron); and daily step physical activity (using a step activity monitor) during three consecutive	1. Average step physical activity did not differ following RT ($p = 0.092$). 2. Eccentric strength significantly improved from pretest to midtest ($p = 0.034$) and from pretest to posttest ($p = 0.038$); with no changes between midtest and posttest ($p = 0.15$). 3. Isometric strength significantly improved from pretest to posttest data ($p = 0.031$).

	weekdays and one weekend day were assessed at baseline, at the end of weeks 6 and 12.	
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