

Appendix 2: Verbal standardized information regarding each activity.

Activity	Environment/equipment	Instructions
Sedentary		
Watch TV	Indoors/Tv-room	Sit comfortably in the wheelchair as if you were to look at the television at home.
Computer Work	Indoors/laptop computer	Search or use the Web, mail or word as you usually would do.
NEPA		
Set a table	Indoors/4 plates. Forks knives and plastic glass	Setting the table with one category for example first plates then cutlery and last drinking glass. When everything is ready pick everything of the same order and then start from scratch .
Wheeling the wheelchair indoors	Indoors/20 meters between two cones	Wheeling the wheelchair at a pace that is comfortable and normal for you when you propelling indoors and not be in a hurry somewhere.
Wheeling the wheelchair outdoors "walk pace"	Outdoors/85 meter track on asphalt	Wheeling the wheelchair at a pace that is comfortable and normal for you when you're out walking. Borg RPE 10-11 light.
Hand bike outdoors "walk pace"	Outdoors/130 meter track on asphalt	Arm cranking at a pace that is comfortable and normal for you when you're out walking. Borg RPE 10-11 light.
Exercise		
Weight training	Indoors/machines for seated row. pull-down and pecdec.	Set up the machines at a weight so that you are able to perform 10 repetitions or you usually practice. Perform 10 repetitions in a calm and controlled tempo. Rest and switch to the next machine until the test leader says stop.
Arm cranking 18W	Indoors/Monark ergomedic 891E. Mounted on a height adjustable table.	Position the wheelchair at a convenient distance from the bike. Keep 60 revolutions per minute.
Arm cranking 24W	Indoors/ Monark ergomedic 891E. Mounted on a height adjustable table.	Position the wheelchair at a convenient distance from the bike. Keep 60 revolutions per minute
Arm cranking 36W	Indoors/ Monark ergomedic 891E. Mounted on a height adjustable table.	Position the wheelchair at a convenient distance from the bike. Keep 60 revolutions per minute.
Arm cranking 42W	Indoors/ Monark ergomedic 891E. Mounted on a height adjustable table.	Position the wheelchair at a convenient distance from the bike. Keep 60 revolutions per minute.
Ski ergometer	Indoors/Machine	Position the wheelchair at a convenient distance. Pull the ski poles in a double poling movement..
Circuit training	Indoors/the same machines as for weight training and the same bike as for arm cranking	Set up the machines at a weight so that you are able to perform 10 repetitions or you usually practice. Perform the repetitions with 1 second for concentric phase and 2 seconds for the eccentric phase. Then switch to arm cranking in 1 min and after 1 min switch the next machine. Repeat until the test leader says stop.
Wheeling the wheelchair outdoors "training pace"	Outdoors/85 meter track on asphalt	Wheeling the wheelchair at a rate that is normal for you when you are outside and exercise. Borg RPE 13-14 somewhat hard.
Hand bike outdoors "training pace"	Outdoors/130 meter track on asphalt	Arm crank at a rate that is normal for you when you are out there and exercise. Borg RPE 13-14 somewhat hard.