

SUPPLEMENTARY TABLE S2. Overview of FNDC5/irisin level in muscle, by sex and group, and P-Value for sex and group effects. FNDC5/Irisin level determined by western blotting and expressed relative to CTRL-Male. Data are mean \pm S.E.M. Values were compared with a two-way ANOVA with Tukey post-hoc test. * : difference vs males of the same group.

FNDC5/irisin		CTRL male	CTRL female	SMR male	SMR female	P value (sex effect)	P value (group effect)
SOL	P8	1.00 \pm 0.27	2.04 \pm 0.49	2.34 \pm 0.89	0.90 \pm 0.35	0.7541	0.8763
	P15	1.00 \pm 0.50	0.50 \pm 0.27	4.79 \pm 2.25	2.30 \pm 1.10	0.3057	0.0696
	P21	1.00 \pm 0.16	1.08 \pm 0.29	2.80 \pm 0.67	2.34 \pm 0.42	0.6910	0.0067
	P28	1.00 \pm 0.41	0.72 \pm 0.12	1.69 \pm 0.50	2.38 \pm 0.54	0.6392	0.0135
EDL	P8	1.00 \pm 0.15	0.68 \pm 0.06	1.70 \pm 0.28	0.96 \pm 0.18	0.0135	0.0213
	P15	1.00 \pm 0.07	0.90 \pm 0.11	0.84 \pm 0.14	1.21 \pm 0.15	0.2956	0.5526
	P21	1.00 \pm 0.08	0.59 \pm 0.13	0.93 \pm 0.20	0.35 \pm 0.07 *	0.0028	0.2700
	P28	1.00 \pm 0.07	1.11 \pm 0.32	1.12 \pm 0.36	1.26 \pm 0.24	0.6701	0.6456
TA	P8	1.00 \pm 0.40	0.90 \pm 0.23	0.95 \pm 0.41	0.92 \pm 0.20	0.8406	0.9570
	P15	1.00 \pm 0.09	1.53 \pm 0.22	1.21 \pm 0.18	1.61 \pm 0.17	0.0192	0.4189
	P21	1.00 \pm 0.13	2.25 \pm 0.44	1.14 \pm 0.42	1.32 \pm 0.49	0.0968	0.3391
	P28	1.00 \pm 0.27	1.46 \pm 0.33	0.99 \pm 0.23	1.33 \pm 0.24	0.1597	0.7978