**Supplementary Table 1.** RT-qPCR primer sequences

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| Gene | Forward primer | Reverse primer |
| MuRF1 | 5’-GACGCCCTGAGAGCCATT-3’ | 5’-CCTCTTCCTGATCTTCTTCTTCAAT-3’ |
| MAFbx | 5’-AACTCAAATACAAAATAGGACGCTTT-3’ | 5’-CCTTCGCCTTCTCAAAACAAAC-3’ |
| Myostatin | 5’-GTCGAGACTCCTACAACAGTG-3’ | 5’-TCCAGTATACCTTGTACCGTCTT-3’ |
| mTOR | 5’-CTGATGCTGGACCGTCTGA-3’ | 5’-TCTTGTTAGTCTAAATGGAATCTTCTC-3’ |
| p70S6K | 5’-GCAAGCTGGACAAACTATCACA-3’ | 5’-CCACTGAGATAATACTTGTGCTATAATG-3’ |
| p53 | 5’-GTGGAGTATTTGGATGACAGAAAC-3’ | 5’-GTAGTTGTAGTGGATGGTGGTAC-3’ |
| PDK4 | 5’-GAGGGACACTCAGGACACTTTAC-3’ | 5’-TGGAGGAAACAAGGGTTCACAC-3’ |
| PGC-1α | 5’-TTGCTAAACGACTCCGAGAAC-3’ | 5’-GACCCAAACATCATACCCCAAT-3’ |

MuRF1, muscle RING finger 1; MAFbx, muscle atrophy F-box; mTOR, the mechanistic target of rapamycin; p70S6K, ribosomal protein S6 kinase beta-1; PDK4, pyruvate dehydrogenase kinase 4; PGC-1α, peroxisome proliferator activated receptor gamma coactivator 1-alpha.