



**Supplementary information, Figure S4** Map comparison of the open RyR1 with the four closed conformers.

**(A-D)** Comparison of the open reconstruction (yellow) to the four closed ones. The conformation of the cytoplasmic region of the open RyR1 resembles that of the C3 state. All the maps are low-path filtered to 6 Å. The arrows qualitatively indicate the extent and orientation of the shifts from the indicated closed state to the open one.