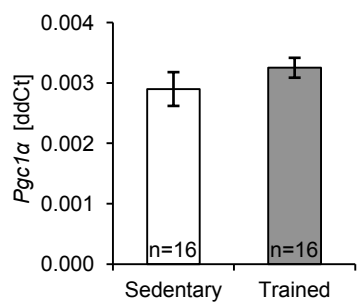


Supplementary figure 1. Effects of 3-month exercise intervention program and an acute bout of exercise on *Pgcl α* in skeletal muscle (**A,B**). Association between *Fndc5* and *Pgcl α* measured in muscle not affected by acute bout of exercise (**C**). ○ before training ● after training. Data are shown as means \pm SEM. * $p < 0.05$, *** $p < 0.001$.

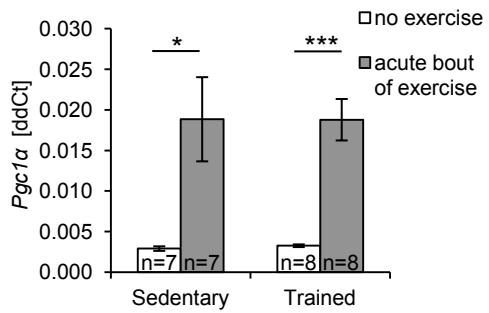
Supplementary figure 2. Comparison of the plasma irisin measured with the *EIA kit, EK-067-29* and *RIA kit, EK-067-16* (both from Phoenix Pharmaceuticals, USA) to document the discrepancy in the plasma levels detected with the older and the more recent kit. This was performed in a subset of 7 trained individuals.

Supplementary figure 1

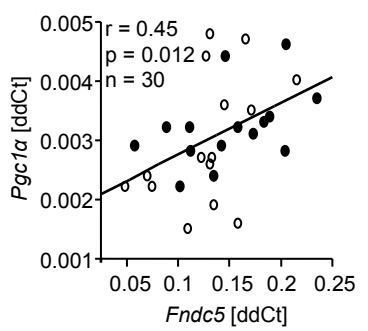
A



B



C



Supplementary figure 2

