SUPPLEMENTARY INFORMATION FOR

Moderate exercise improves function and increases adiponectin in the *mdx* mouse model of muscular dystrophy

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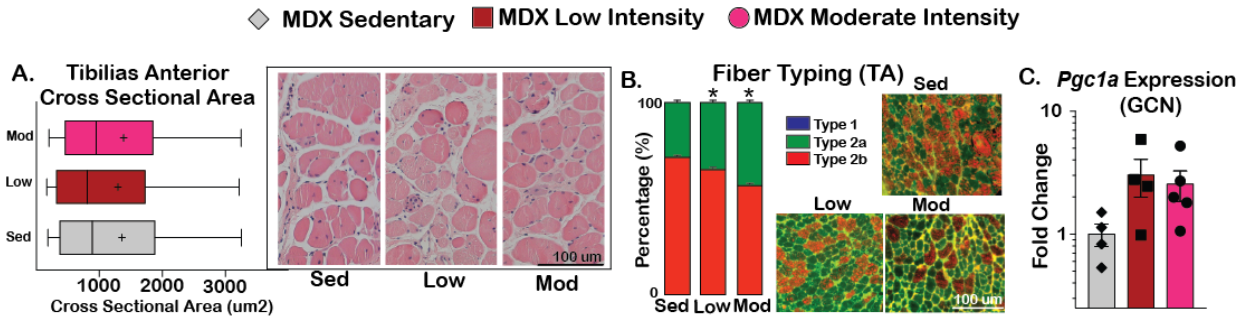
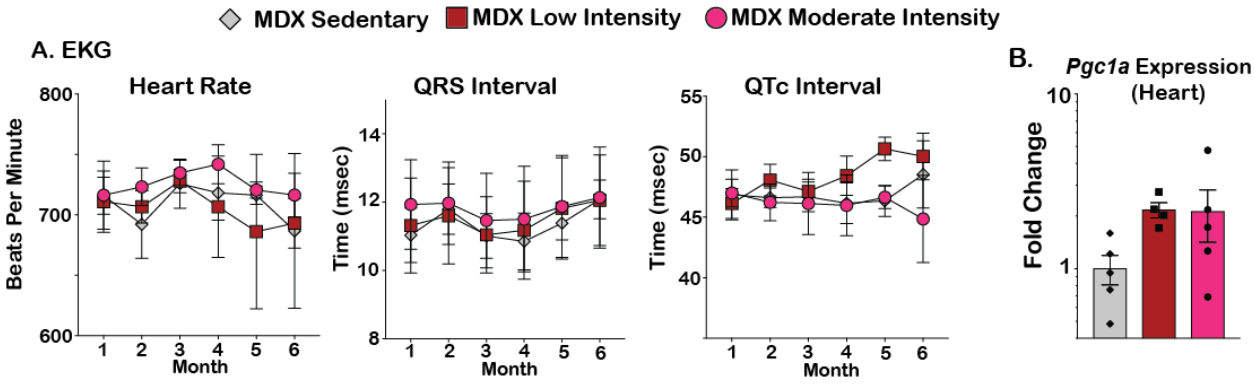
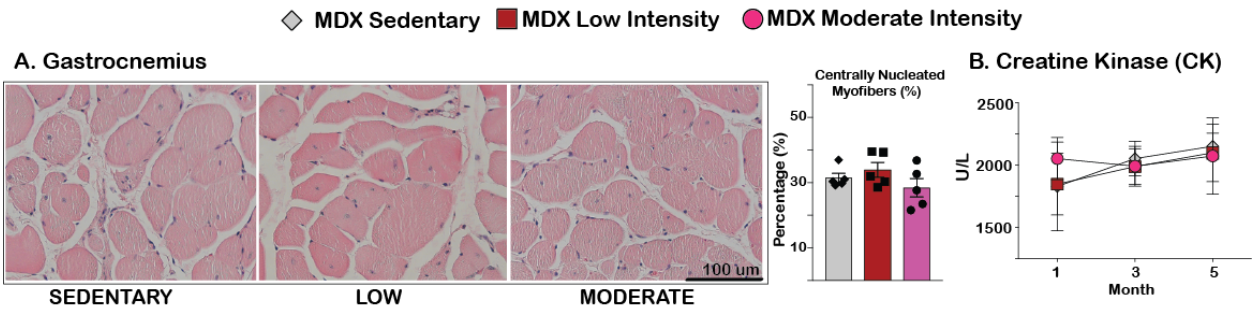


Supplemental Figure 1. Exercise improved skeletal muscle function in *mdx* mice. (A) TA cross sectional area was calculated from histological analysis and did not differ between exercise groups. **(B)** Exercise groups showed an incremental increase in the ratio of type 2a fibers (green) suggesting an adaptive response to oxidative capacity in the TA muscle. **(C)** Exercise groups showed a modest increase in *Pgc1a* gene expression in the gastrocnemius muscle, as quantitated by qPCR analysis of muscle tissue.



Supplemental Figure 2. Exercise did not change EKG parameters and associated with a modest increase in *Pgc1a* expression in the heart. **(A)** Heart rate, QRS, and QTc intervals were unchanged by exercise and were similar among the groups. **(B)** *Pgc1a* mRNA expression showed a modest increase in both exercise groups, as compared to the sedentary group.



Supplemental Figure 3. Exercise did not increase fraction of centrally nucleated myofibers or serum creatine kinase in *mdx* mice. (A) Exercise did not increase the percentage of centrally nucleated myofibers in gastrocnemius muscle. **(B)** Serum CK levels remained similar in all groups throughout study suggesting that muscle membrane damage was not further increased by exercise.