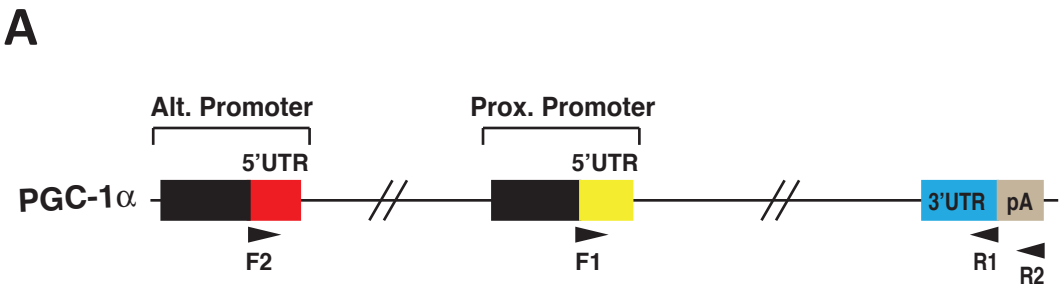
TABLE S1

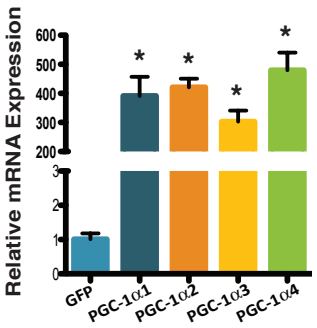
Complete description of human participant exercise programs

Group	Modality	Mon	Tues	Wed	Thurs	Fri
Endurance	bicycle	60 min	60 min	60 min	60 min	60 min
	weights	none	none	none	none	none
Resistance	bicycle	none	none	none	none	none
	weights	• Lunges • Leg Press • Leg Extension • Leg Curls • Toe Raises • Crunches	• Chest Press • Incline Dumbell Bench Press • Lat Pulldowns • Seated Row • Lateral Raise • Triceps Extension • Biceps Curls	none	• Lunges • Leg Press • Leg Extension • Leg Curls • Toe Raises • Crunches	• Chest Press • Incline Dumbell Bench Press • Lat Pulldowns • Seated Row • Lateral Raise • Triceps Extension • Biceps Curls
Combined	bicycle	30 min	30 min	30 min	30 min	30 min
	weights	• Leg Press • Leg Extension • Leg Curls • Crunches	• Chest Press • Lat Pulldowns • Triceps Extension • Biceps Curls	none	• Leg Press • Leg Extension • Leg Curls • Crunches	• Chest Press • Lat Pulldowns • Triceps Extension • Biceps Curls
Control	bicycle	none	none	none	none	none
	weights	none	none	none	none	none

Supplemental Figure 1

Figure S1 - Refers to Figure 1





C

PGC-1α2

Alternative Ex 1'

ATGTTGGGATTGTCATCCATGGATTCAATTTTGAAATGTGCTGCTCTGGTTGGTGAGGACCAGCCTCTTTGCCCAGATCT — Ex 2 (c)
TCCTGAACTTGACCTTTCTGAACTTGATGTGAATGACTTGGATACAGACAGCTTTCTGGGTGGATTGAAGTGGTGTAGCG
ACCAATCGGAAATCATATCCAACCAGTACAACAATGAGCCTGCGAACATATTTGAG**AAGATAGATGAAGAGAATGAGGCA** — Ex 3 (p)
AACTTGCTAGCGGTTCTCACAGAGACACTGGACAGTCTCCCCGTGGATGAAGACGGATTGCCCTCATTTGAGAACAAG — Ex 7 (p)
ACTATTGAGCGAACCTTAAGTGTGGAACTCTCTGGAACTGCAG**GCCTAACTCCTCCCACAACTCCTCCTCATAAAGCCAA**
CCAAGATAACCCTTTCAAGGCTTCGCCAAAGCTGAAGCCCTCTTGCAAGACCGTGGTGCCACCGCCAACCAAGAGGG
CCCGGTACAGTGAGTGTTCTGGTACCCAAGGCAGCCACTCCACCAAGAAAGGGCCCGAGCAATCTGAGTTGTACGCA
CAACTCAGCAAGTCCTCAGGGCTCAGCCGAGGACACGAGGAAAGGAAGACTAAACGGCCCAGTCTCCGGCTGTTTG
GTGACCATGACTACTGTCAGTCACTCAATTCCAAAACGGATATACTCATTAACATATCACAGGAGCTCCAAGACTCTAGA — Ex 8 (p)
CAACTAGACTTCAAAGATGCCTCCTGTGACTGGCAGGGGCACATCTGTTCTTCCACAGATTCAGGCCAGTGCTACCTGA
GAGAGACTTTGGAGGCCAGCAAGCAGGTCTCTCCTTGCAGCACCAGAAAACAGCTCCAAGACCAGGAAATCCGAGCG
GAGCTGAACAAGCACTTCGGTCATCCCTGTCAAGCTGTGTTTGACGACAAATCAGACAAGACCAGTGAACTAAGGGAT
GGCGACTTCAGTAATGAACAATTCTCCAAACTACCTGTGTTTATAAATTCAGGACTAGCCATGGATGGCCTATTTGATGAC
AGTGAAGATGAAAGTGATAAACTGAGCTACCCTTGGGATGGCACGCAGCCCTATTCATTGTTCGATGTGTCGCCTTCTTG
CTCTTCCTTTAACTCTCTTAATGTAATCATTACGTGA

New Ex 14

PGC-1α3

Alt. Ex 1''

ATGCTGCTGTGTGCTGCTCTGGTTGGTGAGGACCAGCCTCTTTGCCCAGATCTTCCTGAACTTGACCTTTCTGAACTTGAT — Ex 2 (c)
GTGAATGACTTGGATACAGACAGCTTTCTGGGTGGATTGAAGTGGTGTAGCGACCAATCGGAAATCATATCCAACCAGTAC
AACAATGAGCCTGCGAACATATTTGAG**AAGATAGATGAAGAGAATGAGGCAAACTTGCTAGCGGTTCTCACAGAGACAC** — Ex 3 (p)
TGGACAGTCTCCCCGTGGATGAAGACGGATTGCCCTCATTTGAGAACAAGACTATTGAGCGAACCTTAAGTGTGGAACTC — Ex 7 (p)
TCTGGAACTGCAG**GCCTAACTCCTCCCACAACTCCTCCTCATAAAGCCAACCAAGATAACCCTTTCAAGGCTTCGCCAAA**
GCTGAAGCCCTCTTGCAAGACCGTGGTGCCACCGCCAACCAAGAGGGCCCGGTACAGTGAGTGTTCTGGTACCCAAGG
CAGCCACTCCACCAAGAAAGGGCCCGAGCAATCTGAGTTGTACGCACAACTCAGCAAGTCCTCAGGGCTCAGCCGAGG
ACACGAGGAAAGGAAGACTAAACGGCCCAGTCTCCGGCTGTTTGGTGACCATGACTACTGTCAGTCACTCAATTCCAAA
ACGGATATACTCATTAACATATCACAGGAGCTCCAAGACTCTAGACAACTAGACTTCAAAGATGCCTCCTGTGACTGGCA — Ex 8 (p)
GGGGCACATCTGTTCTTCCACAGATTCAGGCCAGTGCTACCTGAGAGAGACTTTGGAGGCCAGCAAGCAGGTCTCTCCT
TGCAGCACCAGAAAACAGCTCCAAGACCAGGAAATCCGAGCGGAGCTGAACAAGCACTTCGGTCATCCCTGTCAAGCT
GTGTTTGACGACAAATCAGACAAGACCAGTGAACTAAGGGATGGCGACTTCAGTAATGAACAATTCTCCAAACTACCTGT
GTTTATAAATTCAGGACTAGCCATGGATGGCCTATTTGATGACAGTGAAGATGAAAGTGATAAACTGAGCTACCCTTGGGA
TGGCACGCAGCCCTATTCATTGTTCGATGTGTCGCCTTCTTGCTCTTCCTTTAACTCTCTTAATGTAATCATTACGTGA

New Ex 14

PGC-1α4

Alternative Ex 1'

ATGTTGGGATTGTCATCCATGGATTCAATTTTGAAATGTCATCCATGGATTCAATTTTGAAATGTGCTGCTCTGGTTGGTGAG — Ex 2 (c)
GACCAGCCTCTTTGCCCAGATCTTCCTGAACTTGACCTTTCTGAACTTGATGTGAATGACTTGGATACAGACAGCTTTCTGG
GTGGATTGAAGTGGTGTAGCGACCAATCGGAAATCATATCCAACCAGTACAACAATGAGCCTGCGAACATATTTGAG**AAGAT** — Ex 3 (c)
AGATGAAGAGAATGAGGCAAACTTGCTAGCGGTCCTCACAGAGACACTGGACAGTCTCCCCGTGGATGAAGACGGATT
GCCCTCATTTGATGCACTGACAGATGGAGCCGTGACCACTGACAACGAGGCCAGTCCTTCCTCCATGCCTGACGGCAC
CCCTCCCCCTCAGGAGGCAGAAGAGCCGTCTCTACTTAAGAAGCTCTTACTGGCACCAGCCAACACTCAGCTCAGCTACA — Ex 4 (c)
ATGAATGCAGCGGTCTTAGCACTCAGAACCATGCAGCAAACCACACCCACAGGATCAGAACAAACCCTGCCATTGTTAAG**A**
CCGAGAATTCATGGAGCAATAAAGCGAAGAGCATTTGTCAACAGCAAAAGCCACAAAGACGTCCCTGCTCAGAGCTTCT — Ex 5 (c)
CAAGTATCTGACCACAAACGATGACCCTCCTCACACCAAACCCACAGAAAACAGGAACAGCAGCAGAGACAAATGTGC
TTCCAAAAAGAAGTCCCATACACAACCGCAGTCGCAACATGCTCAAGCCAAACCAACAACTTTATCTCTTCCTCTGACCC — Ex 6 (c)
CAGAGTCACCAAA**TTTGTTTTTA**TAA

New Ex 6'

Figure S2 - Refers to Figure 2

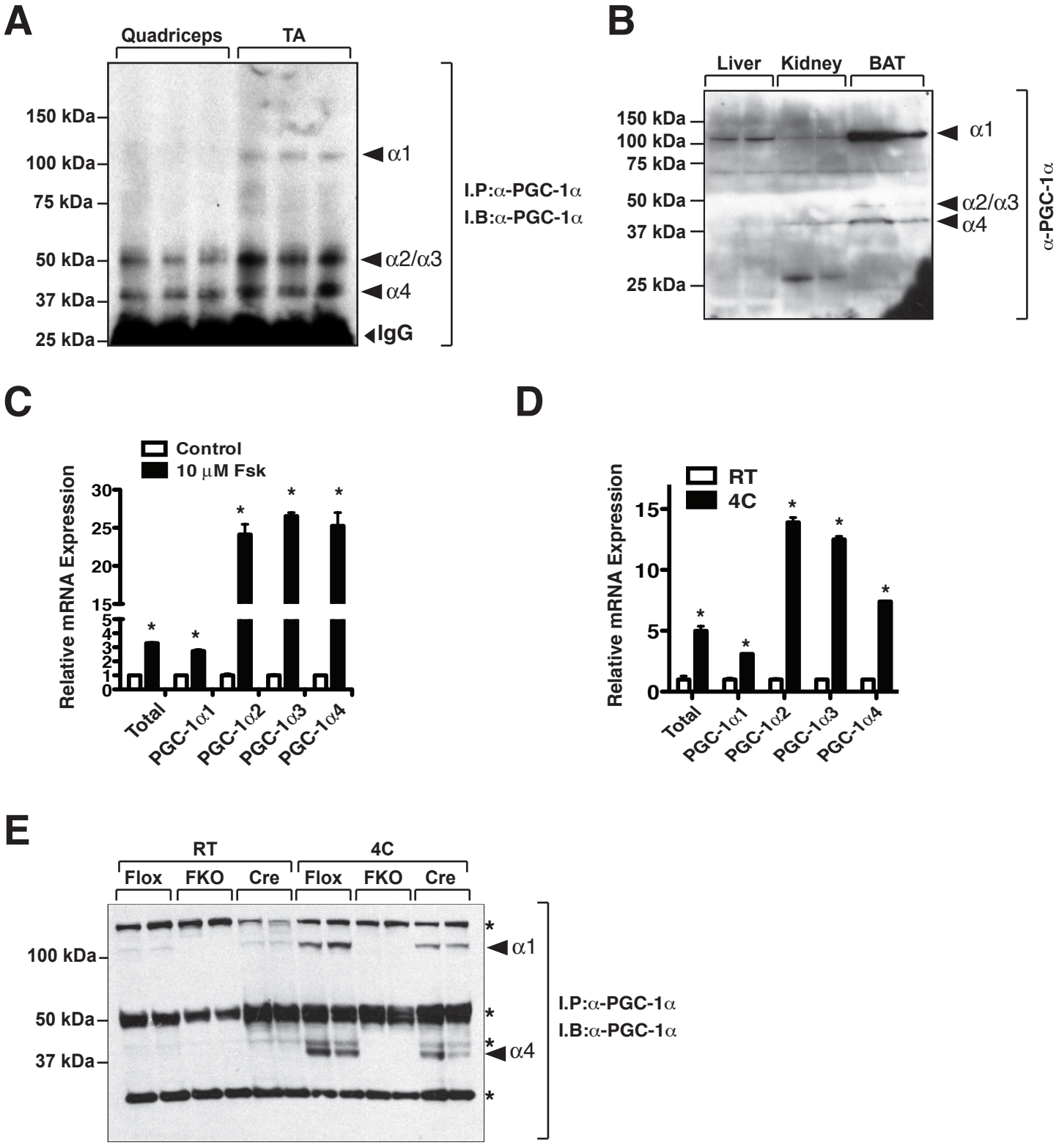


Figure S3 - Relates to Figure 3

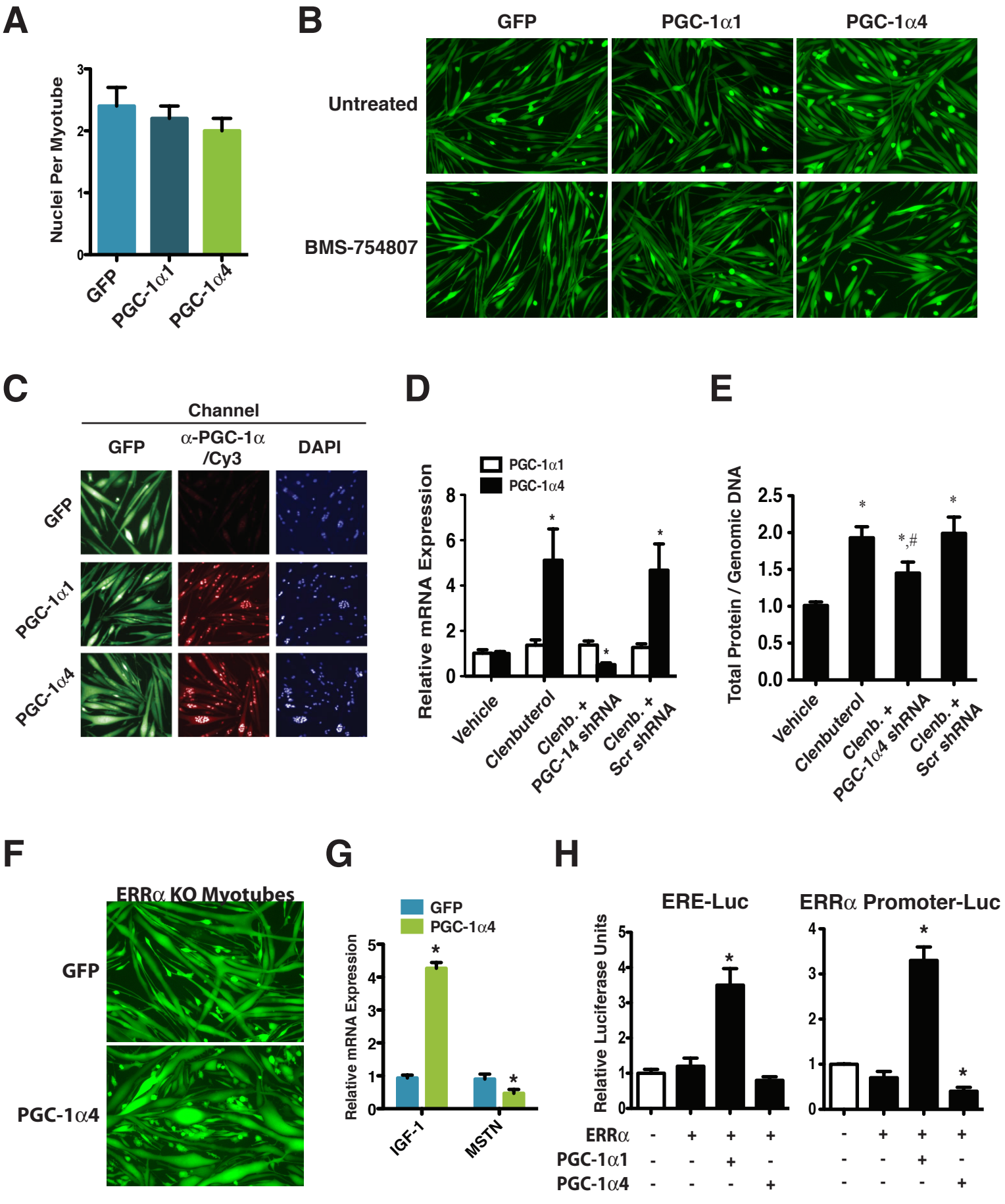


Figure S4 - Refers to Figure 4

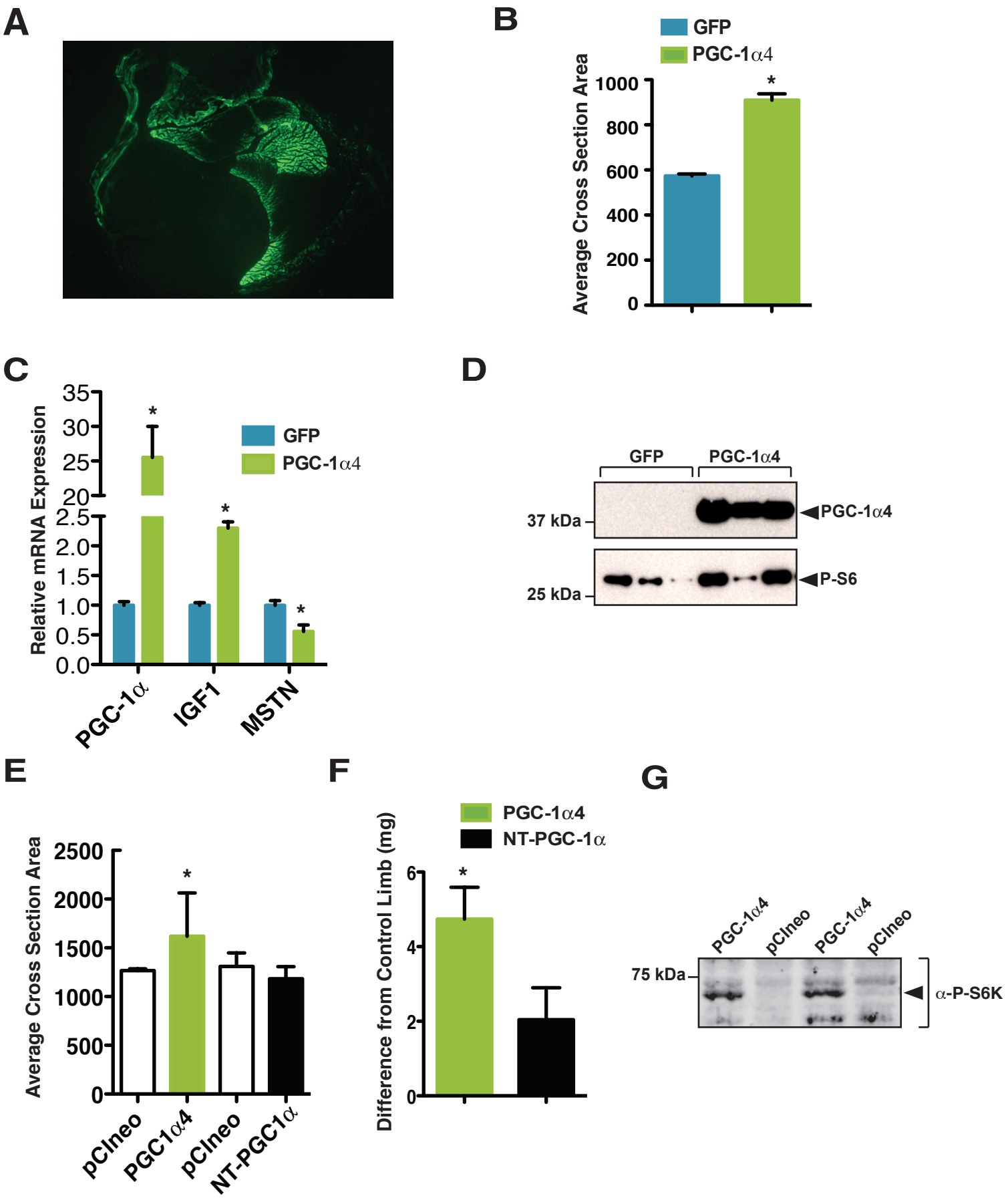


Figure S5 - Refers to Figure 5

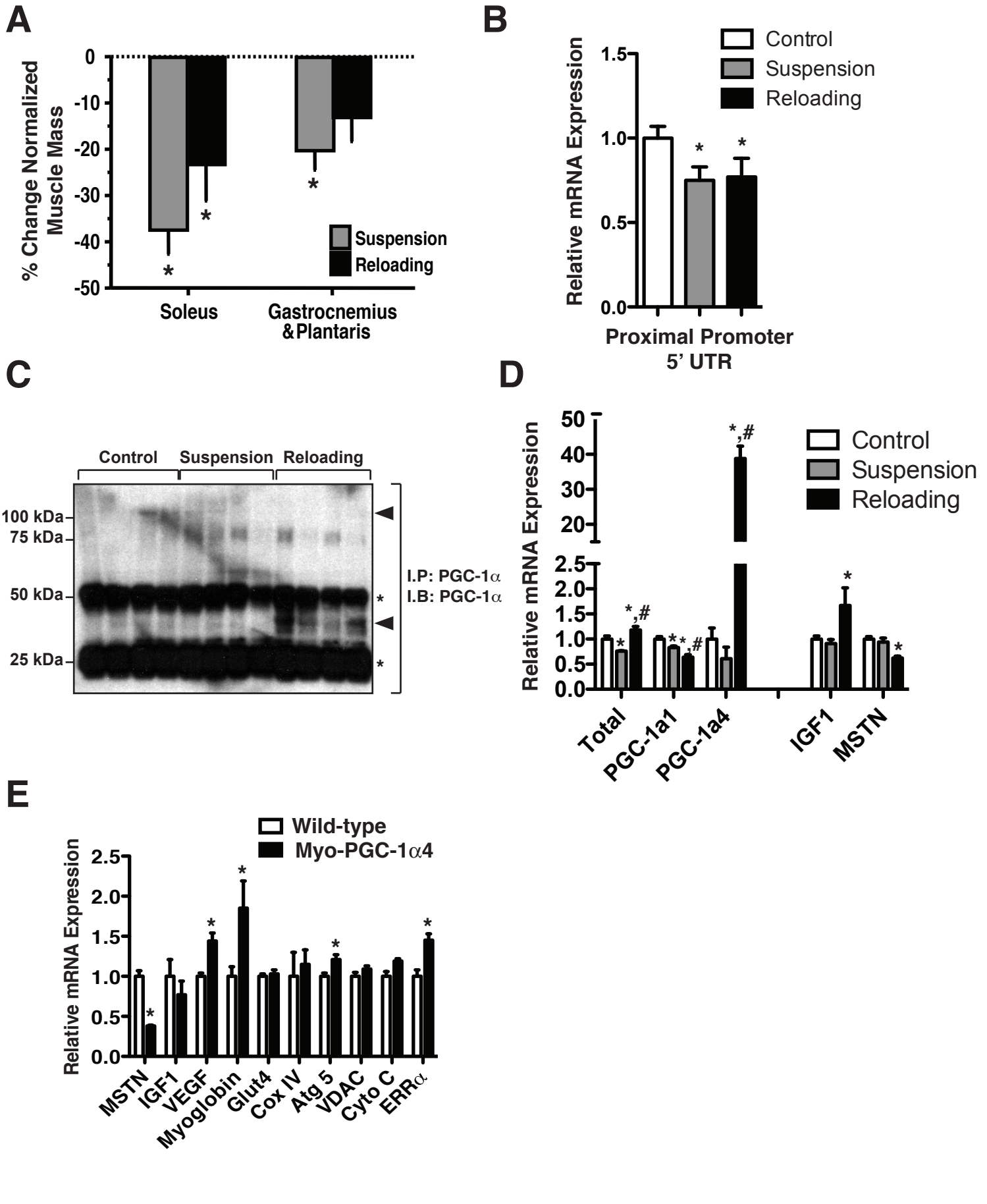


Figure S6 - Relates to Figure 6

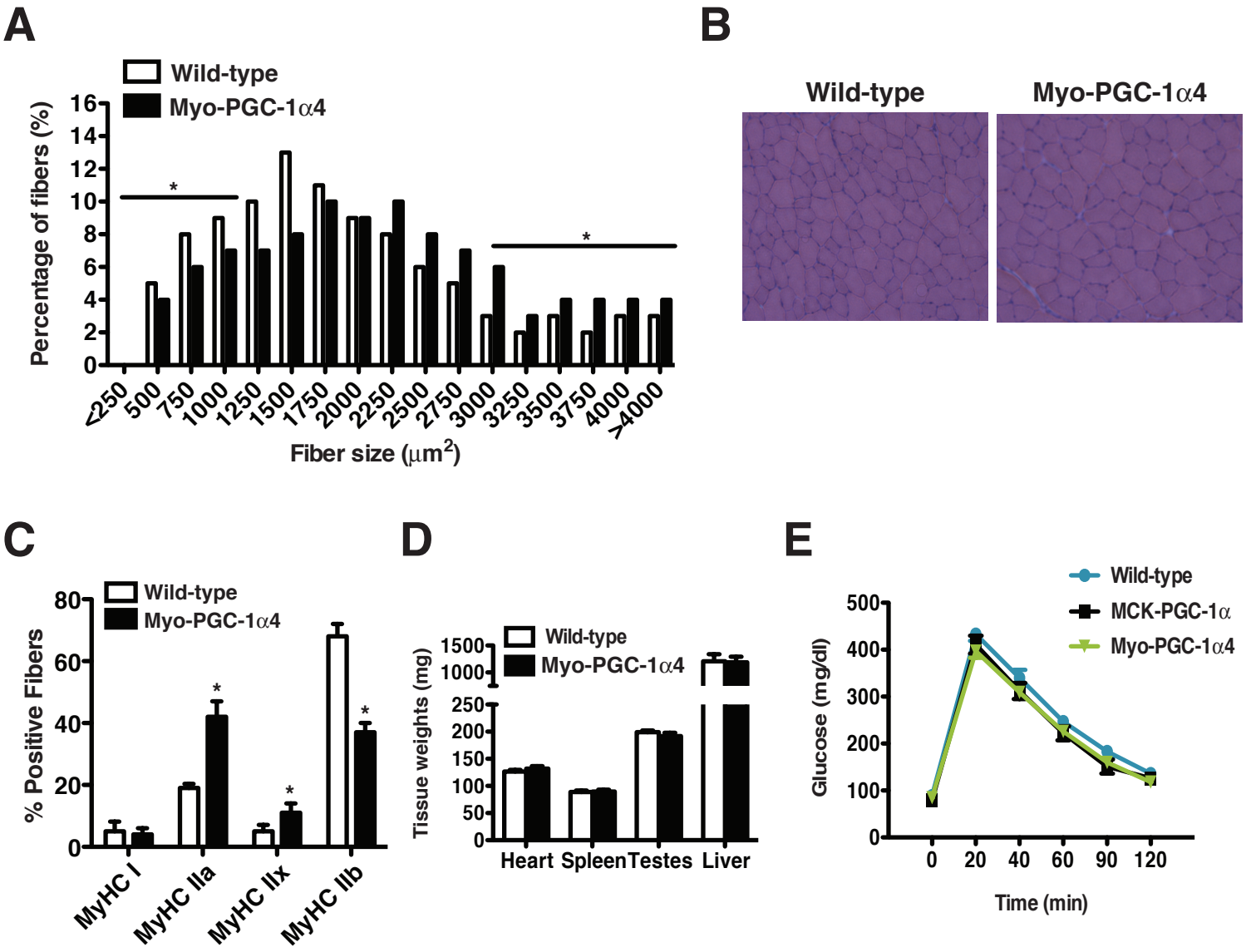
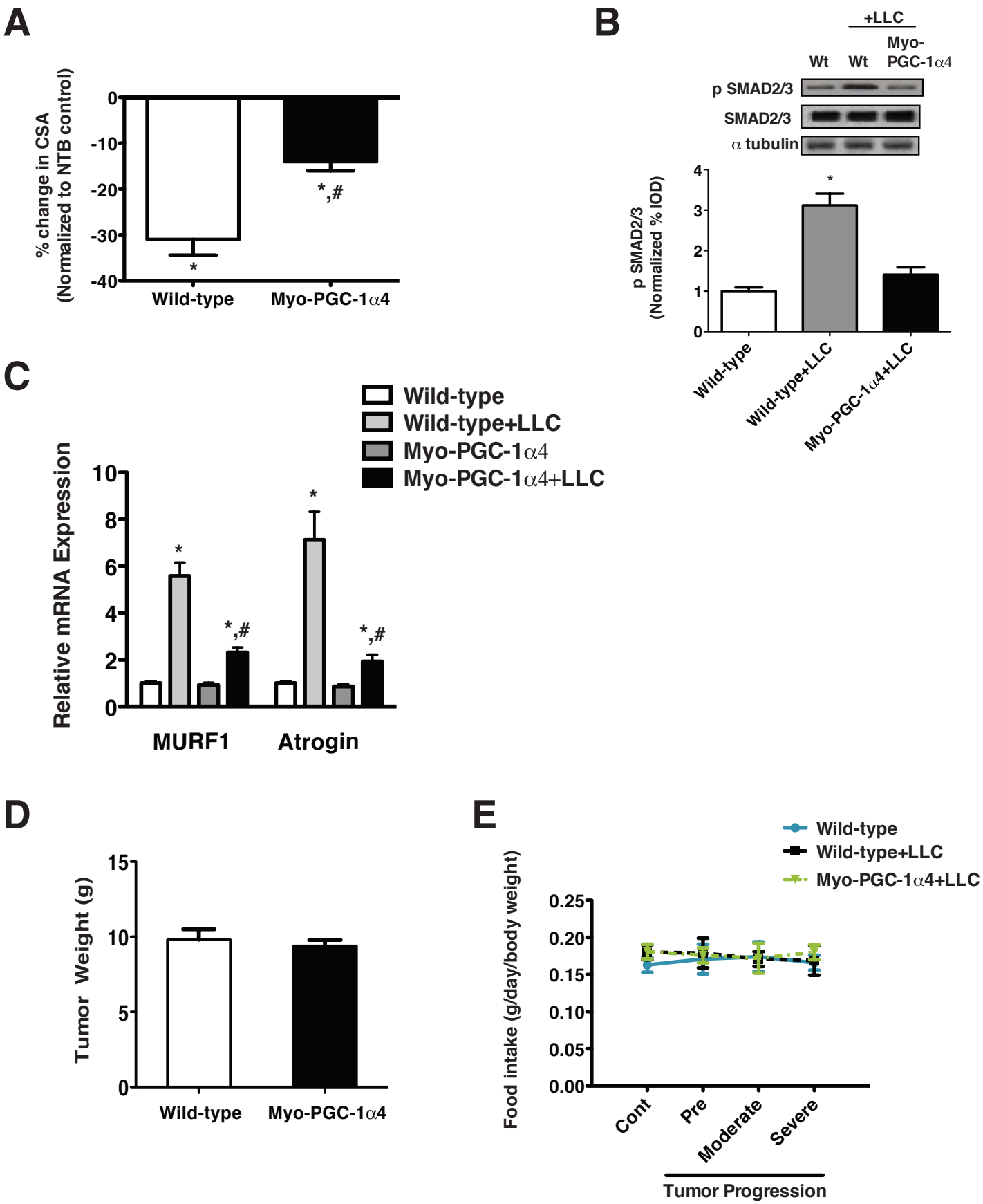



Figure S7 - Relates to Figure 7