

Supplemental Figure 1. Time course of PCr in muscle during and after the knee-extension exercise assessed by ^{31}P -MRS. Red line indicates PCr on-kinetics towards a lower steady state during exercise, which was fitted with a mono-exponential function (green line). The half-time [s] of the fit was used as a parameter of PCr on-kinetics assumed to be a marker of skeletal muscle mitochondrial inertia.

