## FIGURE LEGENDS

- FIGURE S1 Example of large oscillations of force and SL at a short SL observed under a low level of activation. A myofibril was activated with 6 mM MgADP and 1 mM MgATP in the absence of  $Ca^{2+}$ . The traces of force (top) and change in individual SLs (bottom; sarcomere numbers, S1-S9, correspond to those in the top micrograph) are shown. During oscillation the average SL of each sarcomere was ~2.35 μm. The horizontal scale bar,  $10 \, \mu m$ . The vertical scale bar in the bottom trace,  $0.5 \, \mu m$ .
- **FIGURE S2** Resting force-SL relationship. The resting force measured without activation (filled circles), and after 1-5 times activations either by 6 mM MgADP (open squares) or by 14 mM MgADP (crosses) are shown.
- FIGURE S3 Force-SL relationship with the standard deviation of SL. The plots with mean  $\pm$  SD for SL are shown in A and B, which correspond to those in Figs. 4 and 7, respectively. The SD in each plot (horizontal bars) was calculated from the individual SLs throughout the myofibril as shown in Fig. 2 B.
- **FIGURE S4** Effect of dextran obtained from the model analysis. To demonstrate the effect of dextran, the sarcomeric volume was reduced by 8 to 12% in the presence of 6 mM MgADP (lower and upper solid lines, respectively), which corresponds to 4 to 6% changes in the lattice spacing by the addition of 1% dextran (Fig. 6 *B*). The dashed line shows the relationship without dextran. For comparison with the experimental data, see Fig. 7.
- **FIGURE S5** Force-SL relationship obtained from the Eq. A7 in Appendix. The force-SL relationships at various [MgADP] are shown. [MgADP] is shown above each trace. (*Inset*) The active force depending on [MgADP] at two different SLs, 2.5 μm (solid line) and 2.9 μm (dashed line). For comparison with the experimental data, see Fig. 4.
- **Movie S1** Spontaneous oscillation in a myofibril at short SL, corresponding to Fig. S1.
- **Movie S2** Force development in a myofibril at a middle SL, corresponding to Fig. 3 A.
- **Movie S3** Force development in a myofibril at a long SL, corresponding to Fig. 3 B.

Figure S1

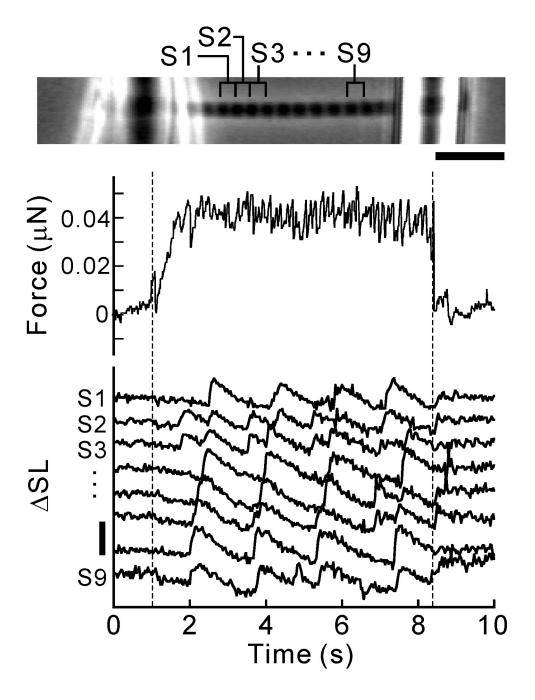


Figure S2

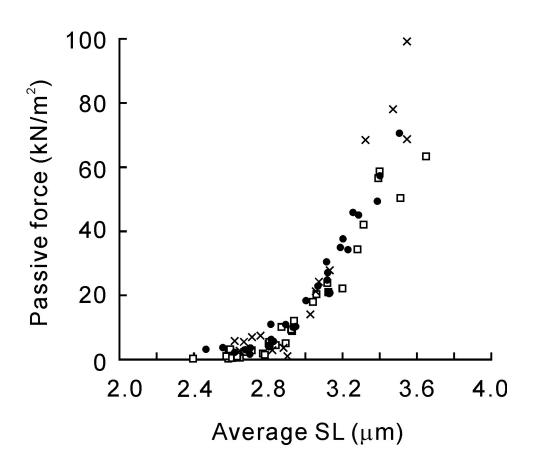


Figure S3

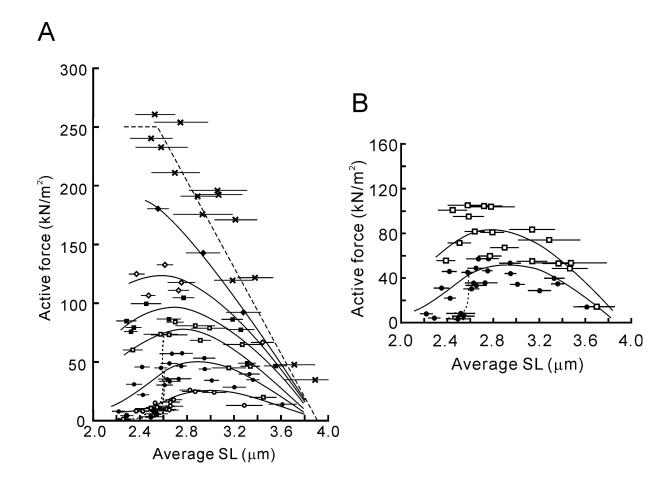


Figure S4

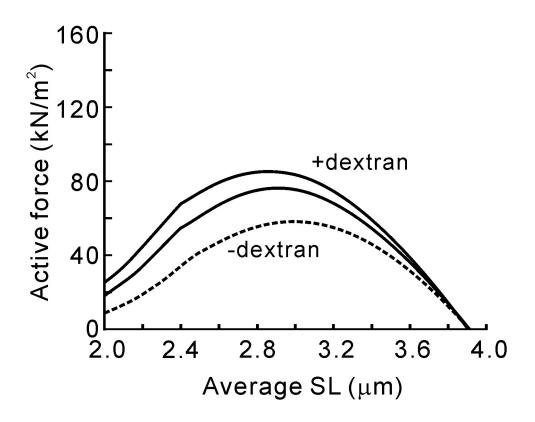


Figure S5

