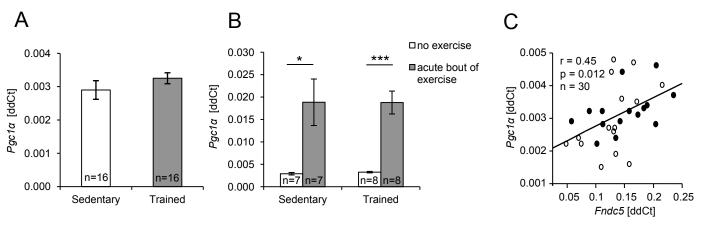
Supplementary figure 1. Effects of 3-month exercise intervention program and an acute bout of exercise on $Pgcl\alpha$ in skeletal muscle (**A,B**). Association between Fndc5 and $Pgcl\alpha$ measured in muscle not affected by acute bout of exercise (**C**). \circ before training \bullet after training. 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



Supplementary figure 2

