SUPPLEMENTARY INFORMATION

High-intensity leg cycling alters the molecular response to resistance exercise in the arm muscles

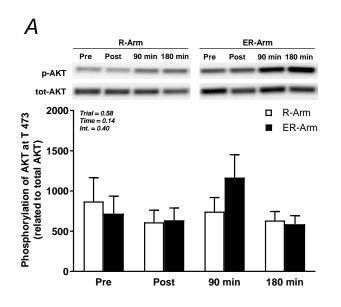
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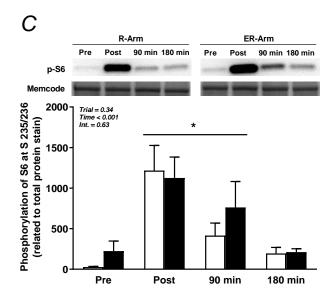
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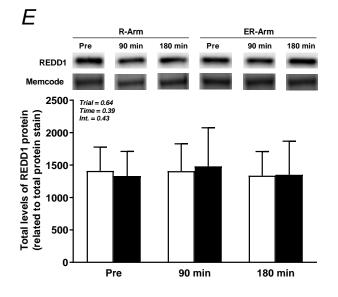
Corresponding author:

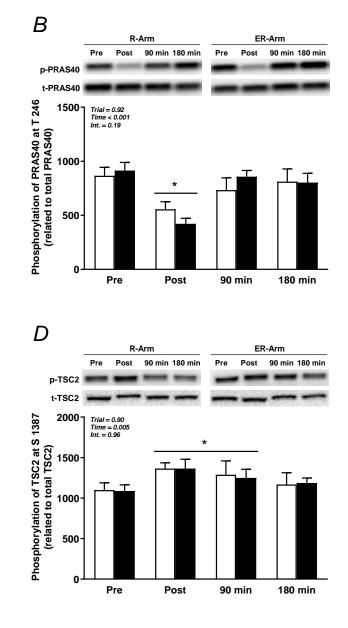
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SUPPLEMENTARY FIGURE S1





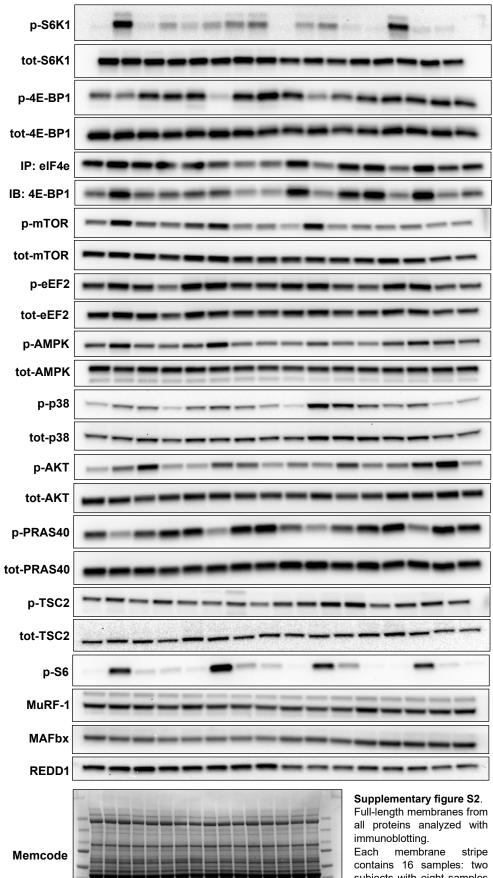




Supplementary figure S1. Phosphorylation of AKT at Thr473 (A), PRAS40 at Thr246 (B), S6 at Ser235/236 (C), TSC2 at Ser1387 (D), and levels of REDD1 protein (E) at different stages of both trials. The values presented are means ± SD for 8 subjects. *P < 0.05 vs. Rest. Symbols denoted with a line represent a main effect. Representative immunoblots (from strips of full-length)</p>

blots) of both phosphorylated (upper panel, expect for REDD1) and total protein or total protein stain (lower panel) from one subject are shown above each graph. The two sets of bands have been rearranged, and separated with a white space, to fit the order of the trials in the graphs. Pre = baseline, Post = immediately after exercise, 90 and 180 min = length of recovery.

SUPPLEMENTARY FIGURE S2



subjects with eight samples each.