

Mode	rigor	post	Mode	rigor	post
#	ω^R	ω^P	#	ω^R	ω^P
1	0.224	0.296	21	3.452	3.296
2	0.429	0.439	22	3.480	3.378
3	0.584	0.530	23	3.569	3.519
4	0.936	0.950	24	3.669	3.547
5	1.208	1.144	25	3.827	3.652
6	1.244	1.318	26	3.971	3.791
7	1.573	1.466	27	4.012	3.900
8	1.694	1.677	28	4.098	3.994
9	1.789	1.789	29	4.292	4.113
10	1.982	1.840	30	4.320	4.240
11	2.044	2.037	31	4.633	4.261
12	2.305	2.245	32	4.665	4.439
13	2.424	2.352	33	4.789	4.500
14	2.697	2.369	34	4.896	4.547
15	2.799	2.546	35	4.950	4.682
16	2.860	2.729	36	5.099	4.732
17	2.933	2.889	37	5.150	4.830
18	3.084	2.940	38	5.182	4.905
19	3.108	3.006	39	5.290	5.017
20	3.310	3.037	40	5.328	5.123

TABLE S4: Normal mode frequencies of the first 40 lowest-frequency modes of the rigor-like and post-rigor states of myosin V.