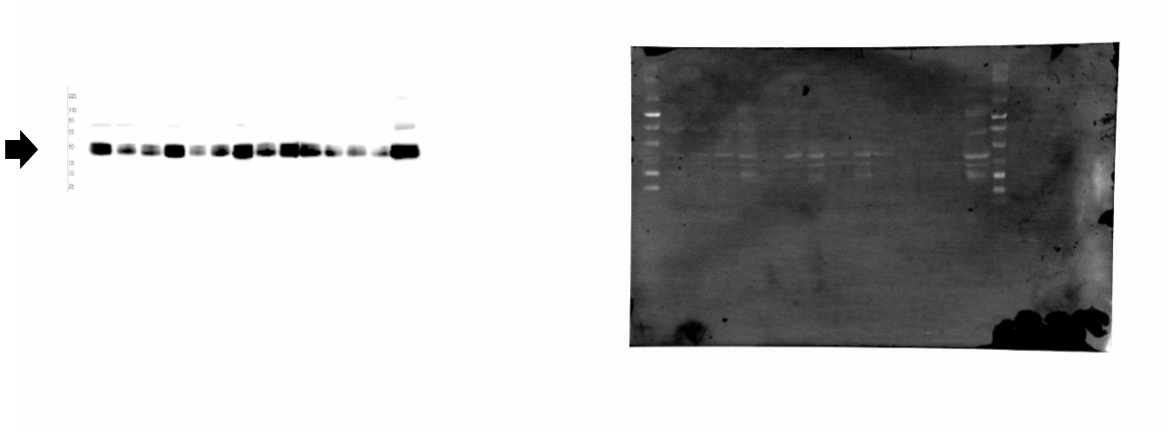
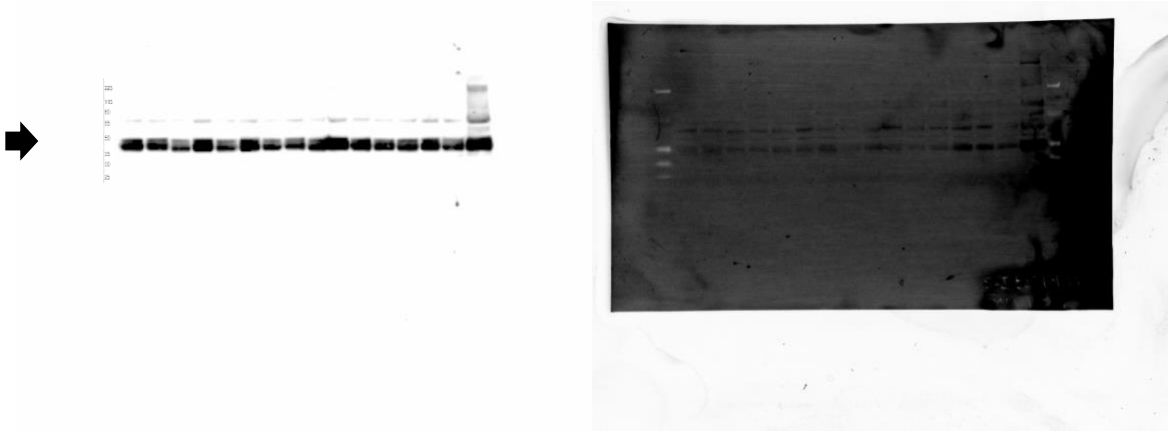
# Supplemental Information: Western Blots

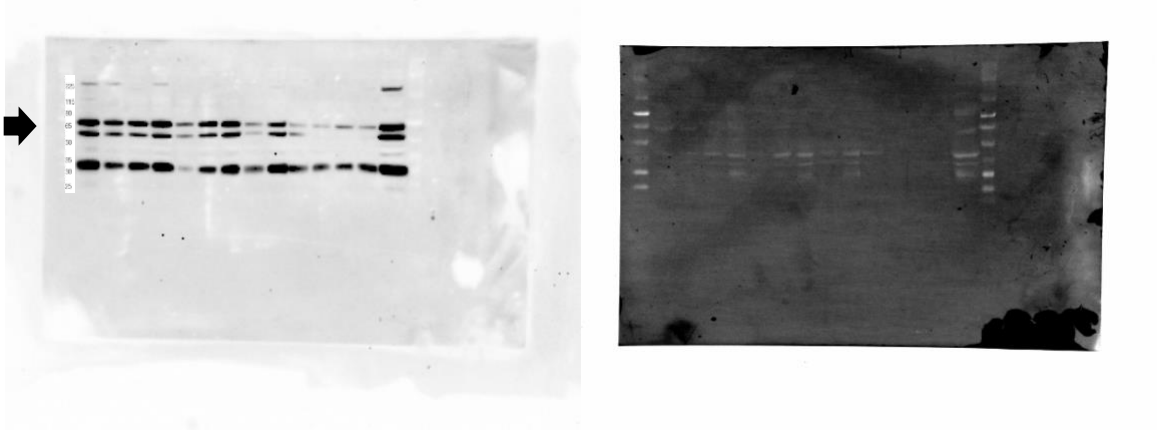
## Glucose transporter type 4 (GLUT4) – 48 kD



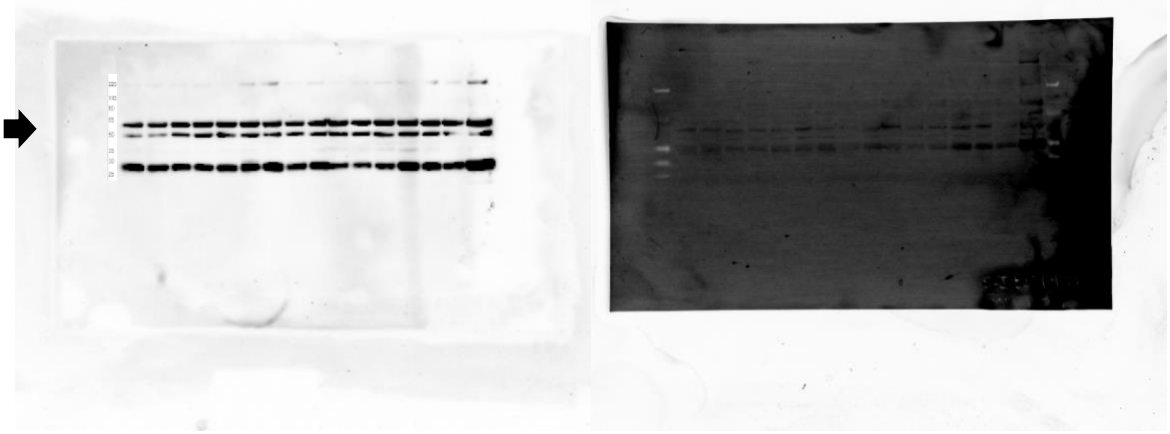
Gel 1 and 2, 4-12% Bis-Tris



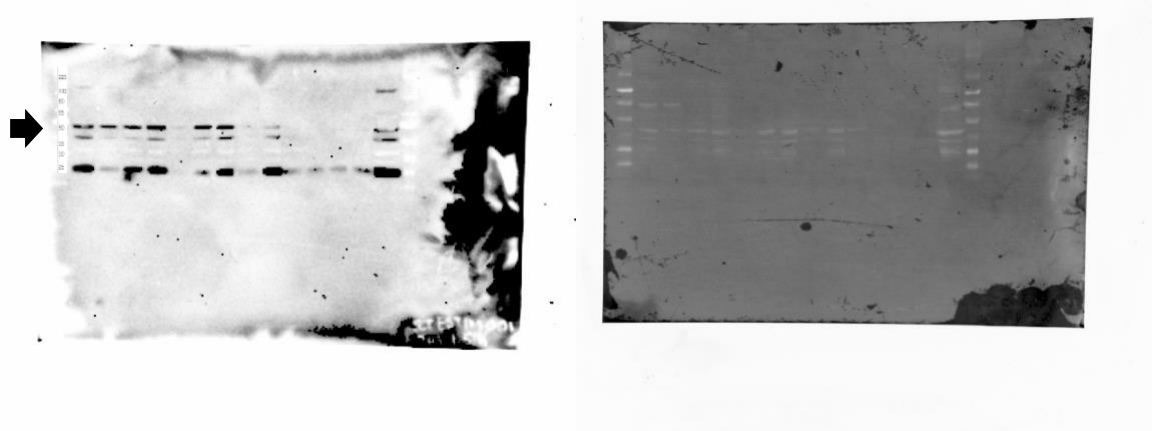
# AMP-activated protein kinase, subunit alpha (AMPK-α) – 62 kD



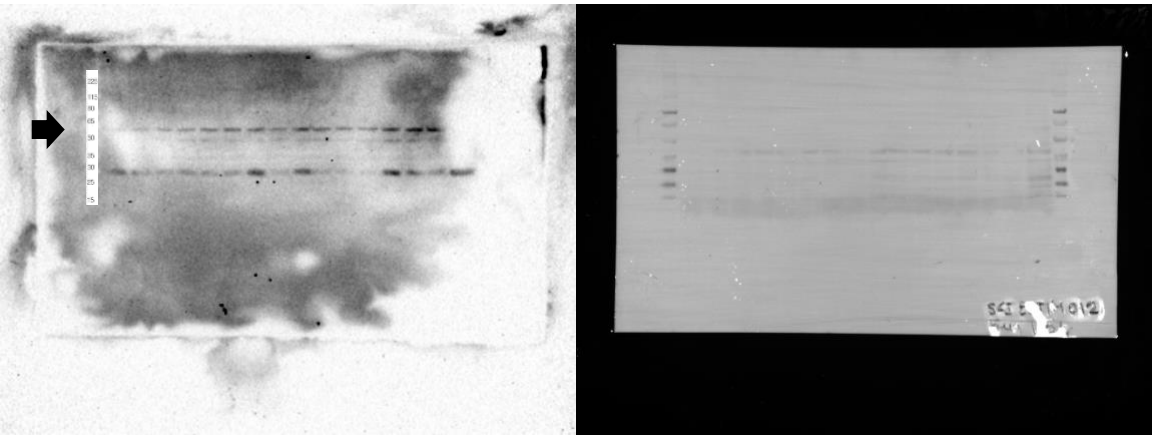
Gel 1 and 2, 4-12% Bis-Tris



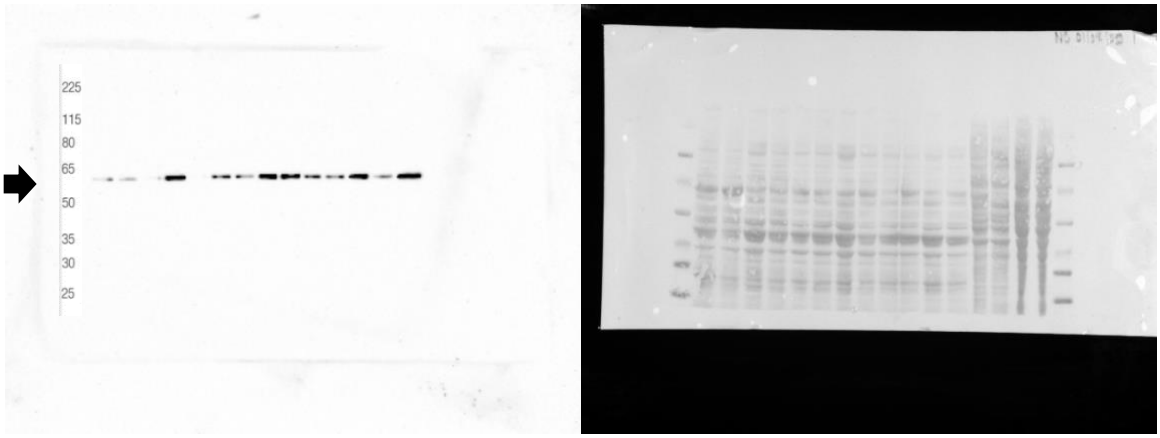
phosphorylated AMP-activated protein kinase, subunit alpha (Thr172) (p-AMPK-α Thr172) – 62 kD



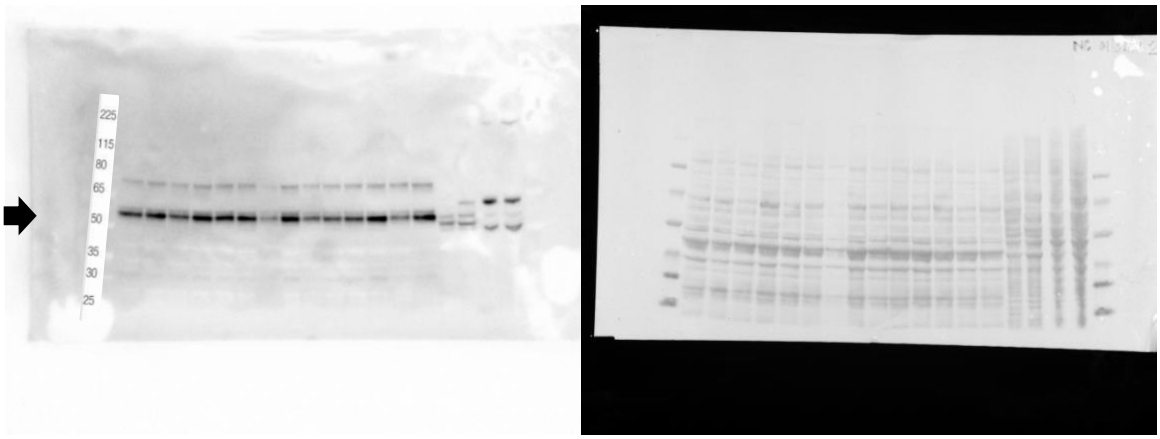
Gel 1 and 2, 4-12% Bis-Tris



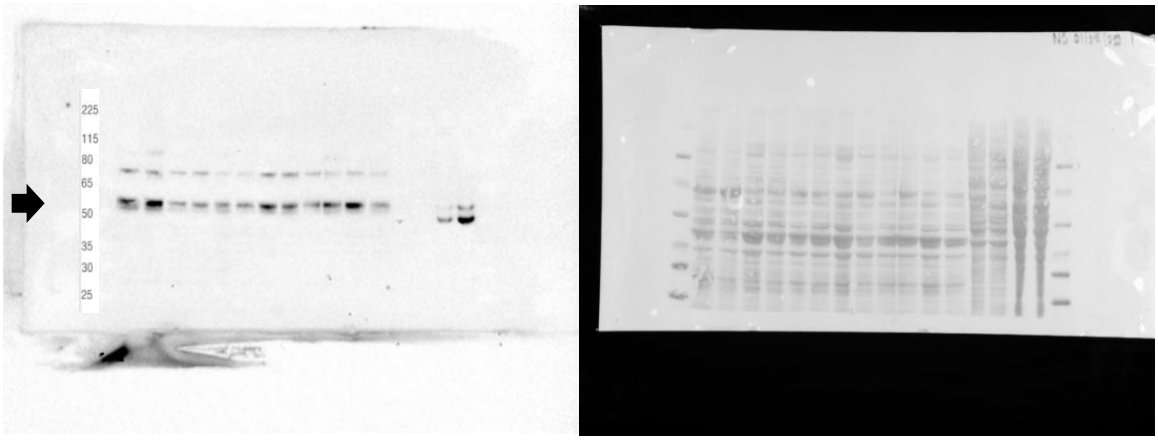
# Calcium–calmodulin (CaM)-dependent protein kinase II (CaMKII) – 50 kD



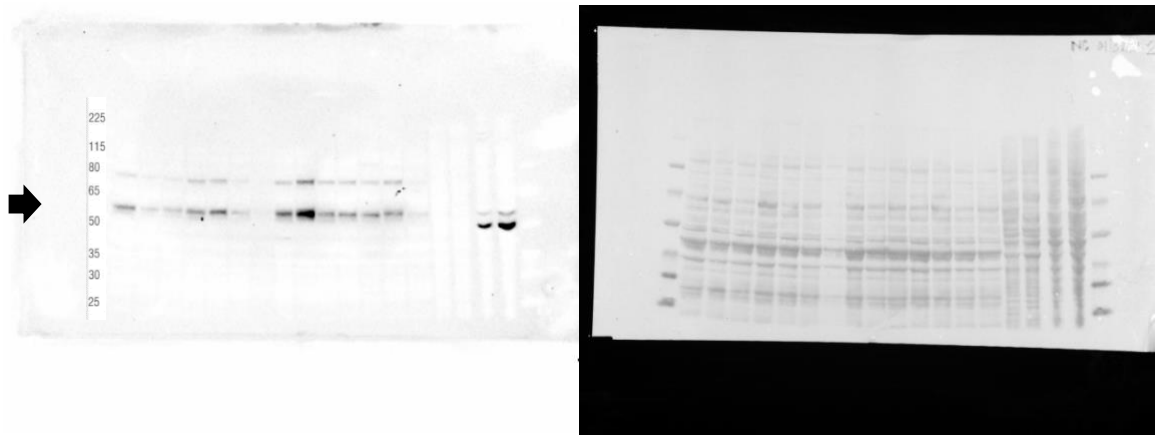

Gel 1 and 2, 4-12% Bis-Tris



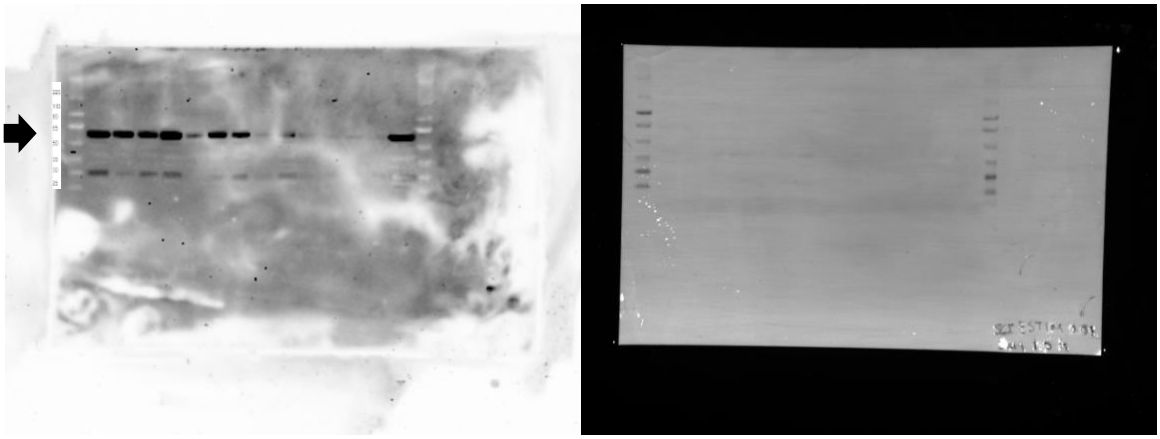
# phosphorylated-Calcium–calmodulin (CaM)-dependent protein kinase II Thr286 (p-CaMKII Thr286) – 50 kD



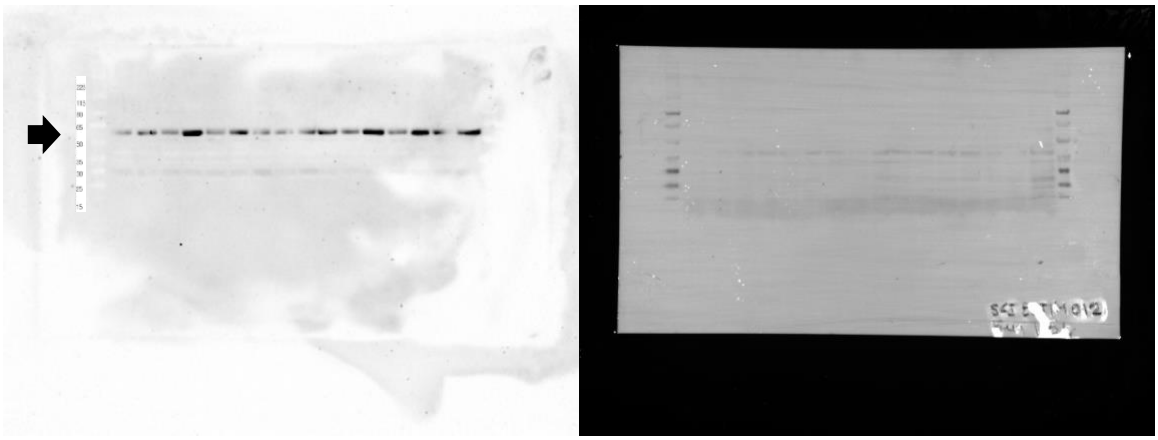

Gel 1 and 2, 4-12% Bis-Tris



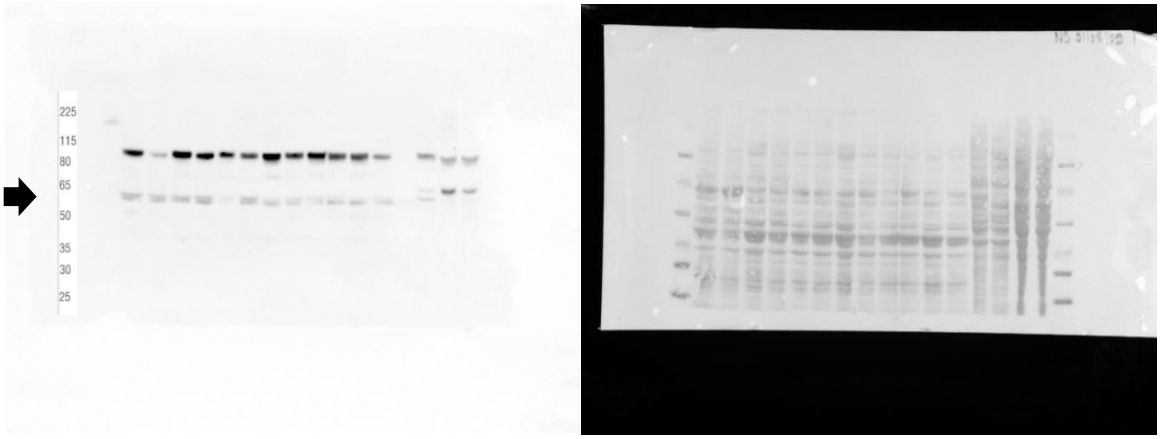
# Protein kinase B (AKT) – 60 kD



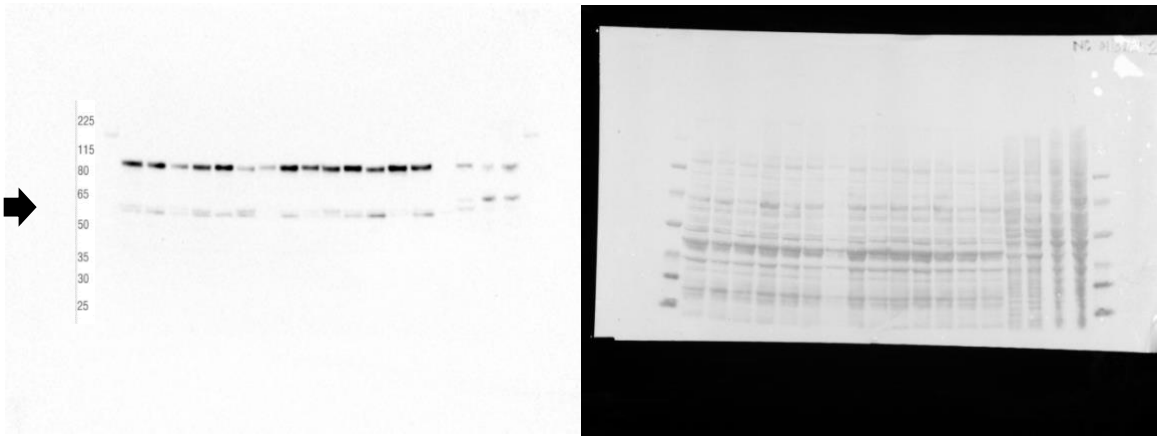
Gel 1 and 2, 4-12% Bis-Tris



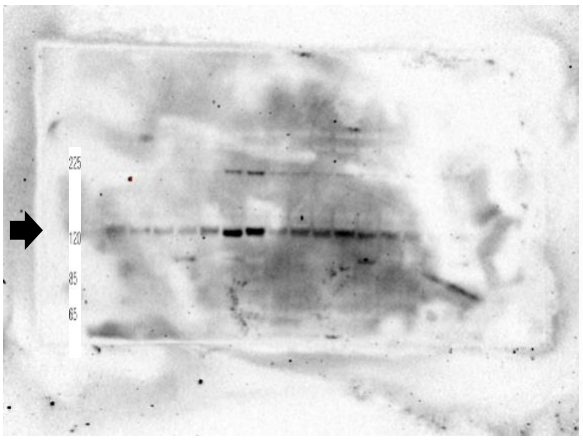
# phosphorylated-Protein kinase B (AKT) Ser473 (p-AKT Ser473) – 60 kD

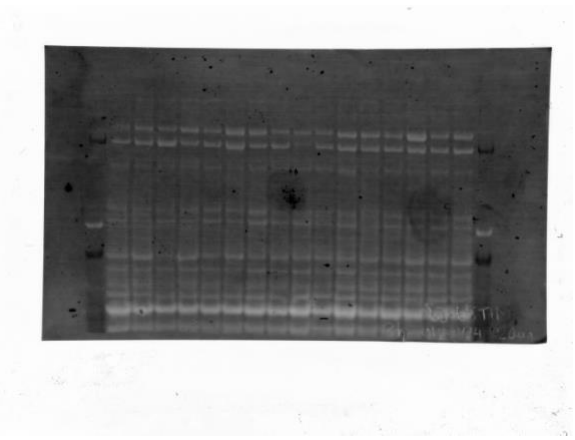



Gel 1 and 2, 4-12% Bis-Tris

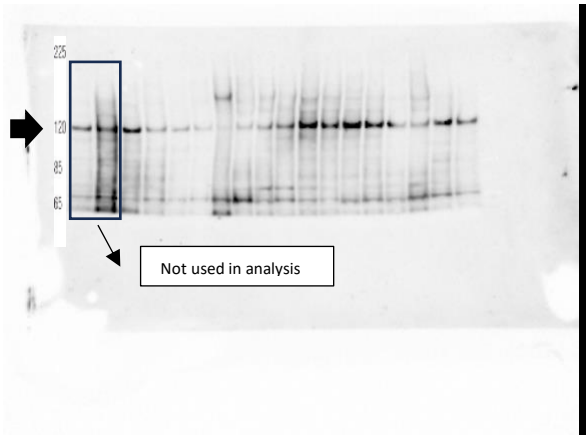


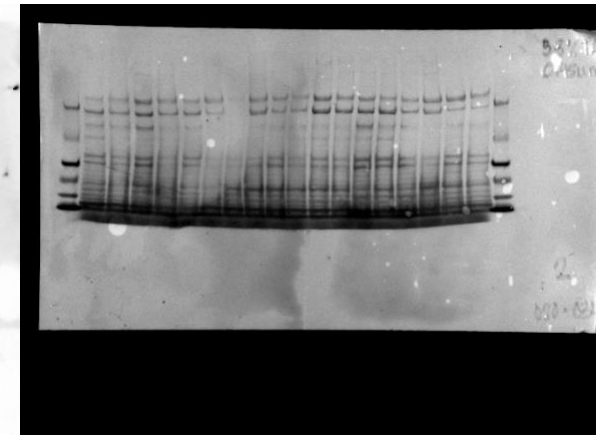
# AS160 (AKT substrate of 160 kD)



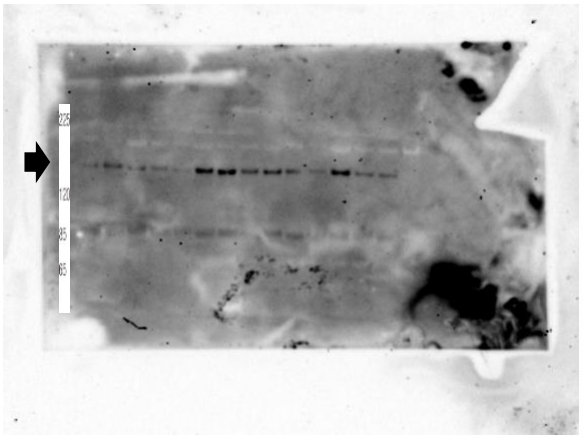



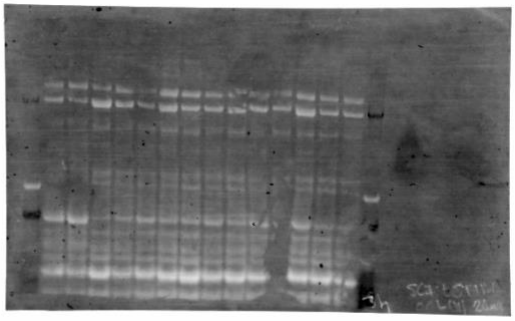
Gel 1 and 2, 3-8% Tris-Acetate

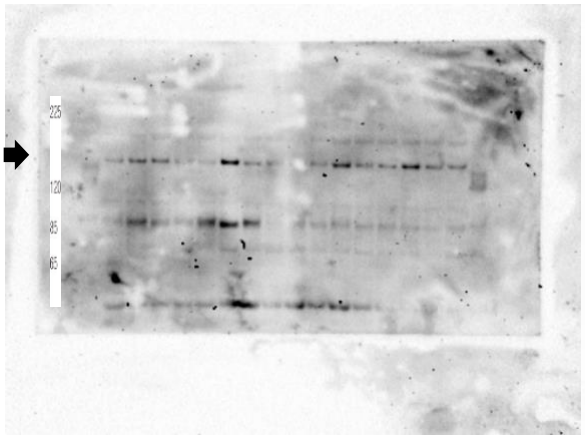


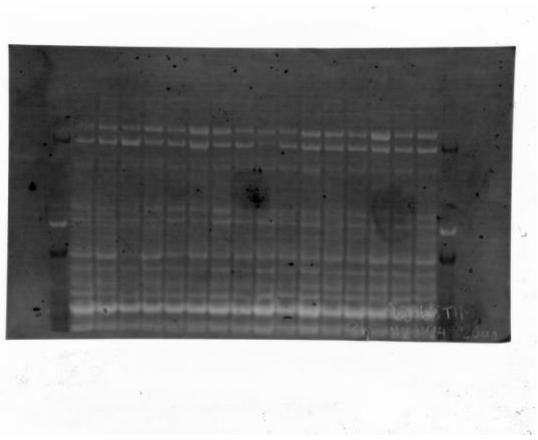



phosphorylated-AS160 Thr642 (p-AS160 Thr642) – 160 kD

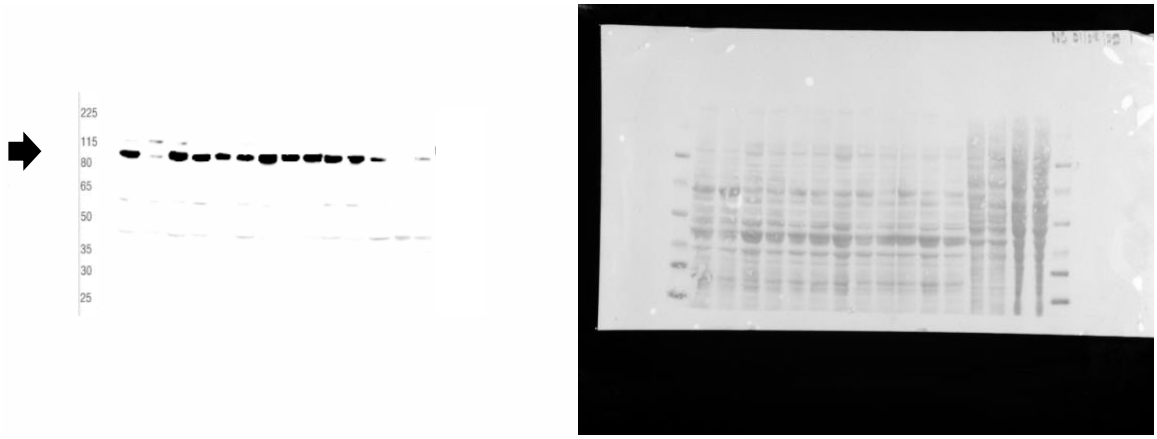




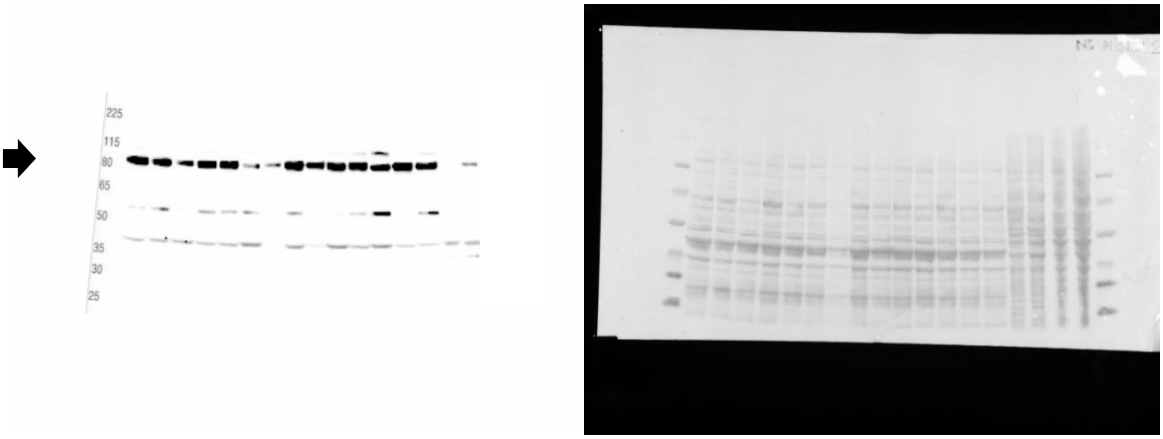




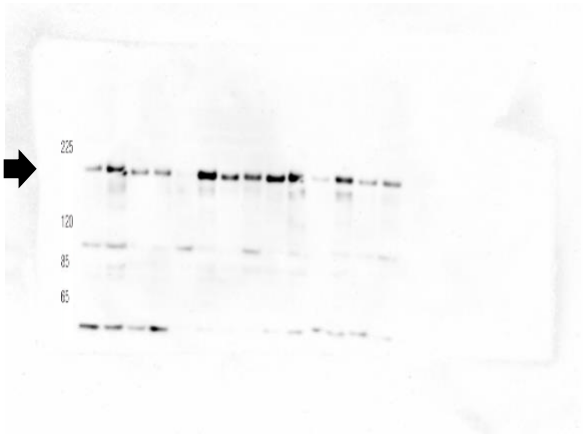
# Hexokinase II – 102 kD

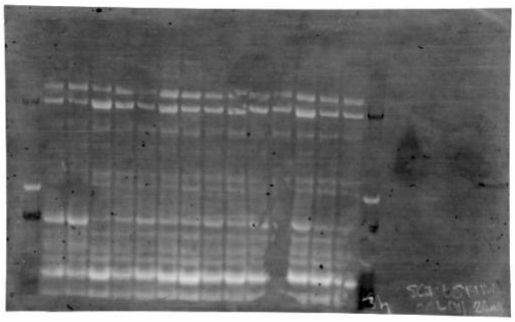



SCI-ESTIM 001-011 plus controls, 4-12% Bis-Tris

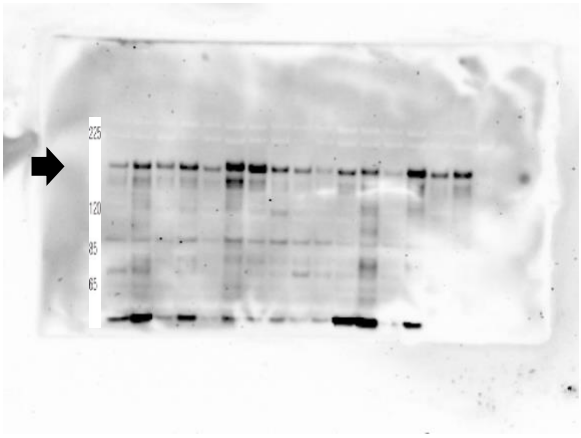


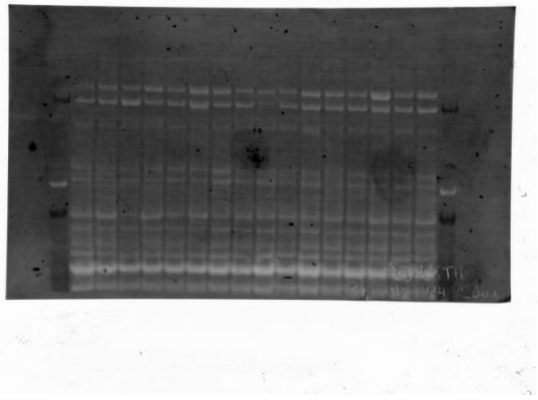
# Insulin receptor substrate 1 (IRS-1) – 180 kD



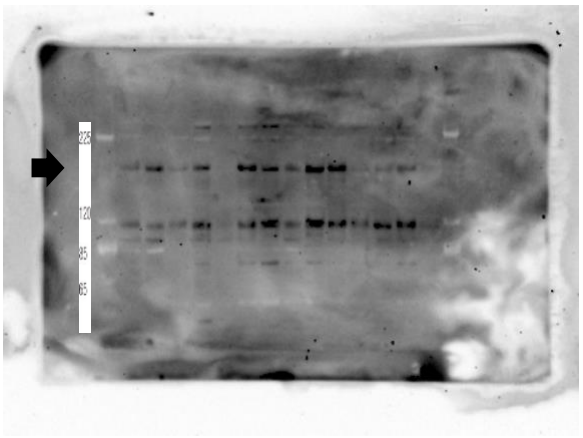



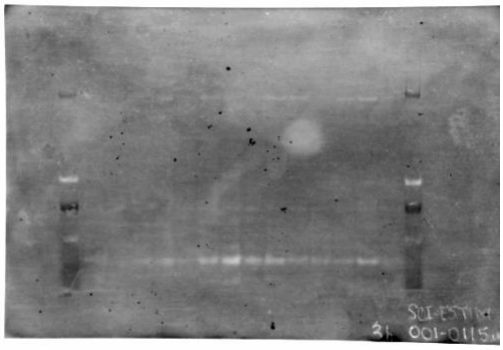
Gel 1 and 2, 3-8% Tris-Acetate



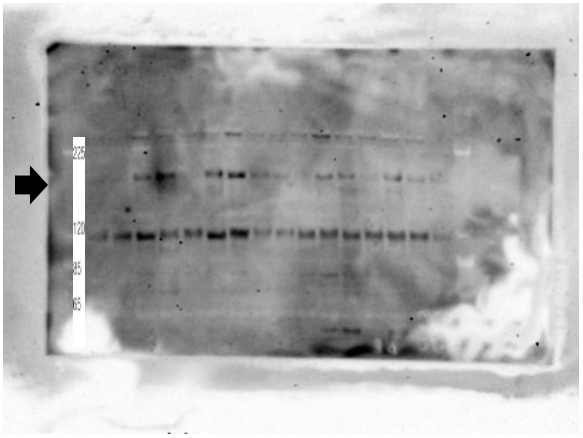



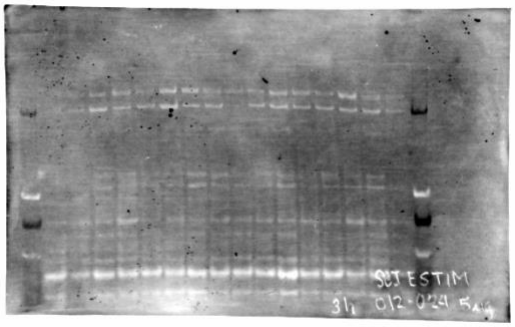
phosphorylated-Insulin receptor substrate 1 (Tyr895) (p-IRS-1 Tyr895) – 180 kD



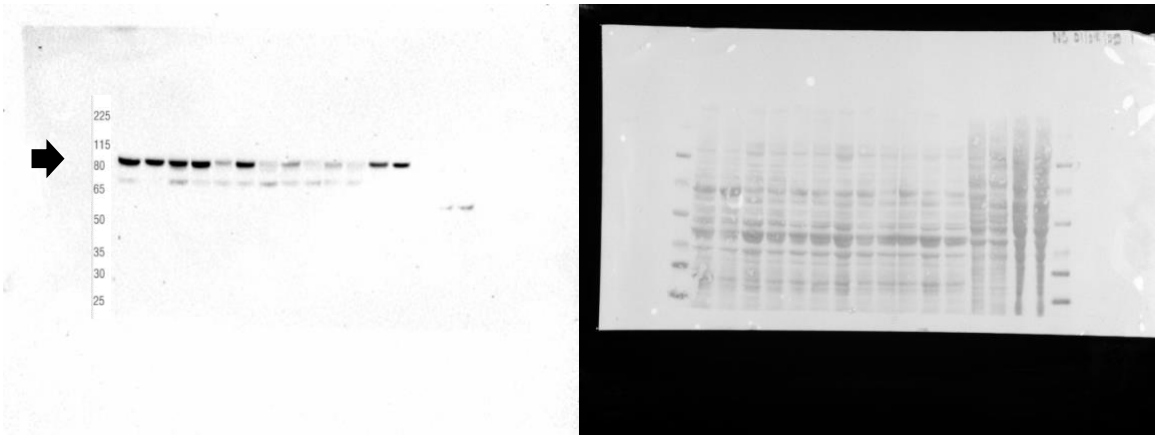


Gel 1 and 2, 3-8% Tris-Acetate





# Glycogen Synthase – 84 kD




Gel 1 and 2, 4-12% Bis-Tris