

Table S1. Exercise training program.

Weeks	Speeds (m/min)	Time (min.)	Incline
1st week	15	30	5°
2nd week	20	30	5°
3rd week	20	40	5°
4th week	25	40	5°
5th week	25	50	5°
6th week	27	60	5°
7th week	30	70	5°
8th week	30	80	5°
9th week	30	90	5°

Table S2. Primers sequences for quantitative real-time PCR.

Gene Name	Sense Primer (5'–3')	Antisense Primer (5'–3')
(rat)		
<i>Bmal1</i>	TTCATGAACCCGTGGACCAA	CCCTGGAATGCCTGGAACA
<i>Per2</i>	TCTCAGAGTTTGTGCGATGATTTG	CACTGGGTGAAGGTACGTTTGG
<i>18S</i>	AAGTTTCAGCACATCCTGCGAGTA	TTGGTGAGGTCAATGTCTGCTTTC
(mice)		
<i>Bmal1</i>	ACGACATAGGACACCTCGCAGA	CGGGTTCATGAAACTGAACCATC
<i>Per2</i>	ATCAGCCATGTTGCCGTGTC	CGTGCTCAGTGGCTGCTTTC
<i>Atgl</i>	CACTTTAGCTCCAAGGATGA	TGGTTCAGTAGGCCATTCT
<i>Hsl</i>	GGCAGTGGTGTGTAAGTAGGATTG	ATCCATGCTGTGTGAGAACGC
<i>18S</i>	TTCTGGCCAACGGTCTAGACAAC	CCAGTGGTCTTGGTGTGCTGA