



**Supplemental digital content 1 (pdf.)** Content of transcription factor EB (TFEB) and lysosomal protease (Cathepsin L) before (PRE) and after (POST) the 20-week intervention period in the experimental (EX) and control (CTRL) groups analysed from muscle biopsies obtained from vastus lateralis muscle and the representative immunoblots. Protein content of A) TFEB (observed band at 53 kDa which is its calculated molecular mass), B) TFEB (observed band at 65–70 kDa, predicted band size provided by the antibody manufacturer) and C) the quantified sum signal of the 53 kDa and 65–70 kDa bands of TFEB. D) Protein content of Cathepsin L.  $n = 15$  in EX and  $n = 13$  in CTRL. Dashed lines depict individual values, whereas bolded lines represent the average of the groups.  $P$  values above the dashed lines depict the statistical significance within a group (PRE vs POST) whereas  $P$  values in the middle depict time x group effect. Stain-free blots are cropped at 25–42 kDa to save space, but the whole lane was quantified.