



Supplementary Figure 1: *sis1-Δ[TETrSIS1]* [RNQ⁺] or [rnq⁻] strains were subcultured in log phase in the presence (+) or absence (-) of 5 μg/ml of doxycycline (dox) in liquid media at 30°C. Cells were harvested after 18 generations, resuspended in PEB and lysed by vortexing with glass beads at 4°C. Lysate was precleared at 600g for 2 min. 80 μg of the lysate was subjected to SDD-AGE and immunoblotting using Rnq1 specific antibodies. Numbers on the right indicate estimated molecular weights (MW) of major Rat Soleus proteins (Titin ~3500 kDa, Nebulin ~750 kDa, and Myosin ~220 kDa).