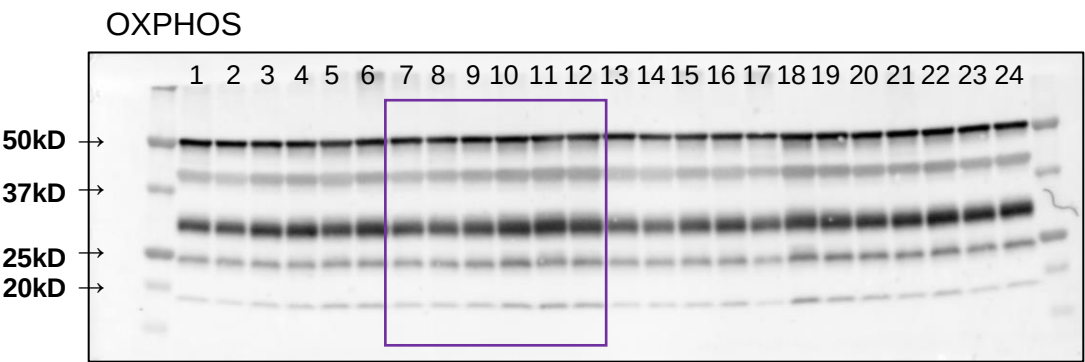


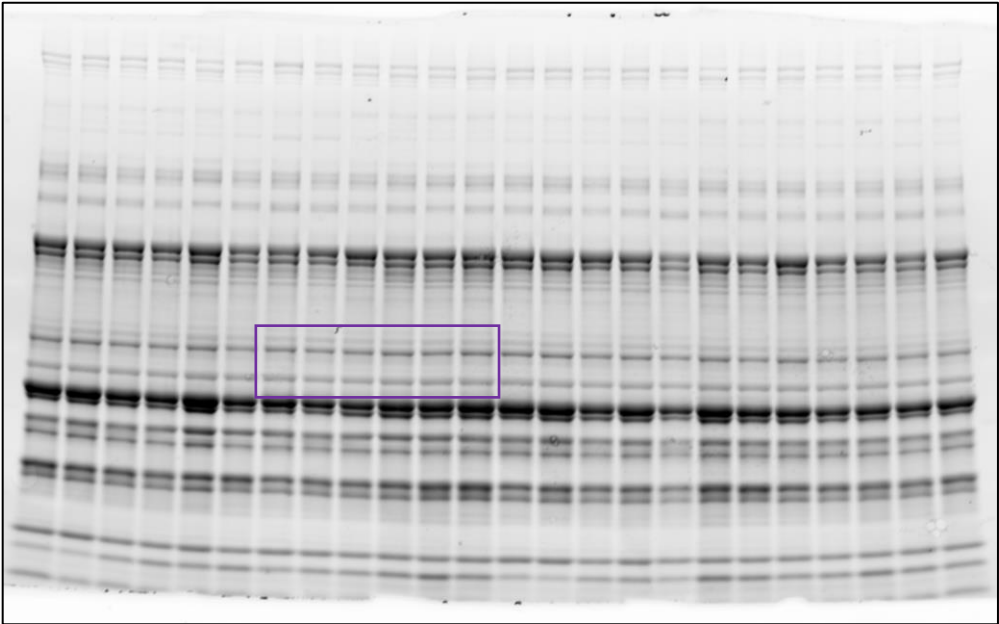
**Figure 2d Source data: Training markers, uncropped blots**

**OXPHOS, sedentary and exercise trained  
gastrocnemius loading:**

- Lane:**  
1-3: CON, STZ, WD SED  
4- 6: CON, STZ, WD EXT  
7-9: CON, STZ, WD SED  
10-12: CON, STZ, WD EXT  
13-15: CON, STZ, WD SED  
16-18: CON, STZ, WD EXT  
19-21: CON, STZ, WD SED  
22-24: CON, STZ, WD EXT



**Stainfree loading, OXPHOS**

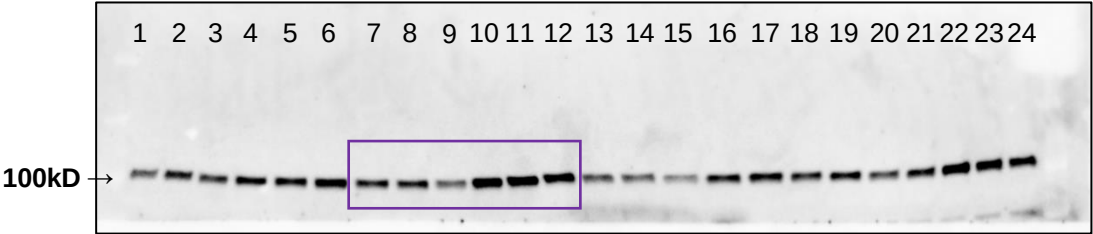


**Figure 2d Source data:** Training markers, uncropped blots

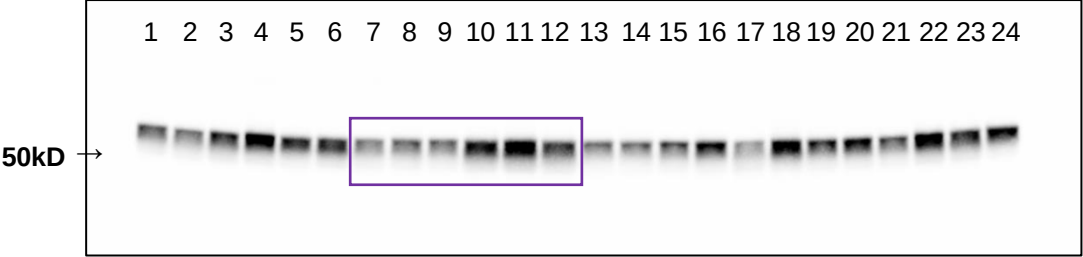
**HKII and GLUT4, sedentary and exercise trained gastrocnemius loading:**

**Lane:**  
1-3: CON, STZ, WD SED  
4- 6: CON, STZ, WD EXT  
7-9: CON, STZ, WD SED  
10-12: CON, STZ, WD EXT  
13-15: CON, STZ, WD SED  
16-18: CON, STZ, WD EXT  
19-21: CON, STZ, WD SED  
22-24: CON, STZ, WD EXT

Hexokinase II



GLUT4



Stainfree loading, HKII and GLUT4

