

**Supplementary Table 1:** Primers used in qRT-PCR

Name/Target	Sequence	Tm	Source
Hprt_forward	TGATTAGCGATGATGAACCAGG	58.4	(Gotic et al., 2010)
Hprt_reverse	CTTTCATGACATCTCGAGCAAG	60.3	
to take out laminA_reverse	TGAGCGCAGGTTGTACT	52.8	
laminC_reverse	TAGGCTGGCAGGGCTAC	57.6	
laminA/C_forward	GCACCGCTCTCATCAACT	56.0	
MyHC2b_forward	ACAAGCTGCGGGTGAAGAGC	61.4	(Usami et al., 2003)
MyHC2b_reverse	CAGGACAGTGACAAAGAACG	57.3	
Emerin_forward	GTTATTTGACCACCAAGACATACGGG	63.2	(Ozawa et al., 2006)
Emerin_reverse	GGTGATGGAAGGTATCAGCATCTACA	63.2	

## References

**Gotic, I., Schmidt, W. M., Biadasiewicz, K., Leschnik, M., Spilka, R., Braun, J., Stewart, C. L. and Foisner, R.** (2010). Loss of LAP2 alpha delays satellite cell differentiation and affects postnatal fiber-type determination. *Stem Cells* **28**, 480-8.

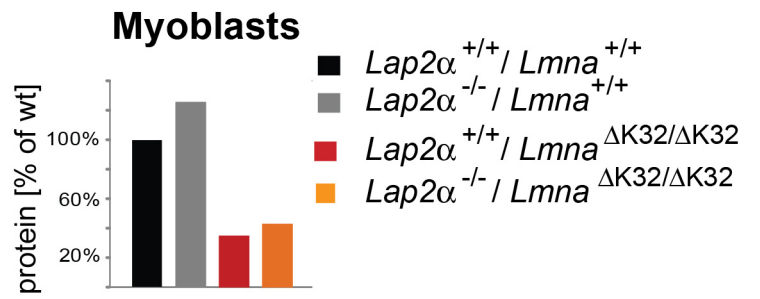
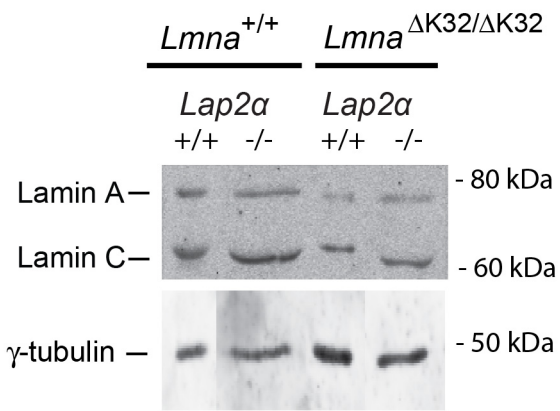
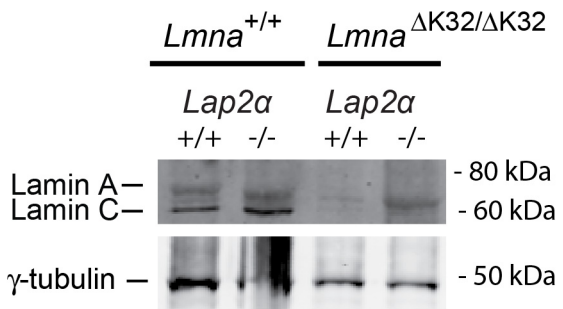
**Ozawa, R., Hayashi, Y. K., Ogawa, M., Kurokawa, R., Matsumoto, H., Noguchi, S., Nonaka, I. and Nishino, I.** (2006). Emerin-lacking mice show minimal motor and cardiac dysfunctions with nuclear-associated vacuoles. *Am J Pathol* **168**, 907-17.

**Usami, A., Abe, S. and Ide, Y.** (2003). Myosin heavy chain isoforms of the murine masseter muscle during pre- and post-natal development. *Anat Histol Embryol* **32**, 244-8.

## Legends to Supplementary Figures

**Supplementary Fig. S1: Lamin A/C expression is significantly reduced in  $\Delta K32$  Lamin A/C expressing myoblasts and tissues.** (A) Immunoblot analyses of myoblast lysates of single and double mutant  $Lmna^{\Delta K32/\Delta K32}$ , and  $Lap2\alpha^{-/-}$  mice and wild-type control littermates probed for lamin A/C, and  $\gamma$ -tubulin. Protein levels were quantified using LICOR Odyssey Infrared Imaging System. Band intensities of lamins A and C were combined and normalized to the band intensity of the  $\gamma$ -tubulin loading control. (B) Immunoblot analyses of diaphragm and liver lysates of 16 day old single and double mutant  $Lmna^{\Delta K32/\Delta K32}$  and  $Lap2^{-/-}$  mice and wild type control littermates probed for lamin A/C and  $\gamma$ -tubulin proteins.

**Supplementary Fig. S2: Loss of LAP2 $\alpha$  in  $Lmna^{\Delta K32/\Delta K32}$  does not significantly change life span.** From post natal day 6 onward,  $Lmna^{\Delta K32/\Delta K32}$  mice showed a delayed growth and increased lethality compared to wild-type, irrespective of LAP2 $\alpha$  expression. LAP2 $\alpha$  deficiency slightly but statistically insignificantly increases survival time ( $P$ -value  $<0.43$  as determined by Log-rank test).

**A****B****Liver****Diaphragm**