

**Table S3.** GLUT4, GLUT1, hexokinase II, AMPK $\alpha$ 1, AMPK $\alpha$ 2, CaMK II, IRS1, Akt, AS160, TBC1D1 protein levels and glycogen concentrations in tibialis anterior muscles one week following intramuscular injection of empty vector control (Empty vector) or inactive Myo1c (K111A-Myo1c) DNA constructs. Protein abundance is expressed relative to the average of Empty vector control. Data are means  $\pm$  S.E., ‡ P < 0.01 vs. Empty vector. N = 8/ group

		Empty vector	K111A-Myo1c
Immunoblot (A.U.)	Myo1c	1.00 $\pm$ 0.08	1.85 $\pm$ 0.25 ‡
	GLUT4	1.00 $\pm$ 0.04	1.03 $\pm$ 0.06
	GLUT1	1.00 $\pm$ 0.07	1.07 $\pm$ 0.04
	Hexokinase II	1.00 $\pm$ 0.08	1.02 $\pm$ 0.09
	AMPK $\alpha$ 1	1.00 $\pm$ 0.05	0.94 $\pm$ 0.04
	AMPK $\alpha$ 2	1.00 $\pm$ 0.06	1.05 $\pm$ 0.05
	CaMK II	1.00 $\pm$ 0.05	1.07 $\pm$ 0.05
	IRS1	1.00 $\pm$ 0.10	0.98 $\pm$ 0.07
	Akt	1.00 $\pm$ 0.06	1.01 $\pm$ 0.03
	AS160	1.00 $\pm$ 0.05	0.95 $\pm$ 0.08
	TBC1D1	1.00 $\pm$ 0.11	1.03 $\pm$ 0.13
Glycogen (nmol/mg protein)		43.1 $\pm$ 2.51	46.5 $\pm$ 5.25