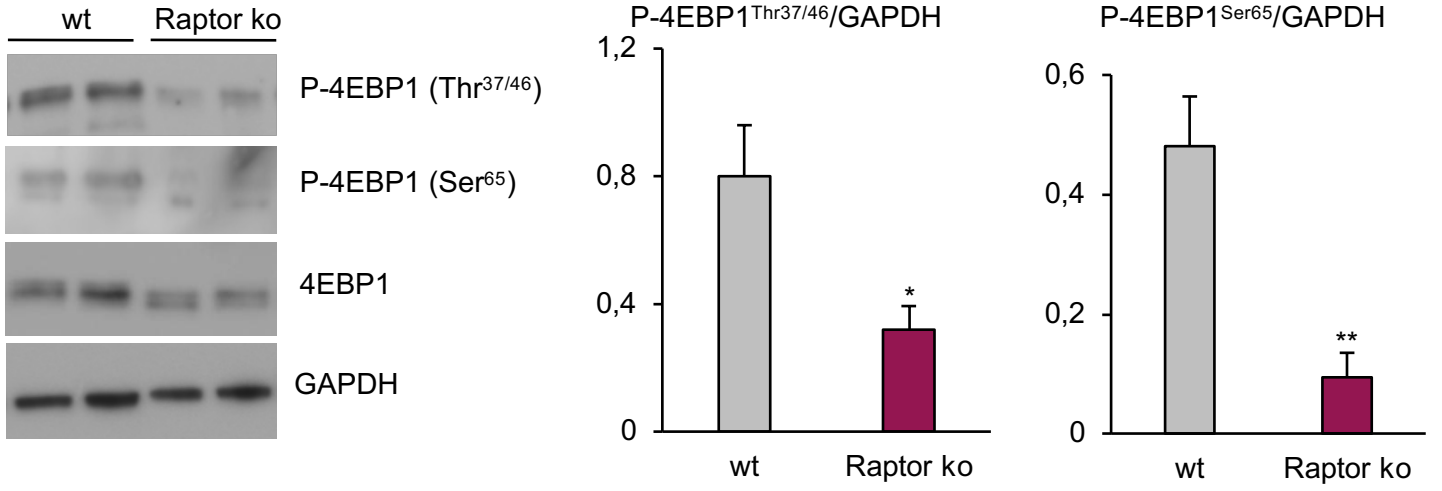
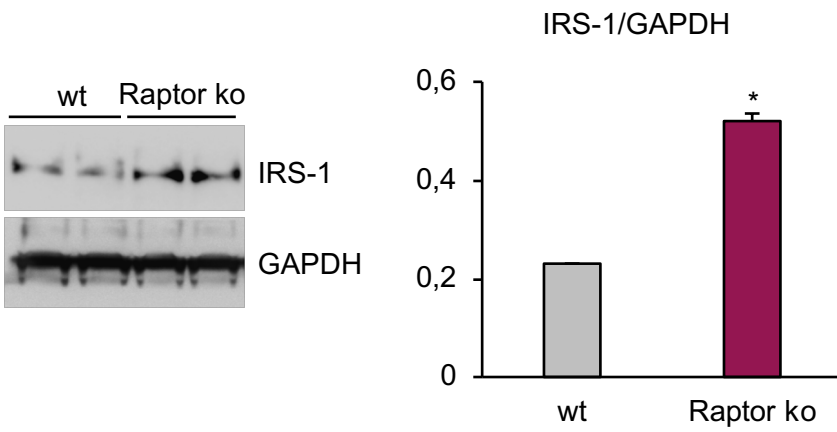


**Figure S1**

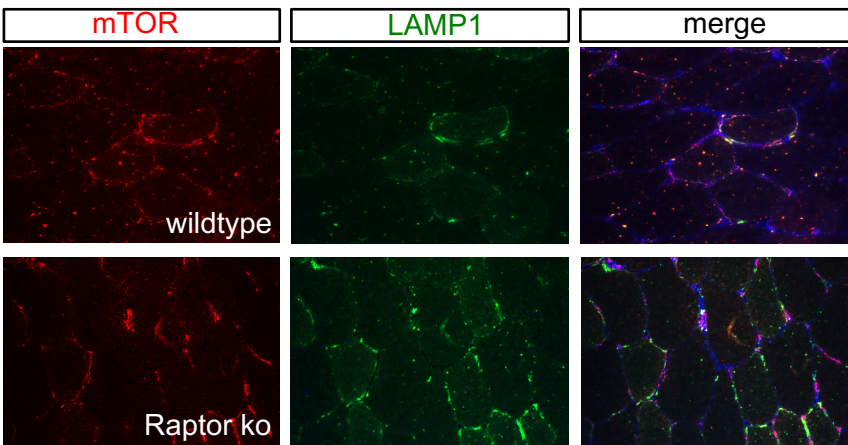
**A**



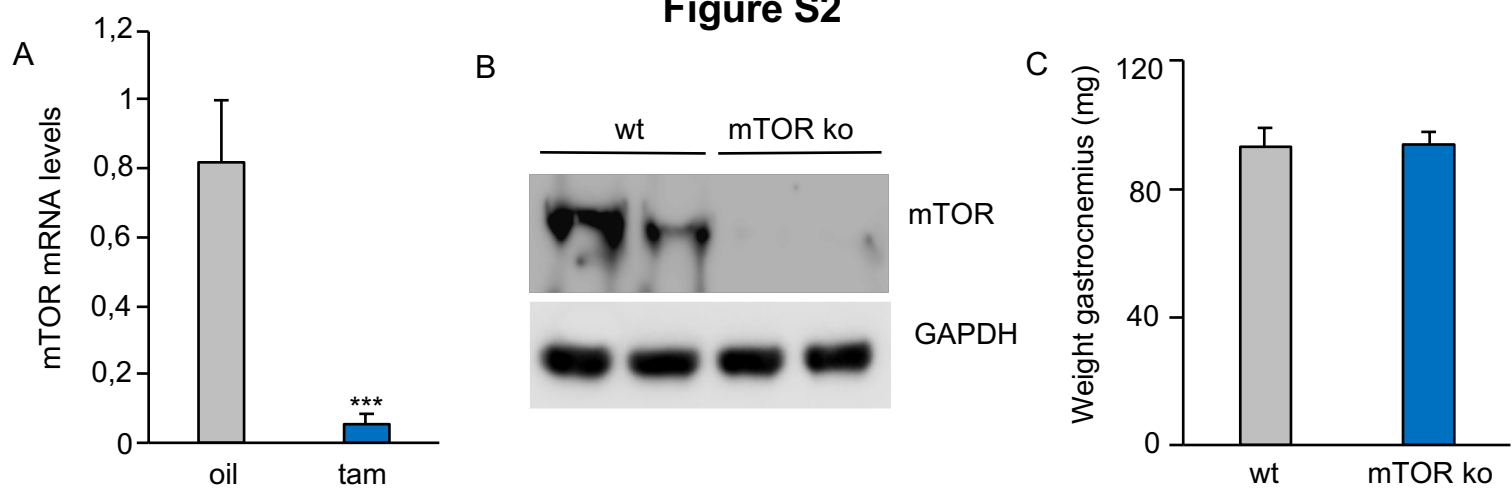
**B**



**C**



**Figure S2**



**Figure S3**

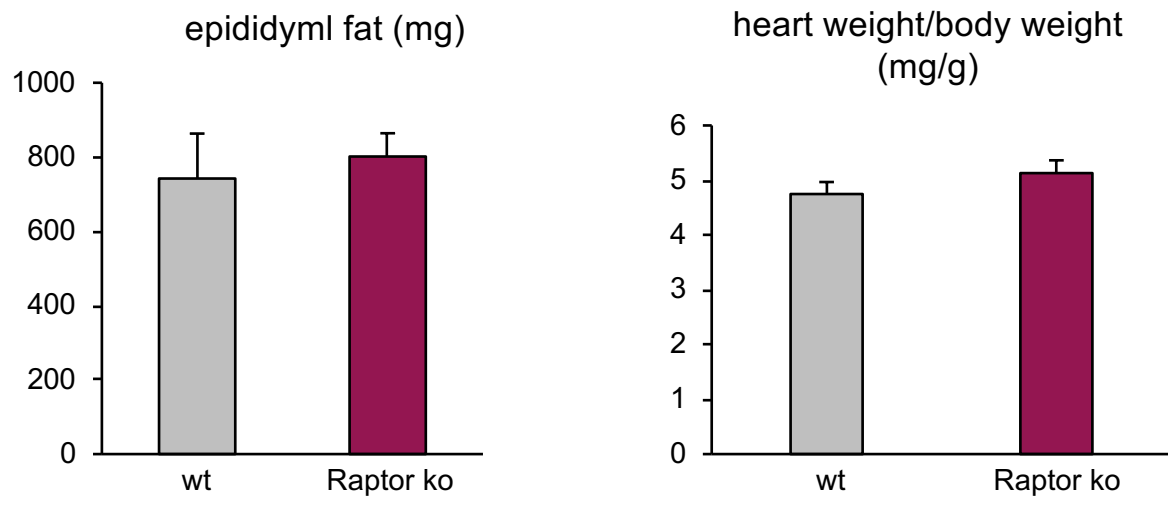


Figure S4

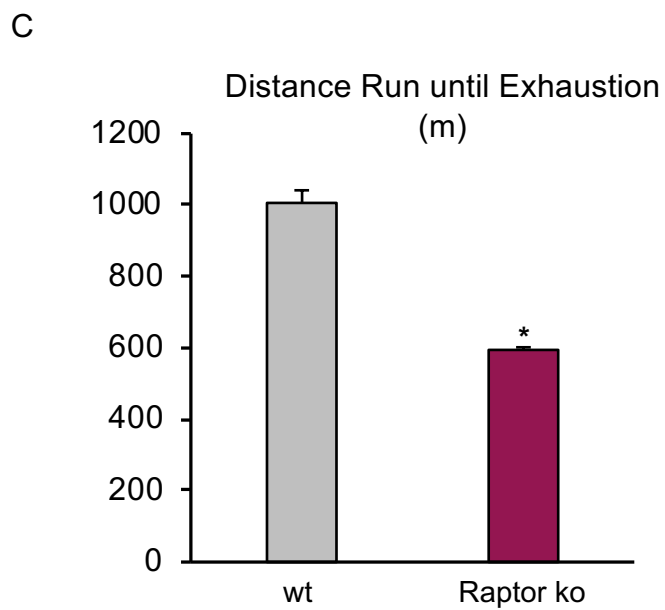
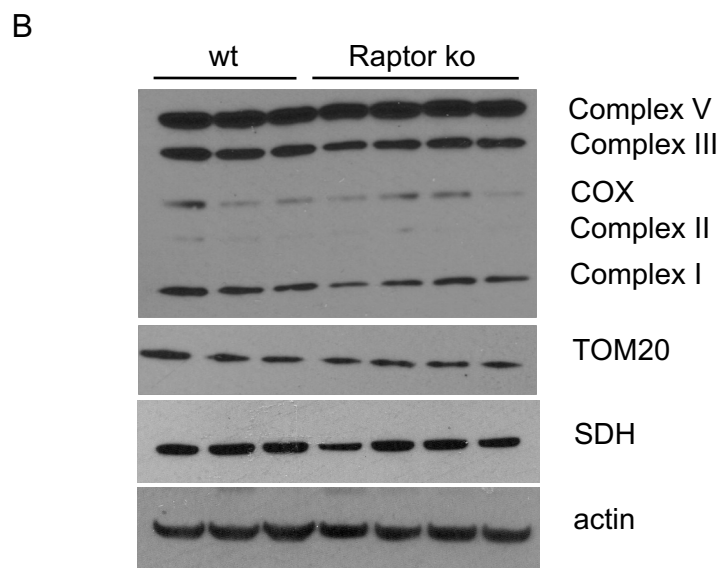
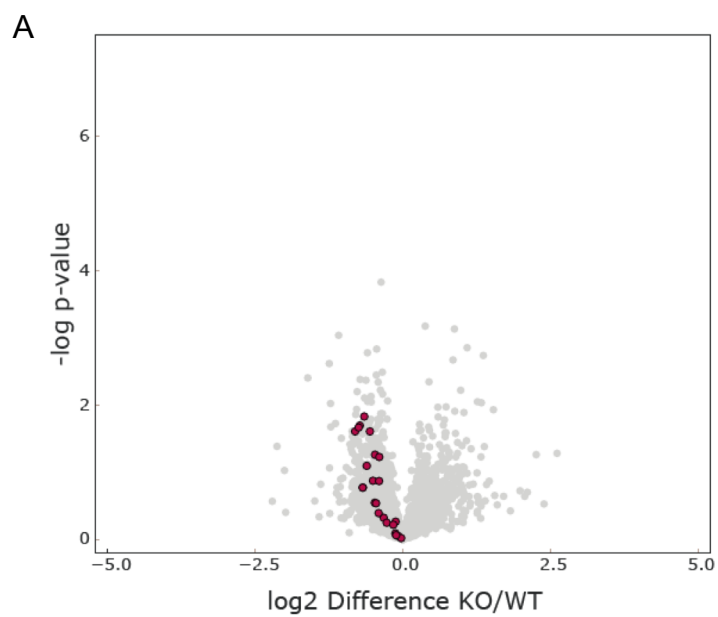


Figure S5

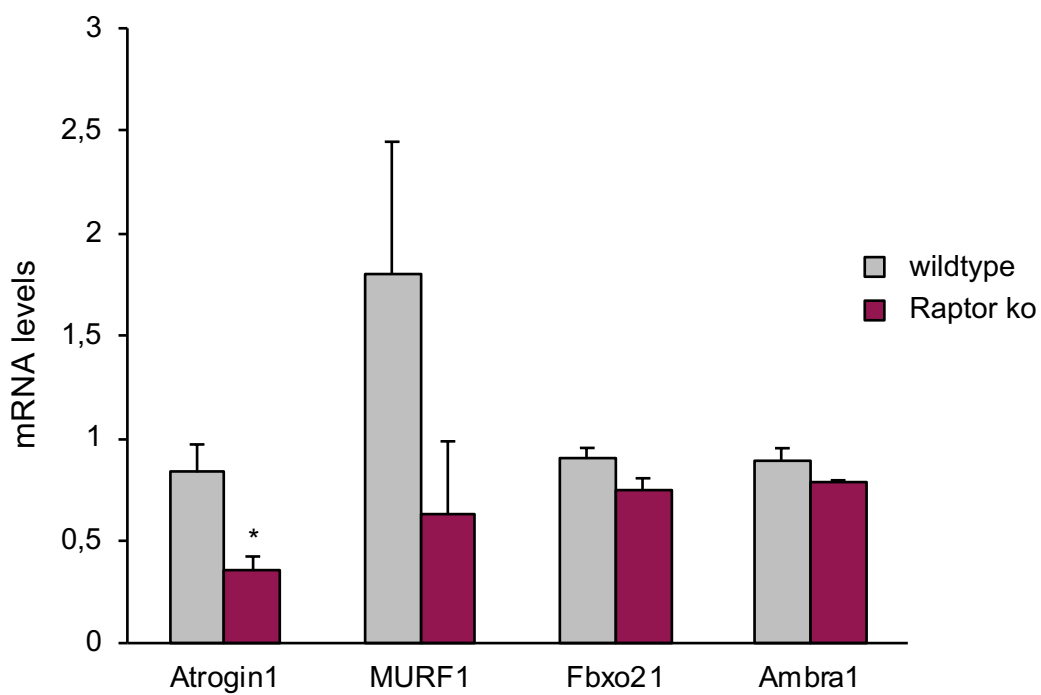
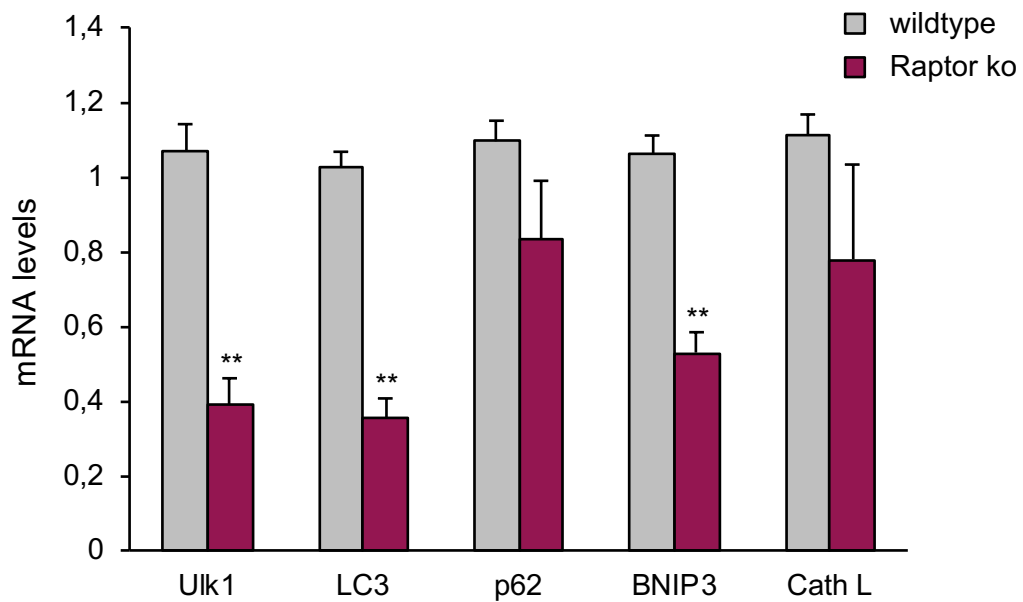
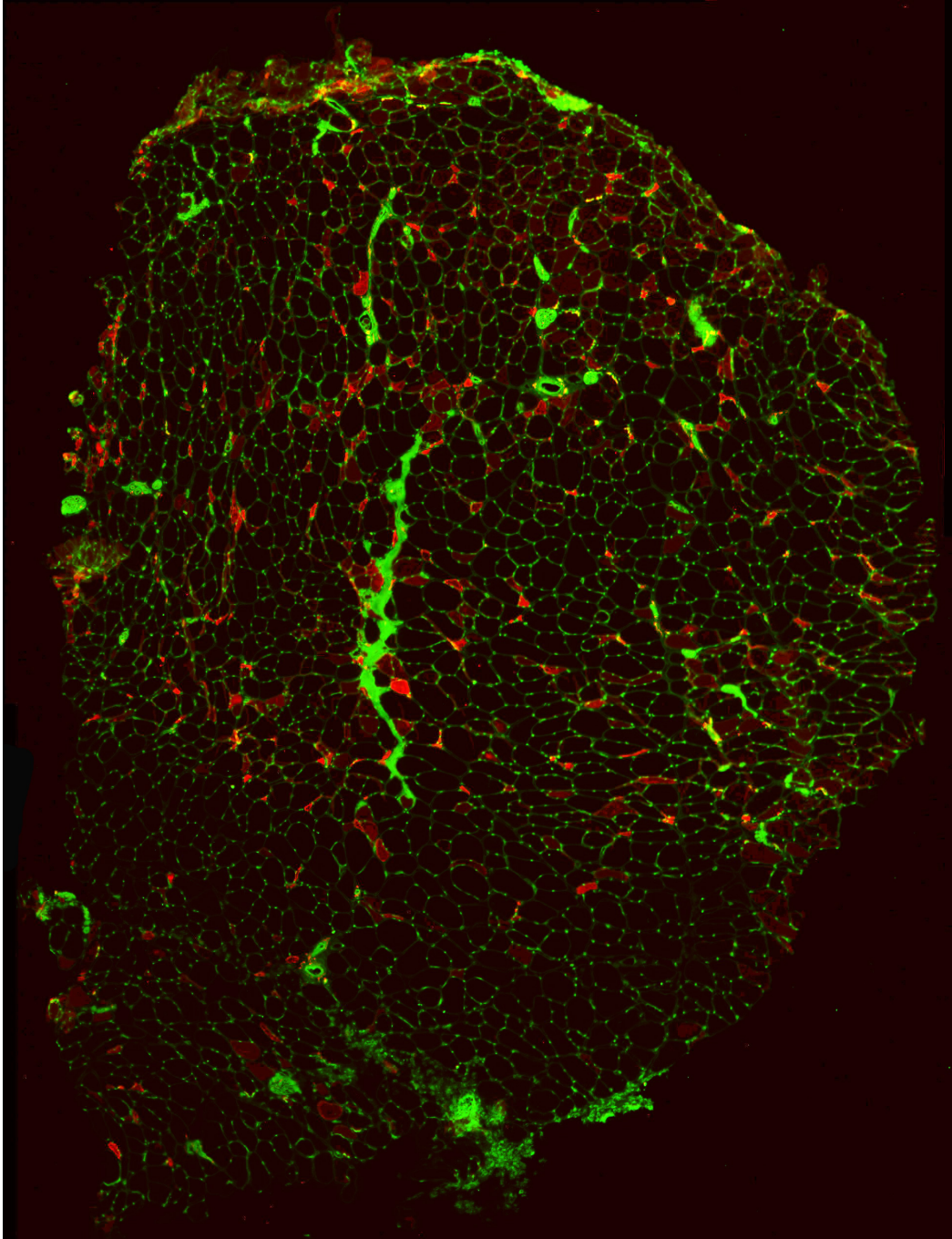


Figure S6



## Supporting informations, figure legends

**Figure S1.** *A) Western blot for 4E-BP1 and relative quantification. Phosphorylation of 4E-BP1 on Ser<sup>65</sup> and Thr<sup>37/46</sup> is reduced upon Raptor deletion B) Western blot for IRS-1 and relative quantification. Increased IRS-1 protein levels in Raptor k.o. mice 1 month after Raptor deletion C) No colocalization between mTOR and Lamp2 (n=4-6 muscles/group). Data are shown as mean ± SEM. Statistical analysis was performed using two-tailed Student t-test. Statistical significance: \*P<0.05, \*\*P<0.01*

**Figure S2.** *Efficient reduction of mTOR transcript (A) and protein level in the inducible mTOR k.o. mice (n=4-5 muscles/group). No effect on muscle weight two months after mTOR deletion. Data are shown as mean ± SEM. Statistical analysis was performed using two-tailed Student t-test. Statistical significance: \*P<0.05, \*\*P<0.01, \*\*\*P<0.001*

**Figure S3.** *No change in epididymal fat or heart weight between wt and Raptor k.o. longterm mice (n=2-4 for epididymal fat; n=6-8 for heart)*

**Figure S4.** *A) Volcano plot of the differences in the proteome 1 month after Raptor deletion. Mitochondrial proteins are indicated in red B) No reduction in mitochondrial number as evidenced by mitoprofile and blots for TOM20 and SDH (n=4-5 muscles/group) C) treadmill performance of Raptor k.o. mice is significantly impaired (n=4 mice/group). Data are shown as mean ± SEM. Statistical analysis was performed using two-tailed Student t-test. Statistical significance: \*P<0.05*

**Figure S5.** *Expression levels of genes involved in the autophagy-lysosome system and the ubiquitin-proteasome system in wildtype and long-term Raptor k.o. muscles (n=6/group). Data are shown as mean ± SEM. Statistical analysis was performed using two-tailed Student t-test. Statistical significance: \*P<0.05, \*\*P<0.01*

**Figure S6.** *Representative image of NCAM-positive fibers (red) in Raptor k.o. longterm mice*