Respondents to recruitment

Step 1. Phone Screen

Step 2. In-person

Step 3. Medical Verification

Step 4. Symptom-limited Cycle-ergometer Test

Volunteer to Magnetic Resonance Image with Safety Clearance

- Excluded due to Magnetic Resonance Imaging Findings
  - Baseline Data Collection
  - Randomization
    - 3-month data collection
    - 6-month data collection & Magnetic Resonance Imaging
  - Start of 6-month Follow-up Period
  - 9-month data collection

- Enrolled
  - Baseline Data Collection
  - Randomization
    - 6-month exercise: cycling or stretching

Refuse to Magnetic Resonance Imaging or Without Safety Clearance

- Enrolled
  - Baseline Data Collection
  - Randomization
    - 6-month exercise: cycling or stretching
  - Start of 6-month Follow-up Period
  - 9-month data collection

- 3-month data collection
- 6-month data collection
- 12-month data collection & Magnetic Resonance Imaging