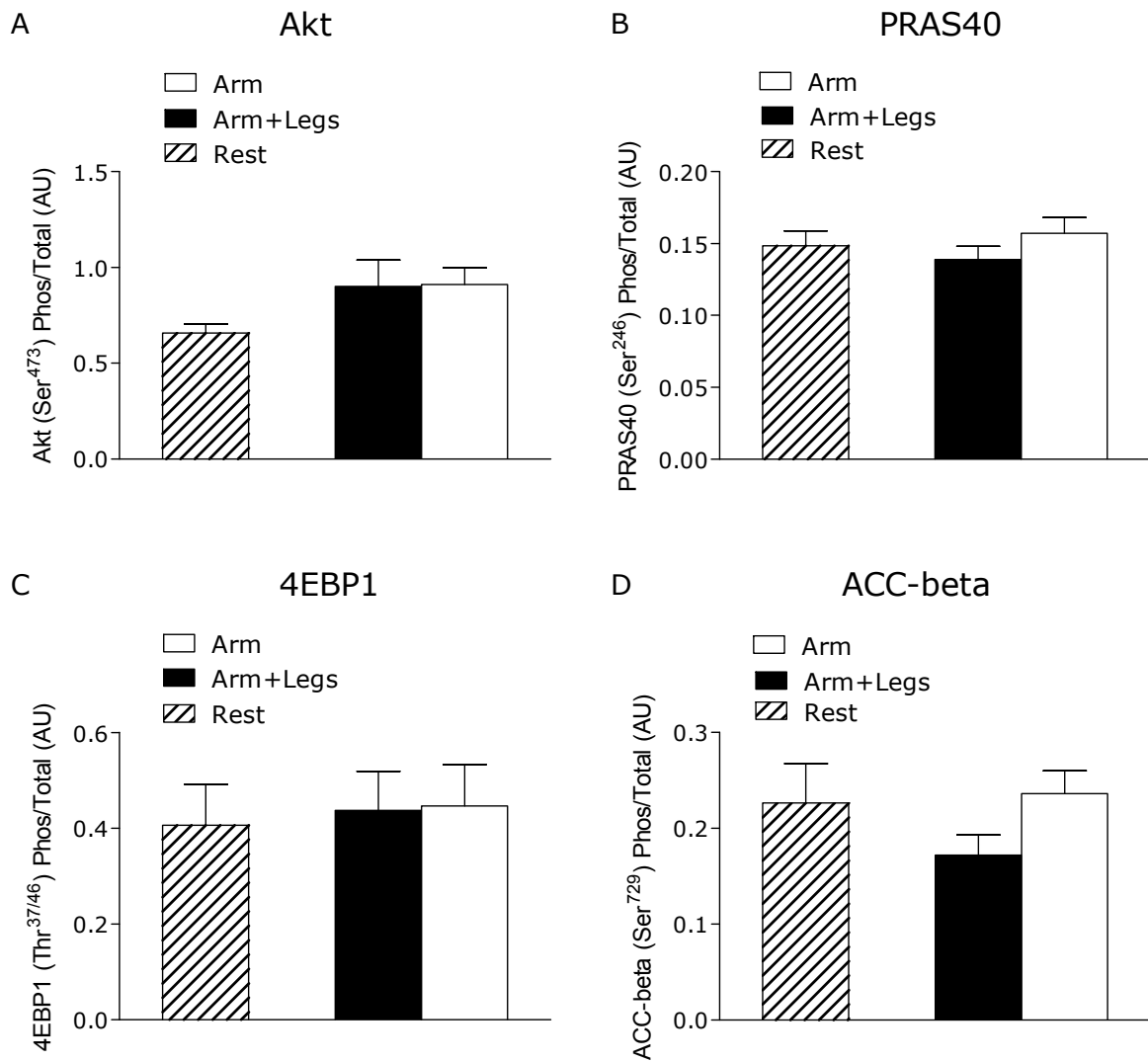


Supplementary Figure 1. Rate of mixed muscle protein synthesis in the fed state at rest and following Arm and Arm+Legs exercise protocols. \*Significantly different from rest,  $P < 0.01$ . Values are means  $\pm$  SE.



Supplementary Figure 2. Phosphorylated to total protein ratio of Akt (A), PRAS40 (B), 4EBP1 (C) and ACC-beta (D) at rest and after Arm and Arm+Legs exercise protocols.