

Description of Additional Supplementary Files

File name: Supplementary Data 1.

Description: Signal intensities in each sample from each muscle and condition, for phosphopeptides identified across all of the samples.

File name: Supplementary Data 2.

Description: Log2 fold changes of phosphopeptides detected in individual conditions and muscles, along with the log2 fold changes of the corresponding proteins (if measured).

File name: Supplementary Data 3.

Description: List of mTORC1 and mTORC2-related upstream regulators and substrates used to interrogate our muscle phosphoproteome dataset. Description of captured phosphosites.