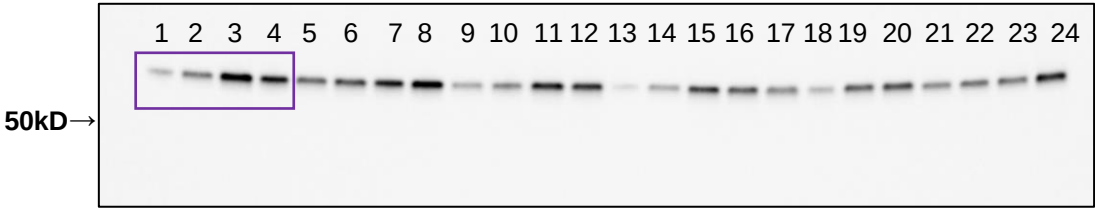


Figure 6a Source data: Western Diet acute exercise (AEX), uncropped blots

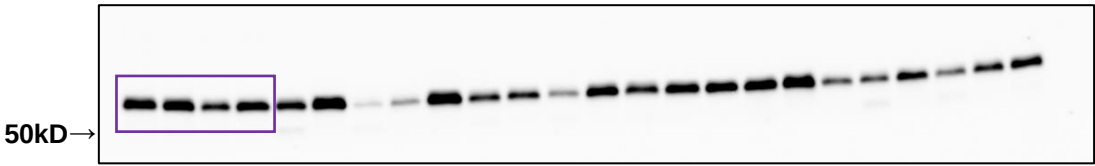
Western Diet AEX loading:

- Lane:**
1, 5, 9, 13, 17, 21: Control sedentary (CON SED)
2, 6, 10, 14, 18, 22: Western Diet sedentary (WD SED)
3, 7, 11, 15, 19, 23: Control acute exercise (CON AEX)
4, 8, 12, 16, 20, 24: Western Diet acute exercise (WD AEX)

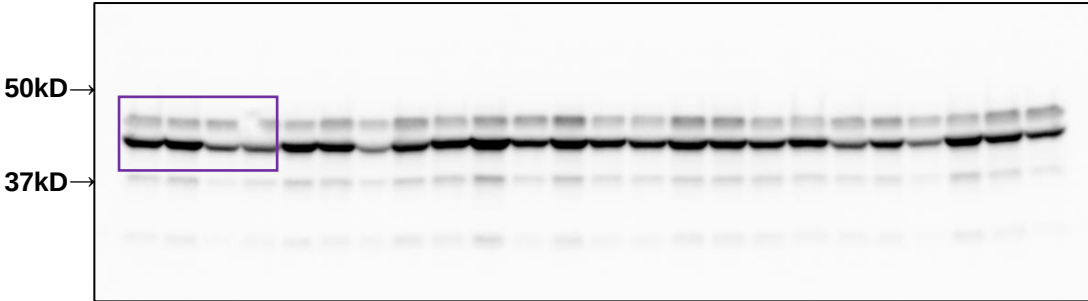
p-AKTS473



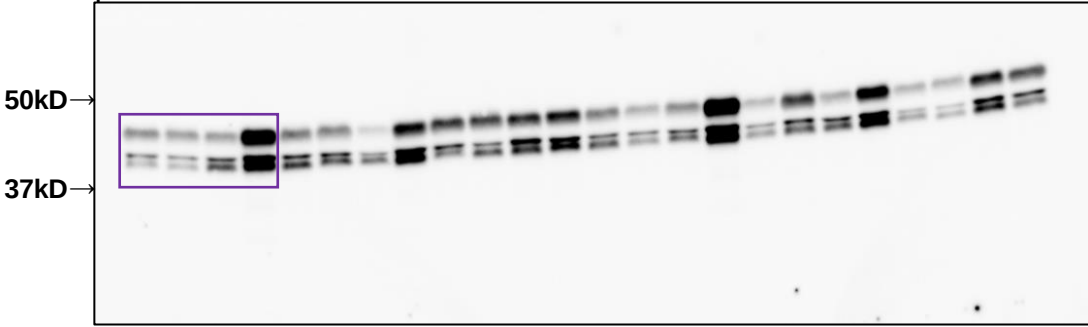
p-AMPK



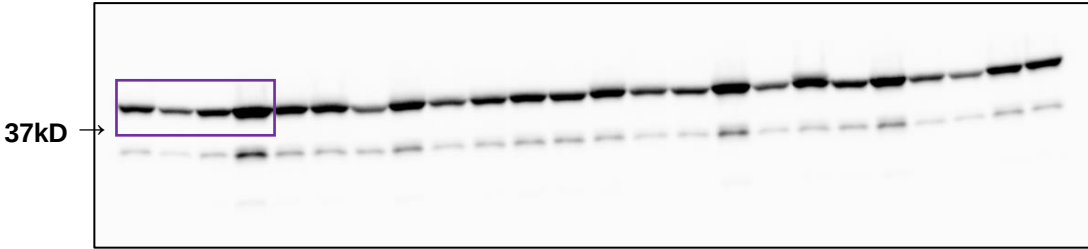
p-ERK 1/2



p-SEK1/MKK4



p-P38



p-JNK

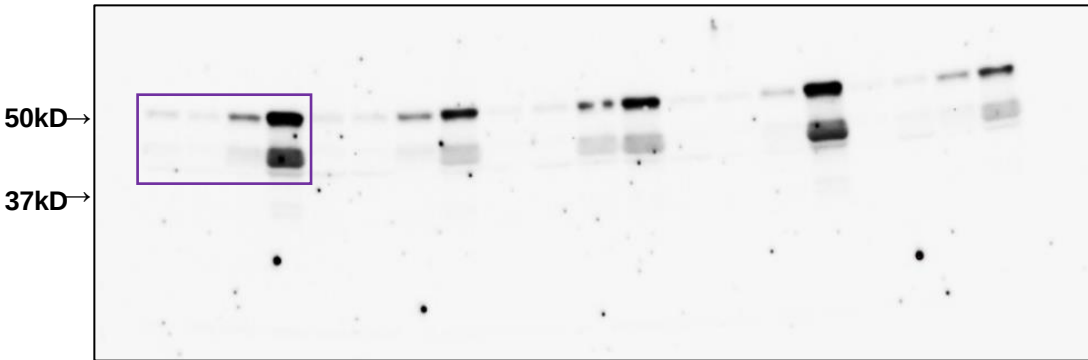
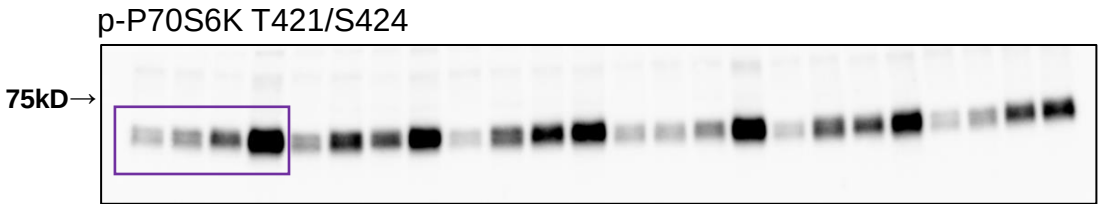
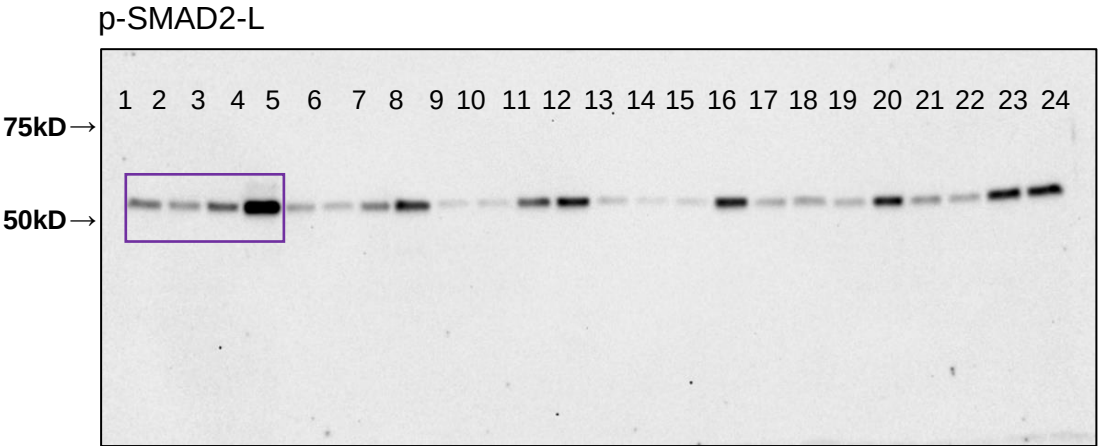


Figure 6a Source data: Western Diet acute exercise (AEX), uncropped blots



Stainfree loading, Western Diet AEX

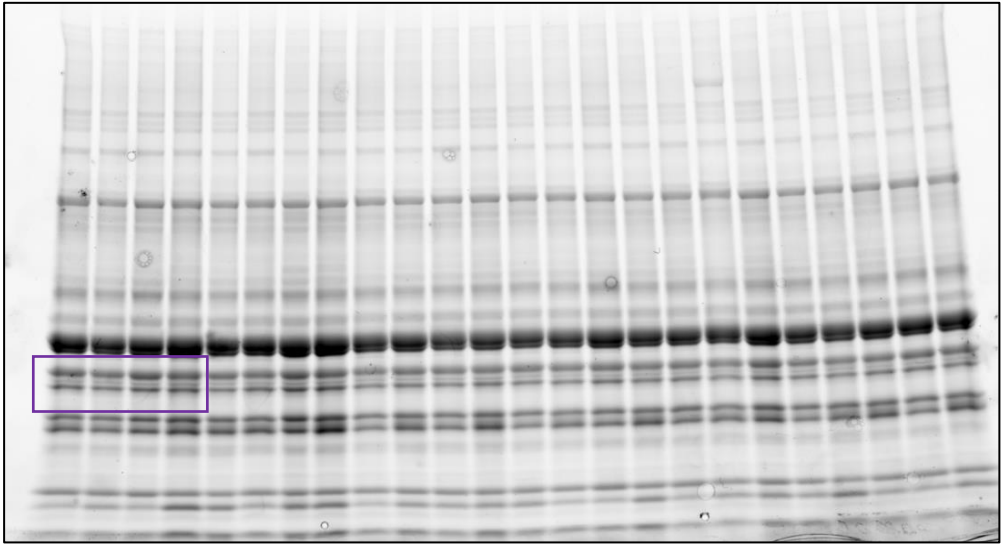


Figure 6b Source data: STZ acute exercise (AEX), uncropped blots

STZ AEX loading:

- Lane:**
1, 5, 9, 13: control sedentary (CON SED)
2, 6, 10, 14, 17, 19: STZ sedentary (STZ SED)
3, 7, 11, 15: control acute exercise (CON AEX)
4, 8, 12, 16, 18, 20: STZ acute exercise (STZ AEX)

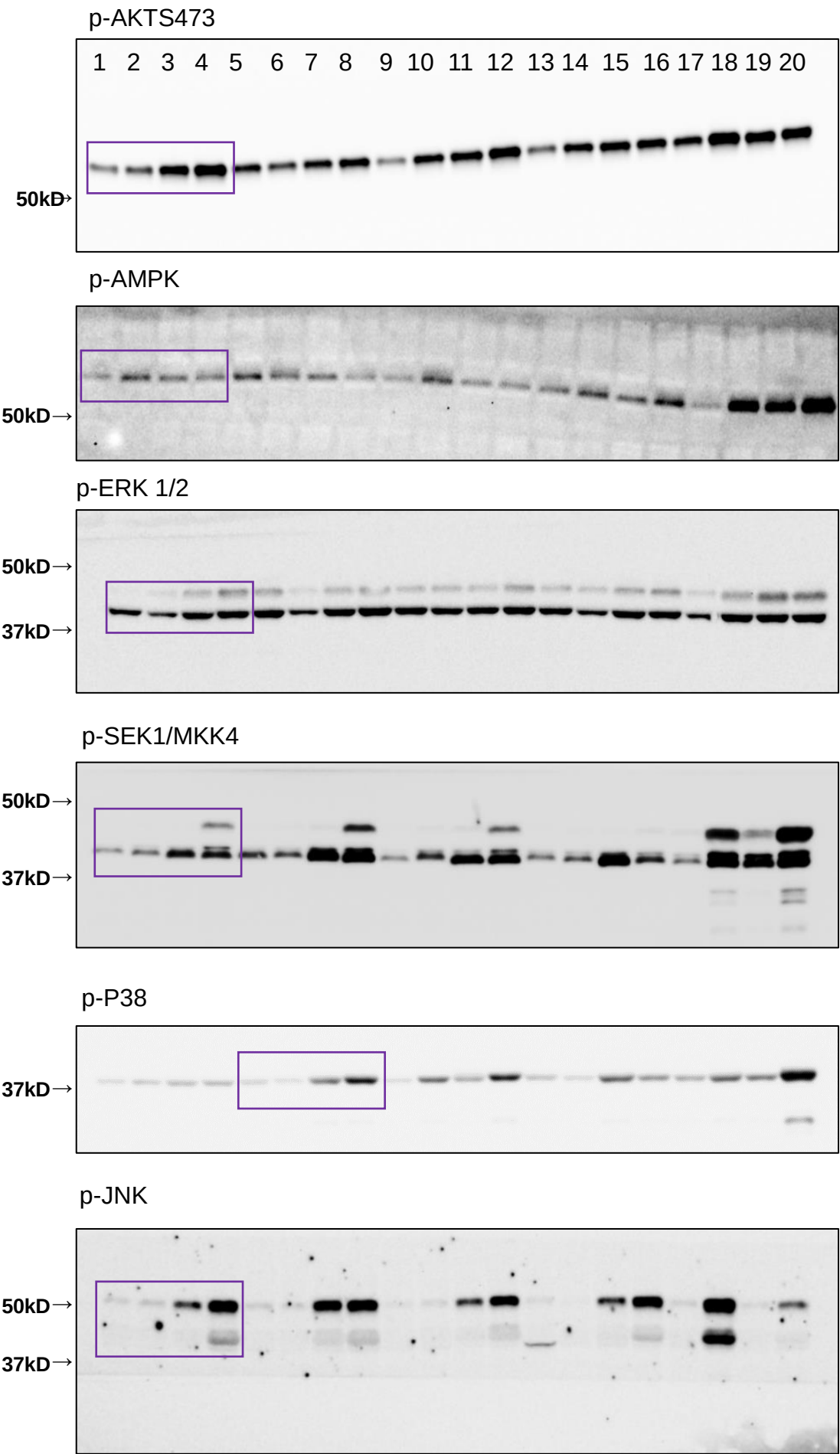
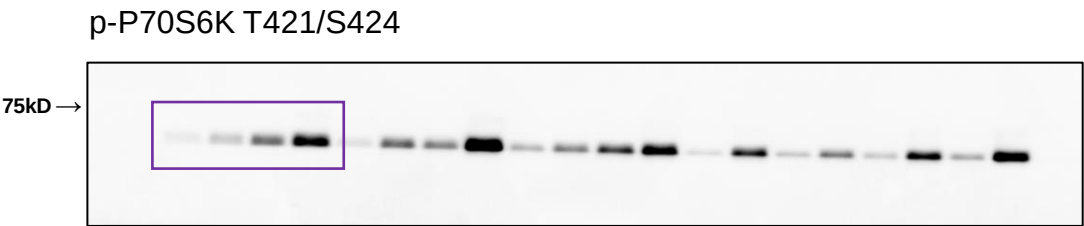
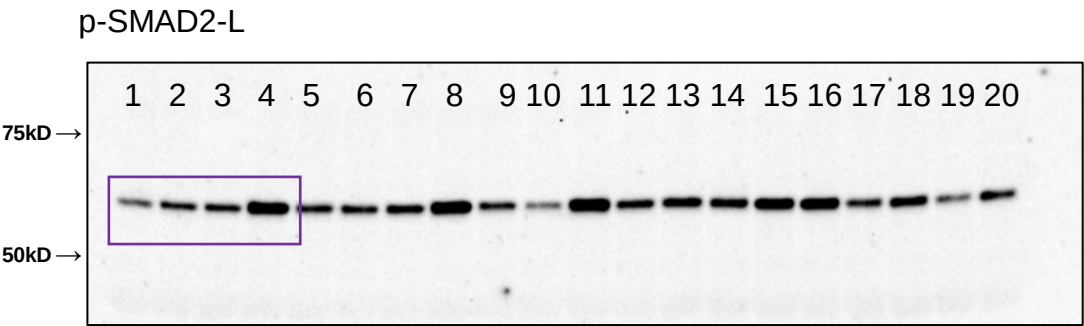


Figure 6b Source data: STZ acute exercise (AEX), uncropped blots



Stainfree Loading ,STZ AEX

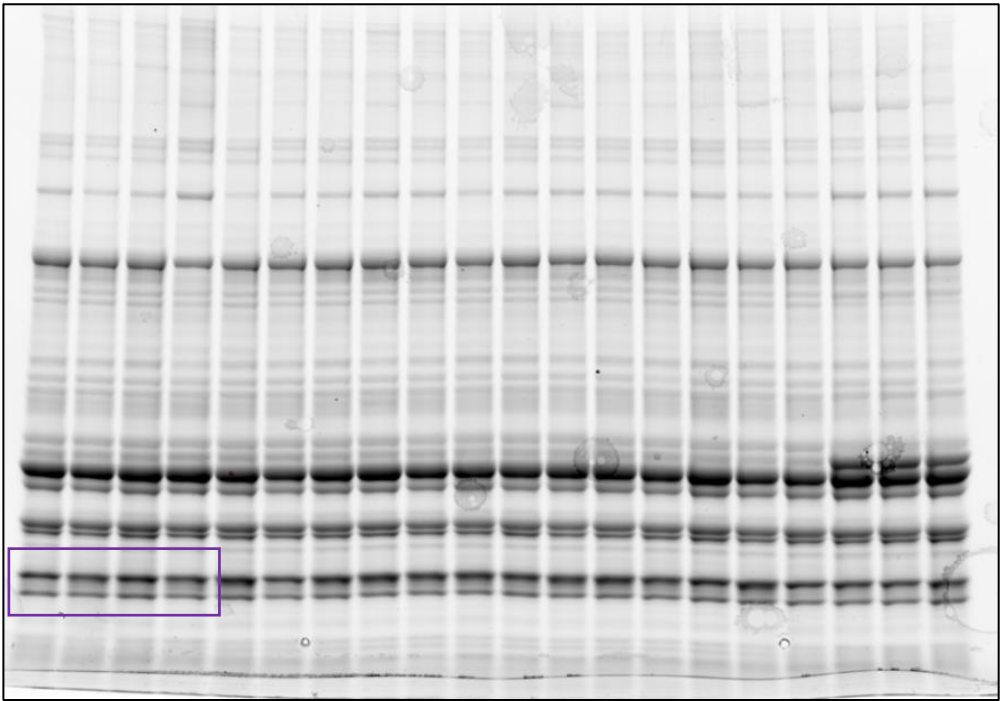
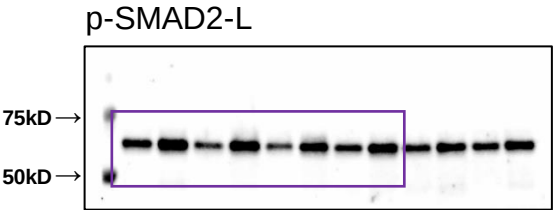
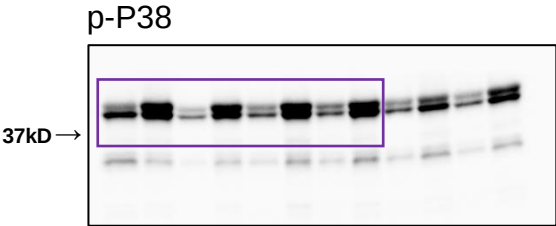
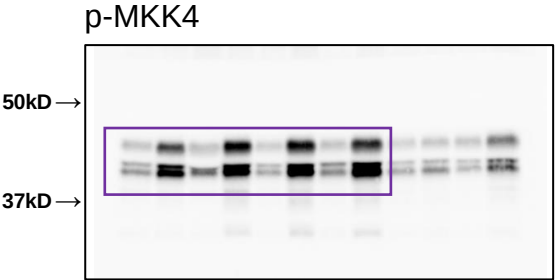
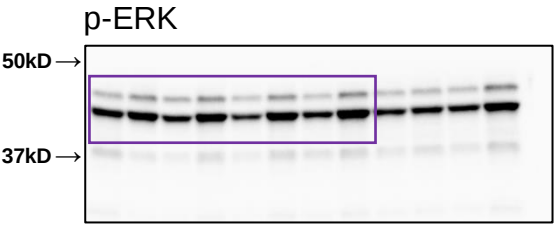
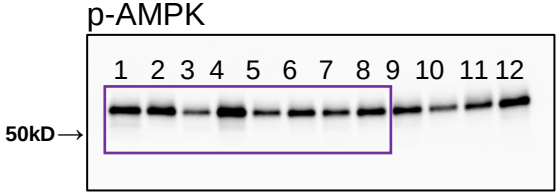
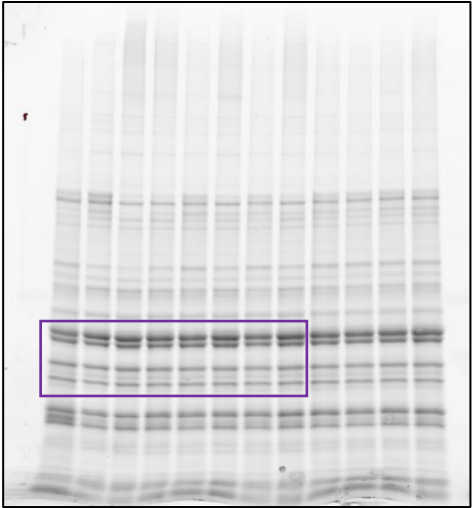


Figure 6c Source data: Ex vivo muscle stretch experiment, uncropped blots



Stainfree Loading



Ex vivo muscle (EDL) stretch experiment loading:

Lane:
1, 3, 5, 7, 9, 11: unstretched control (B; basal)
2, 4, 6, 8, 10, 12: stretched contralateral muscle (S; stretched)