



Supplemental digital content 3 (pdf.). Indicators of oxidative (A-C) and glycolytic energy metabolism (D & F) before (PRE) and after (POST) the 20-week intervention period in experimental (EX) and control (CTRL) groups analysed from muscle biopsies obtained from vastus lateralis muscle and the representative immunoblots. A) Cytochrome c (CYT C) and B) PGC1- α 1. C) Enzymatic activity of citrate synthase (CS) and D) protein content of GAPDH. F) Enzymatic activity of phosphofructokinase (PFK). $n = 15$ in EX and $n = 13$ in CTRL in all variables except in PFK ($n = 15$ in EX and $n = 12$ in CTRL) and CS ($n = 13$ in EX and $n = 12$ 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. Note that in A & B the representative blots from CTRL were cropped from the same IDs analysed in the same run and thus share the same stain-free blot.