

Original Western Blot and MyHC Gel figures of Figure S1.

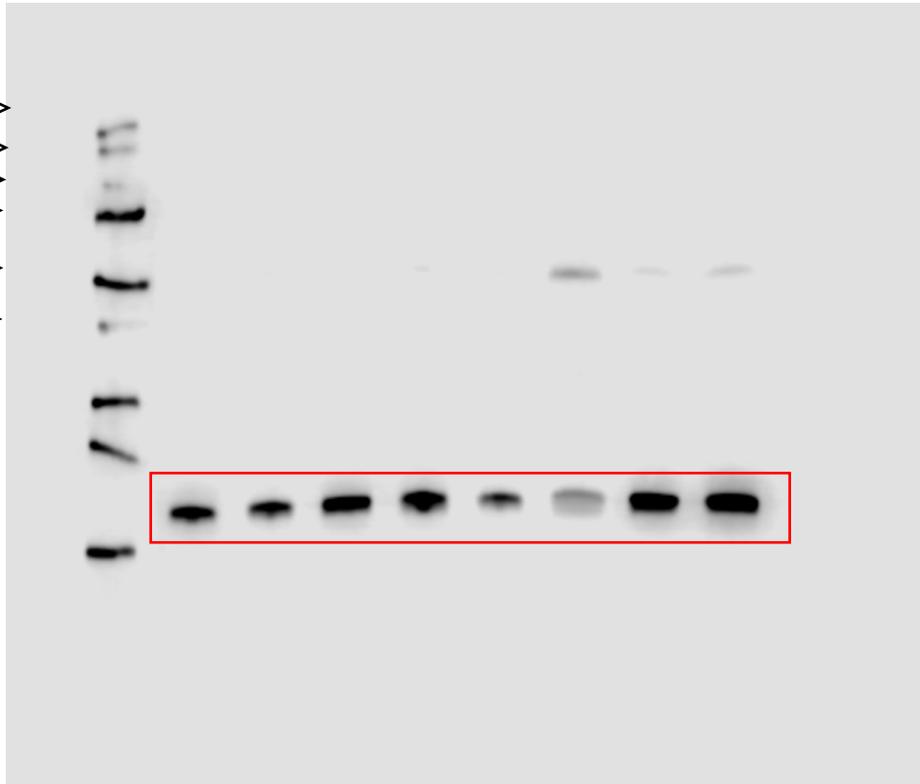
**Skeletal muscle mitochondrial and perilipins content in a cohort of obese subjects undergoing high intensity and moderate training**

**Giuseppe Sirago<sup>1\*</sup>, Filippo Vaccari<sup>2,3</sup>, Stefano Lazzer<sup>2,3</sup>, Andrea D'Amuri<sup>4</sup>, Juana M. Sanz<sup>5</sup>, Marco V. Narici<sup>1</sup>, Carlo Reggiani<sup>1</sup>, Angelina Passaro<sup>4,6</sup> and Luana Toniolo<sup>1\*</sup>**

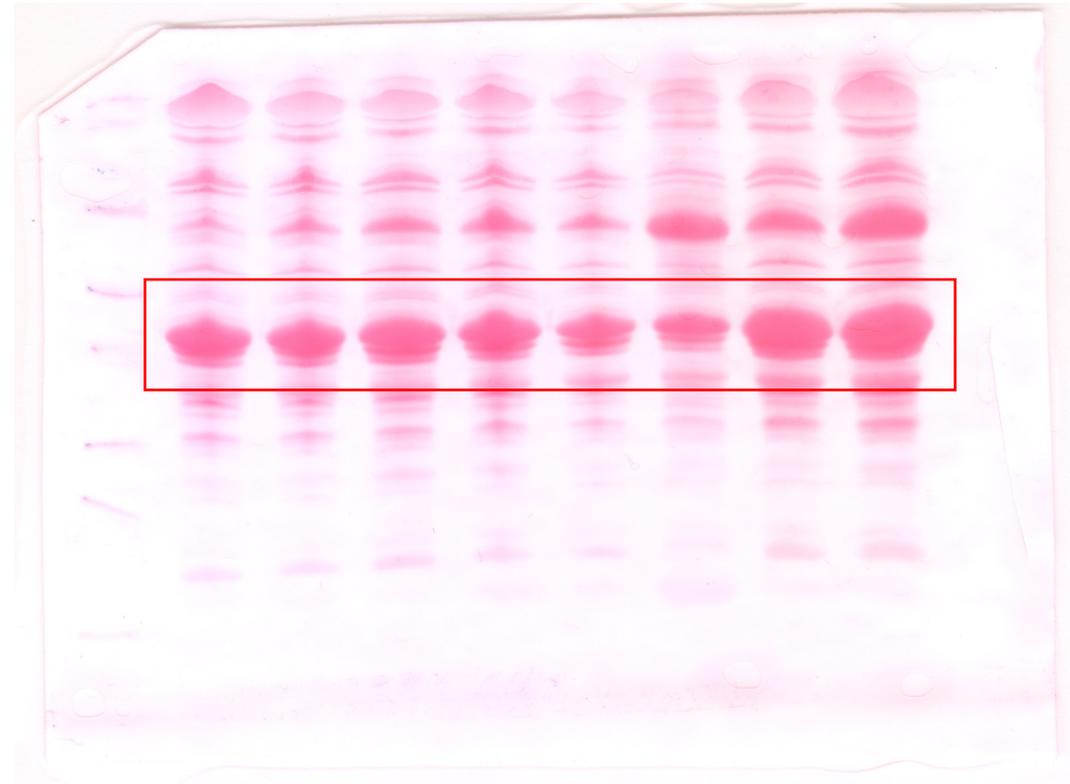
# TOMM20

M  
(KDa) MICT1 Pre MICT1 Post MICT2 Pre MICT2 Post MICT3 Pre MICT3 Post MICT4 Pre MICT4 Post

250  
150  
100  
75  
50  
37  
25  
20  
15



Actin in Red Ponceau

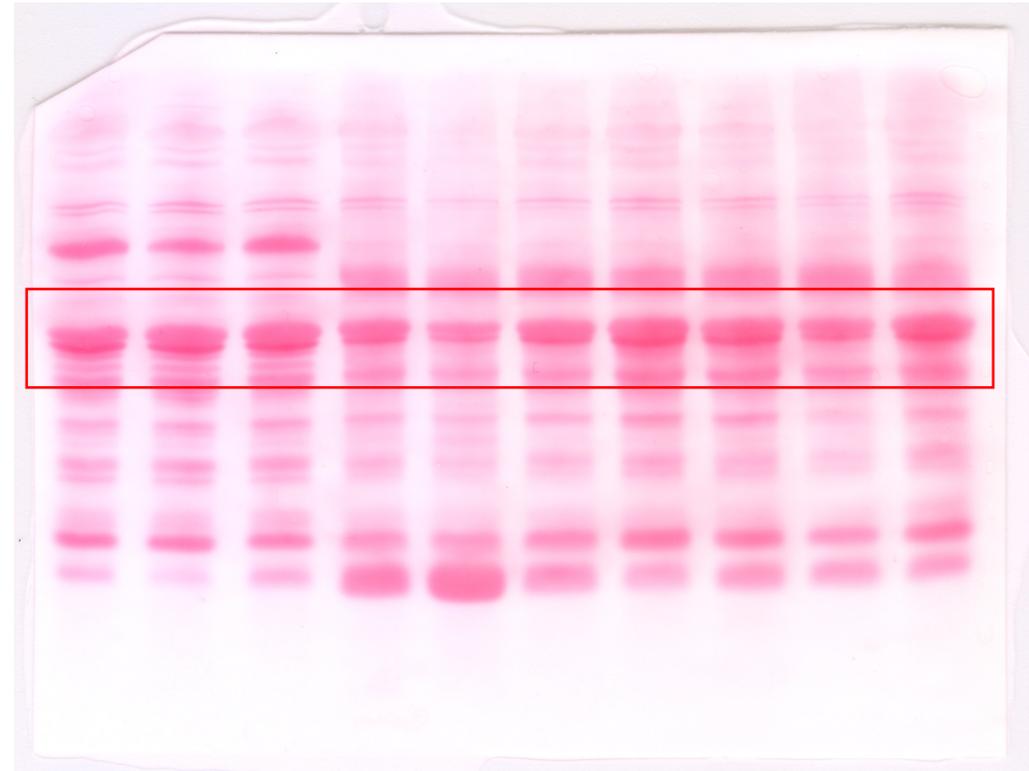


# TOMM20

HIIT1 Pre  
HIIT1 Post  
HIIT2 Pre  
HIIT2 Post  
HIIT3 Pre  
HIIT3 Post  
HIIT4 Pre  
HIIT4 Post  
HIIT5 Pre  
HIIT5 Post



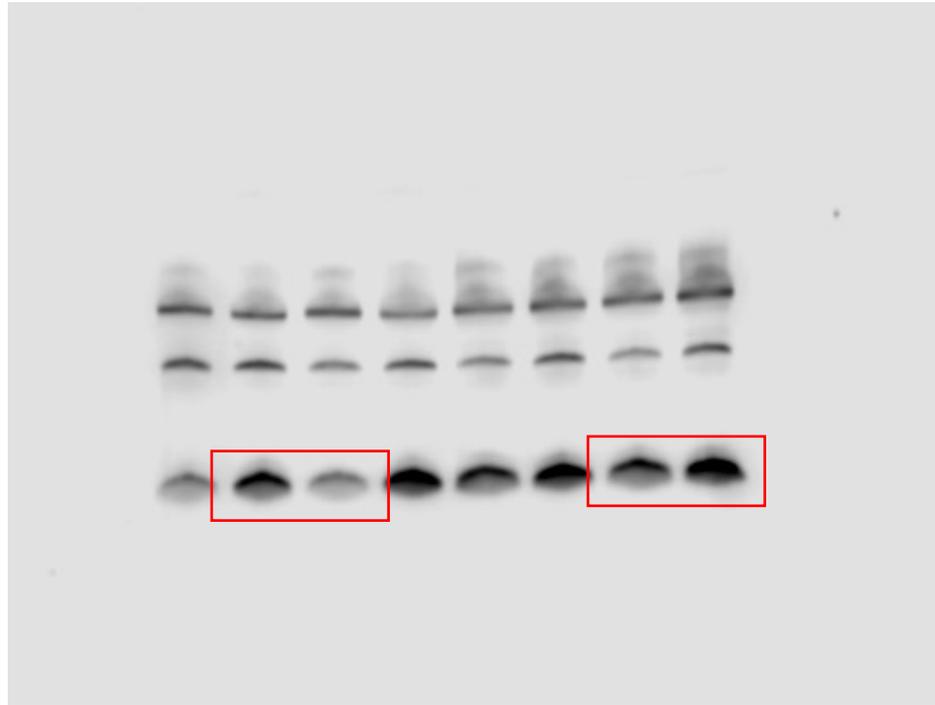
Actin in Red Ponceau



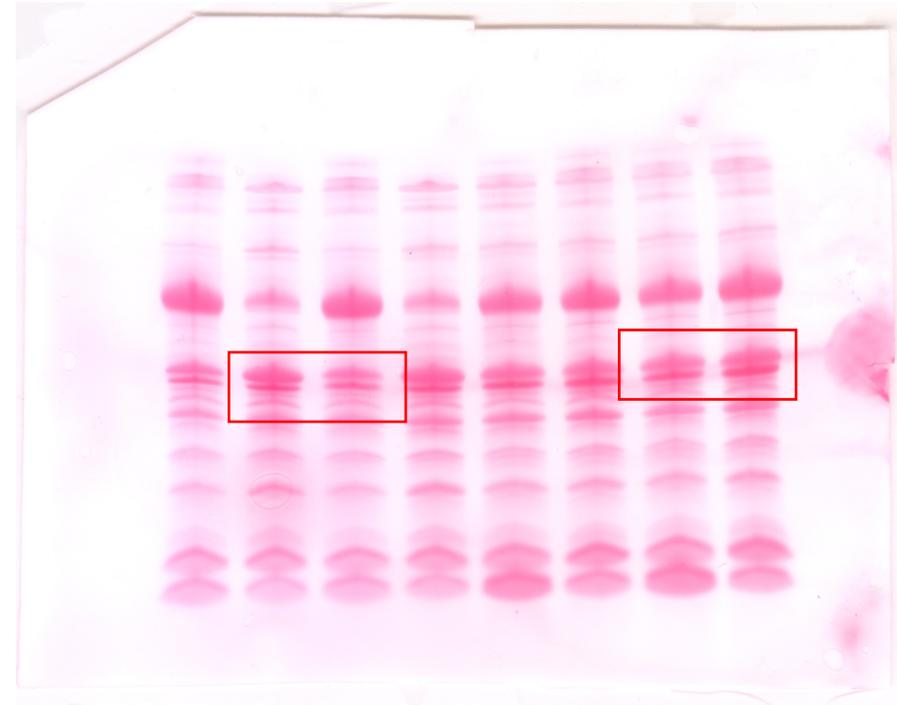
# TOMM20

MICT5 Pre  
MICT5 Post

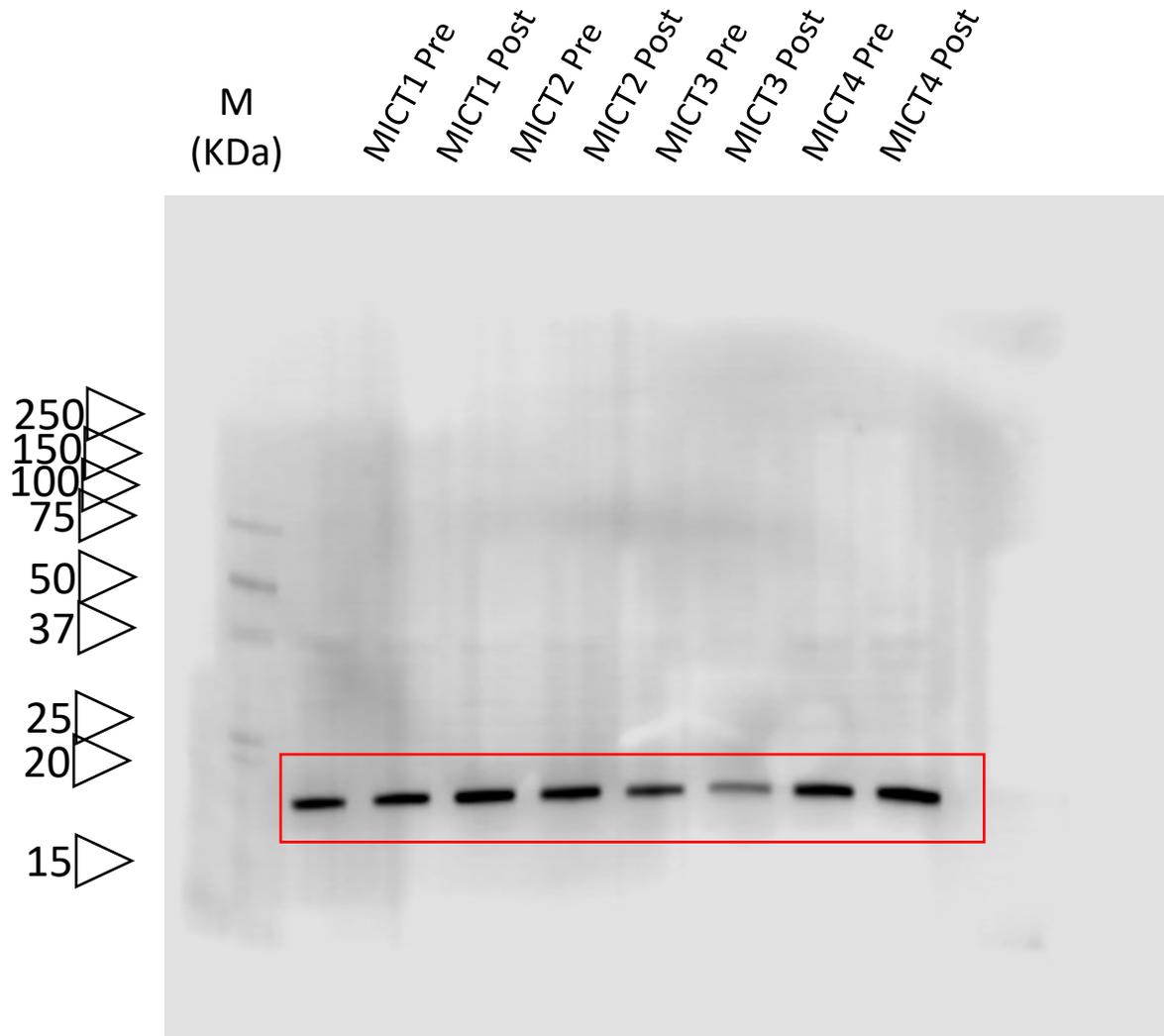
HIIT6 Pre  
HIIT6 Post



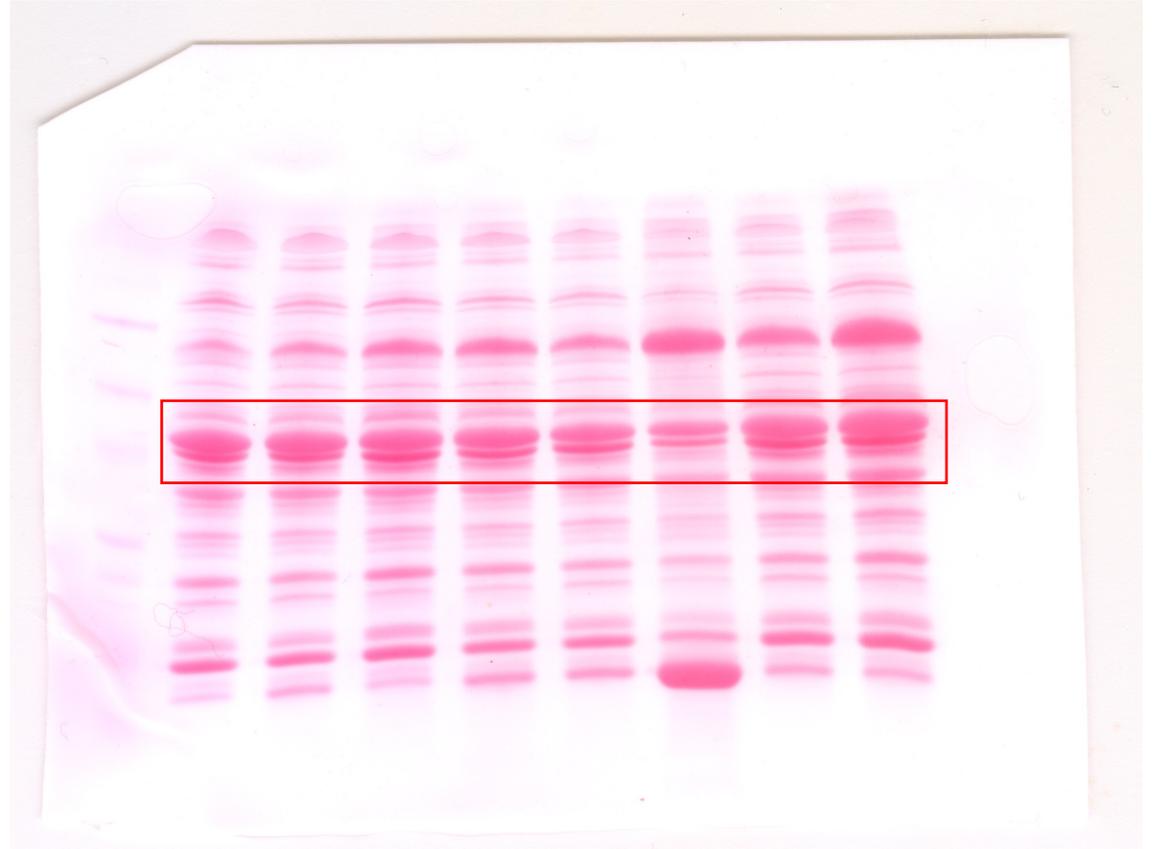
Actin in Red Ponceau



# Cox4



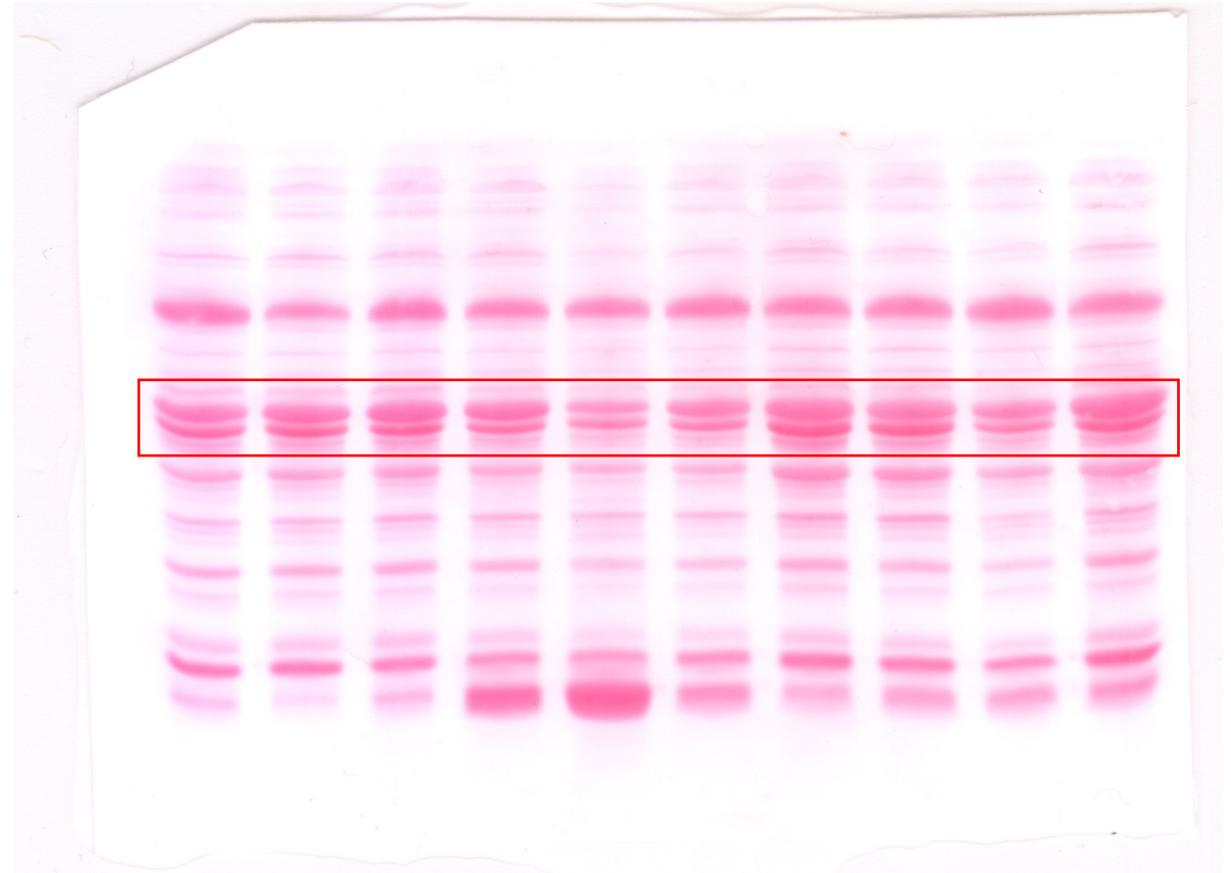
# Actin in Red Ponceau



# Cox4

HIIT1 Pre  
HIIT1 Post  
HIIT2 Pre  
HIIT2 Post  
HIIT3 Pre  
HIIT3 Post  
HIIT4 Pre  
HIIT4 Post  
HIIT5 Pre  
HIIT5 Post

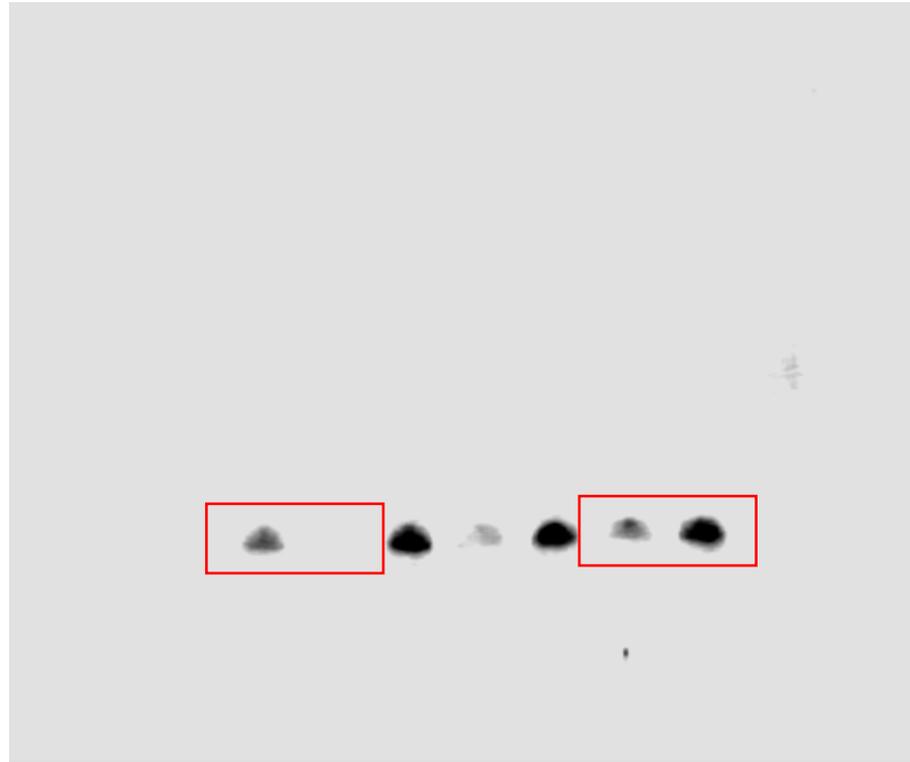
Actin in Red Ponceau



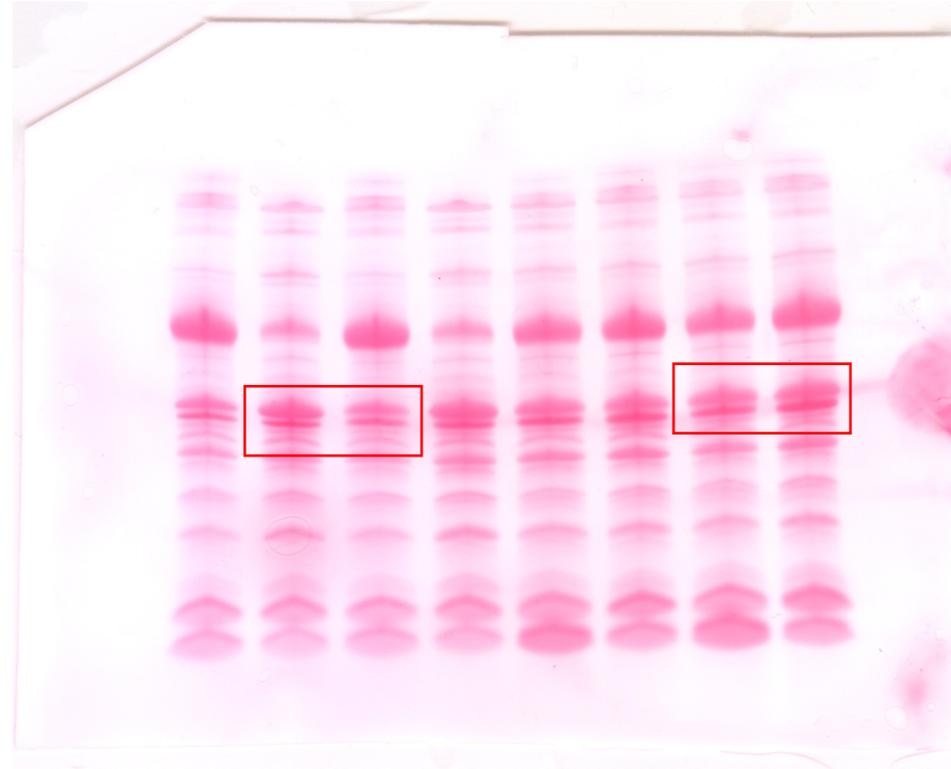
# Cox4

MICT5 Pre  
MICT5 Post

HIIT6 Pre  
HIIT6 Post



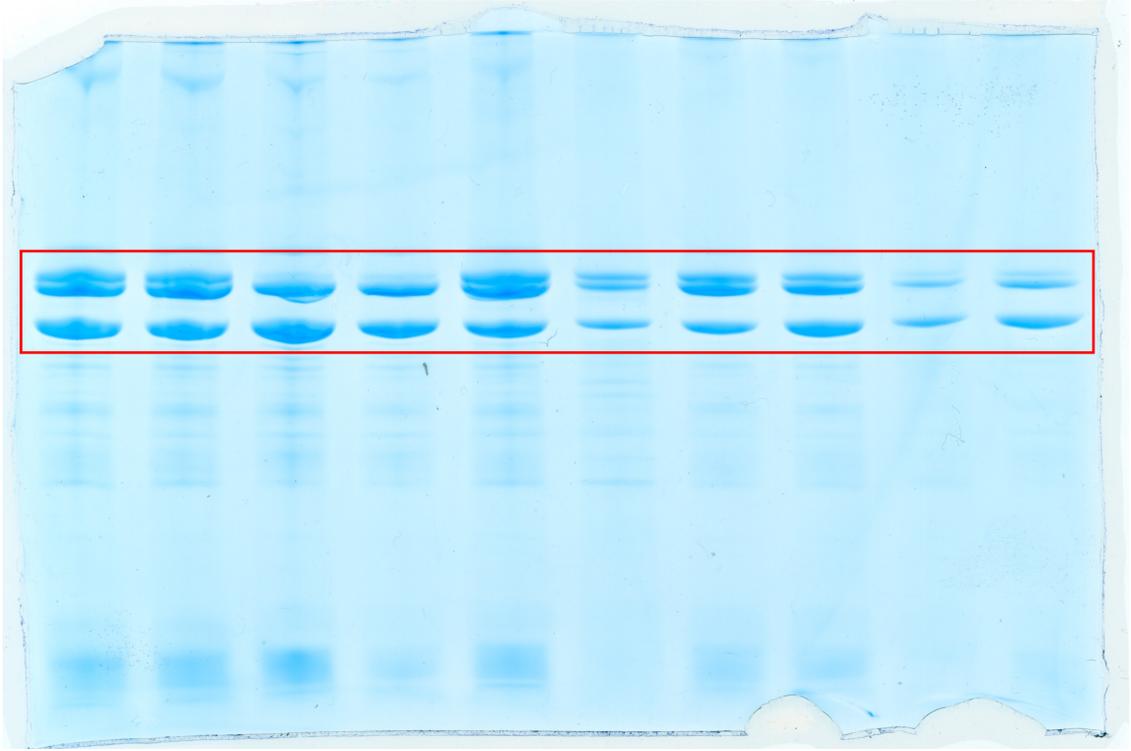
Actin in Red Ponceau



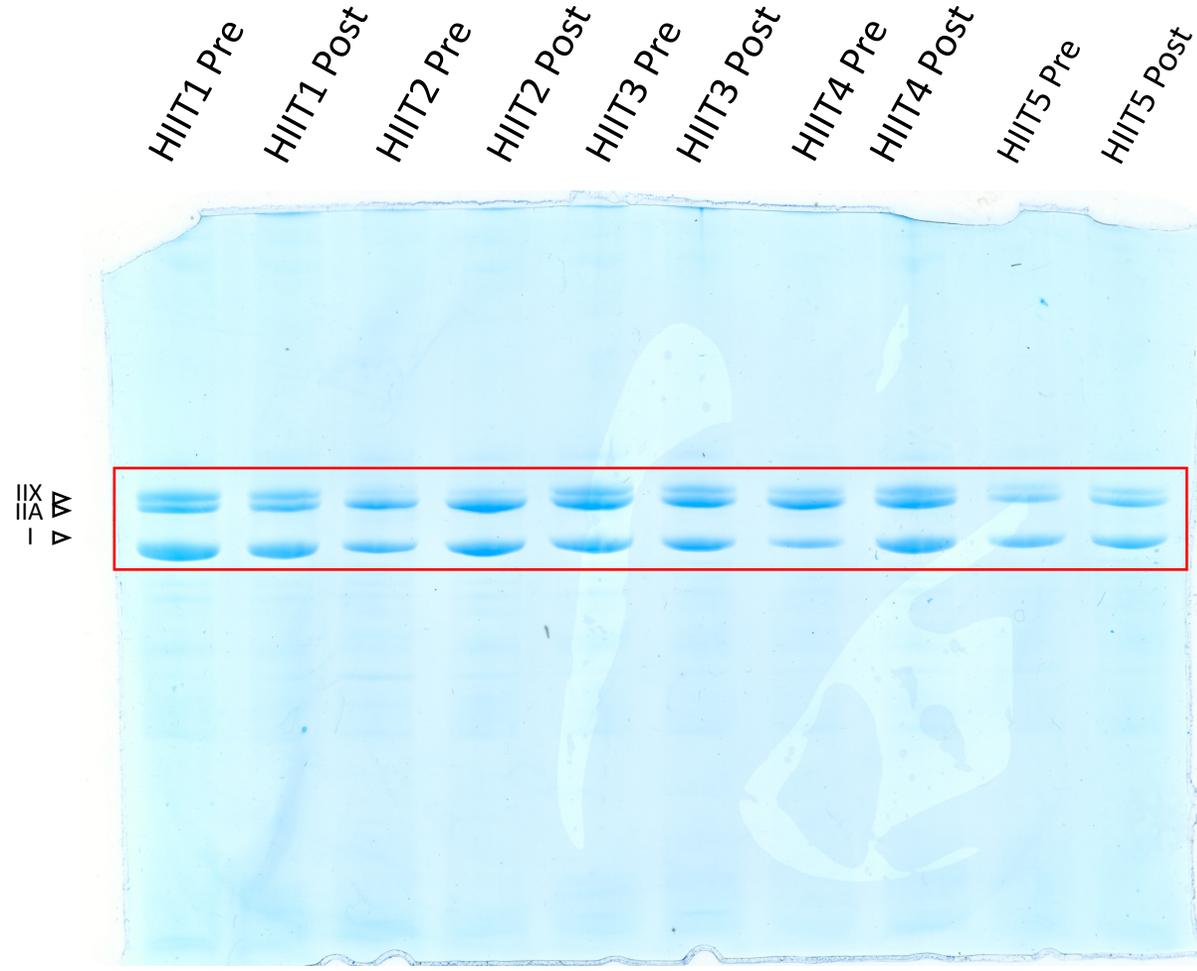
MyHC

MICT1 Pre MICT1 Post MICT2 Pre MICT2 Post MICT3 Pre MICT3 Post MICT4 Pre MICT4 Post MICT5 Pre MICT5 Post

IX  
IA  
-  
A



# MyHC

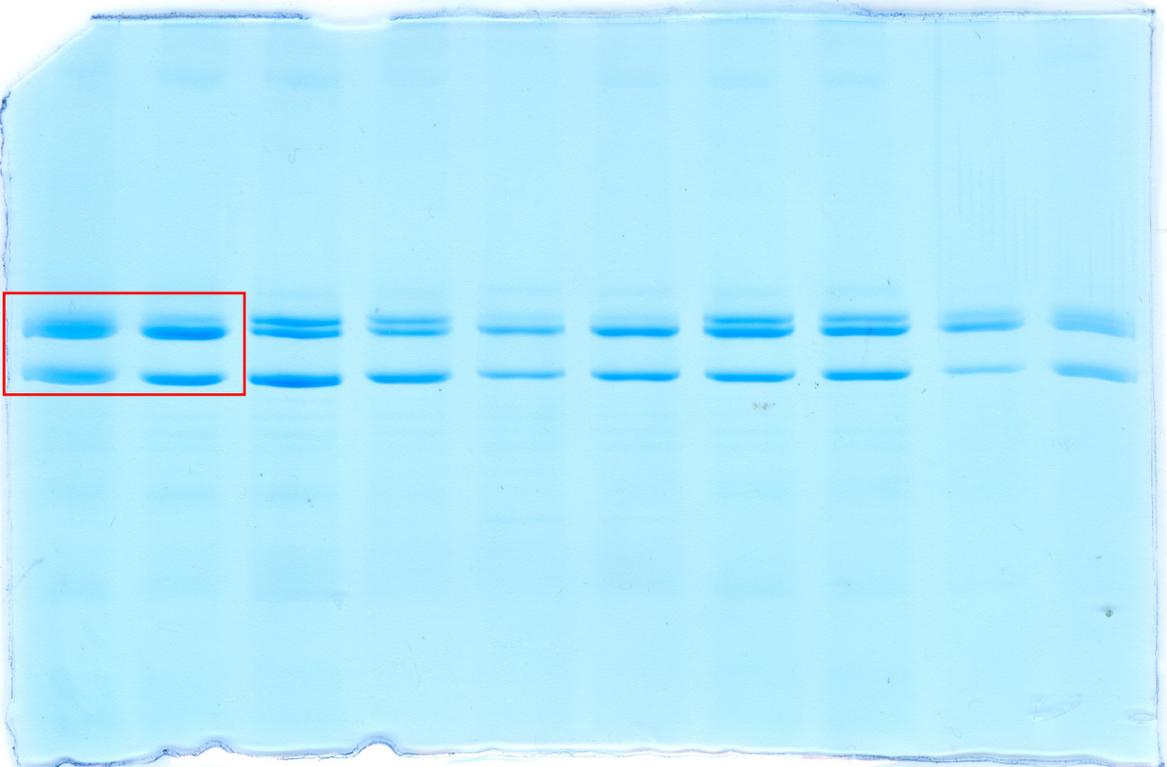


IX  
IIA  
I

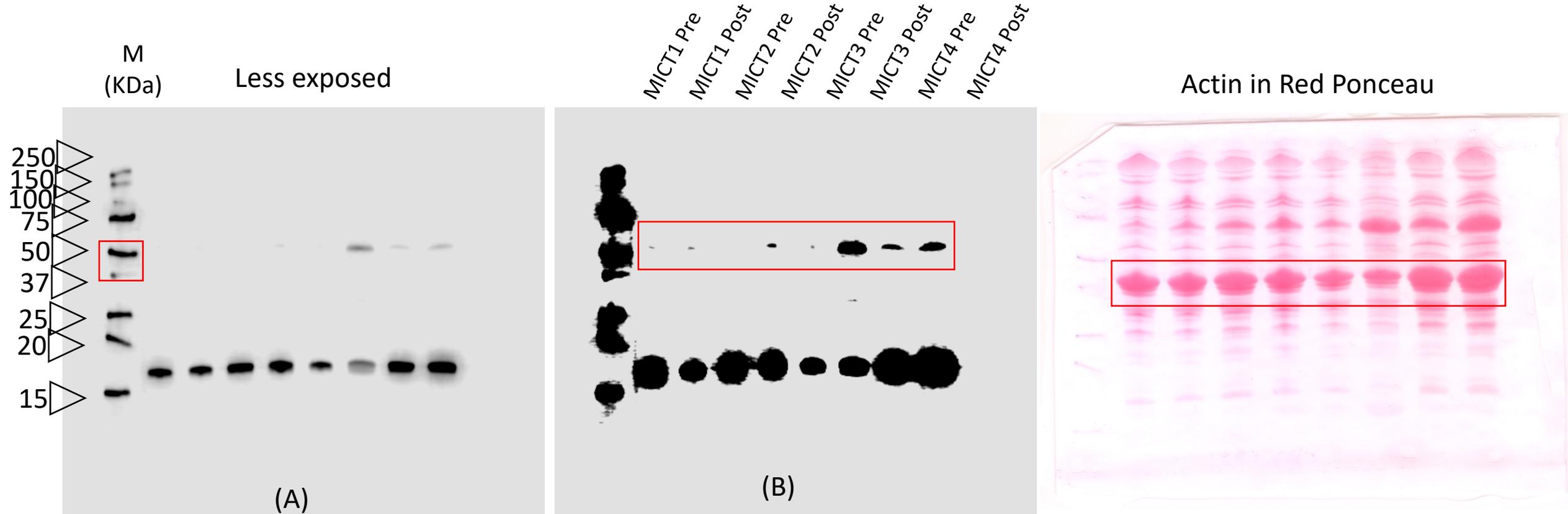
MyHC

HIIT6 Pre  
HIIT6 Post

IIIX  
IIIA  
I



# PLIN2

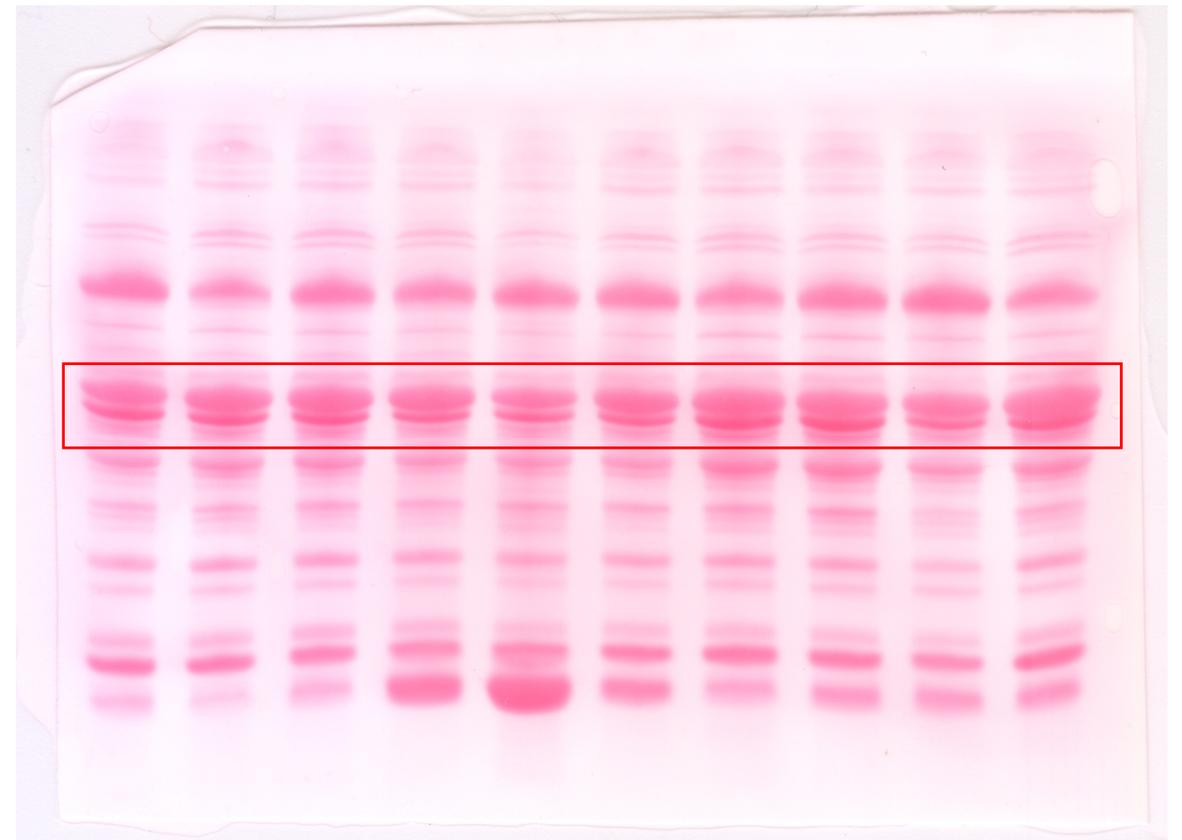
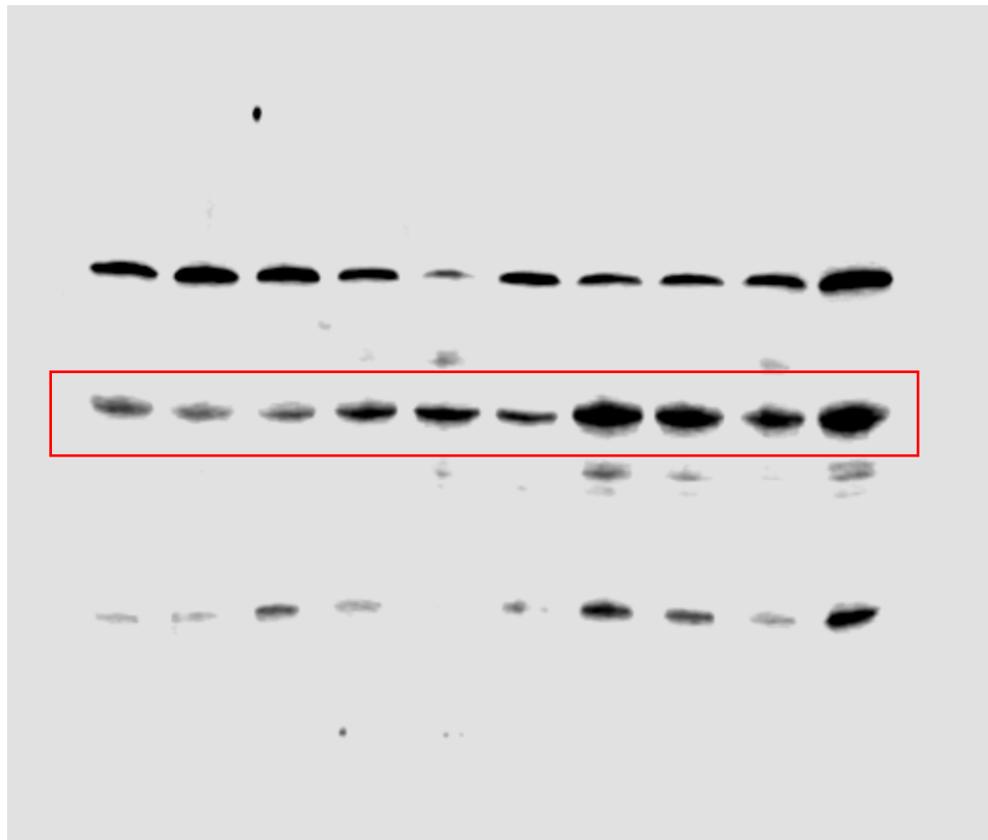


(A) and (B) are the same figure. (A) is less exposed than (B) to get a good visibility of the marker.

# PLIN2

HIIT1 Pre  
HIIT1 Post  
HIIT2 Pre  
HIIT2 Post  
HIIT3 Pre  
HIIT3 Post  
HIIT4 Pre  
HIIT4 Post  
HIIT5 Pre  
HIIT5 Post

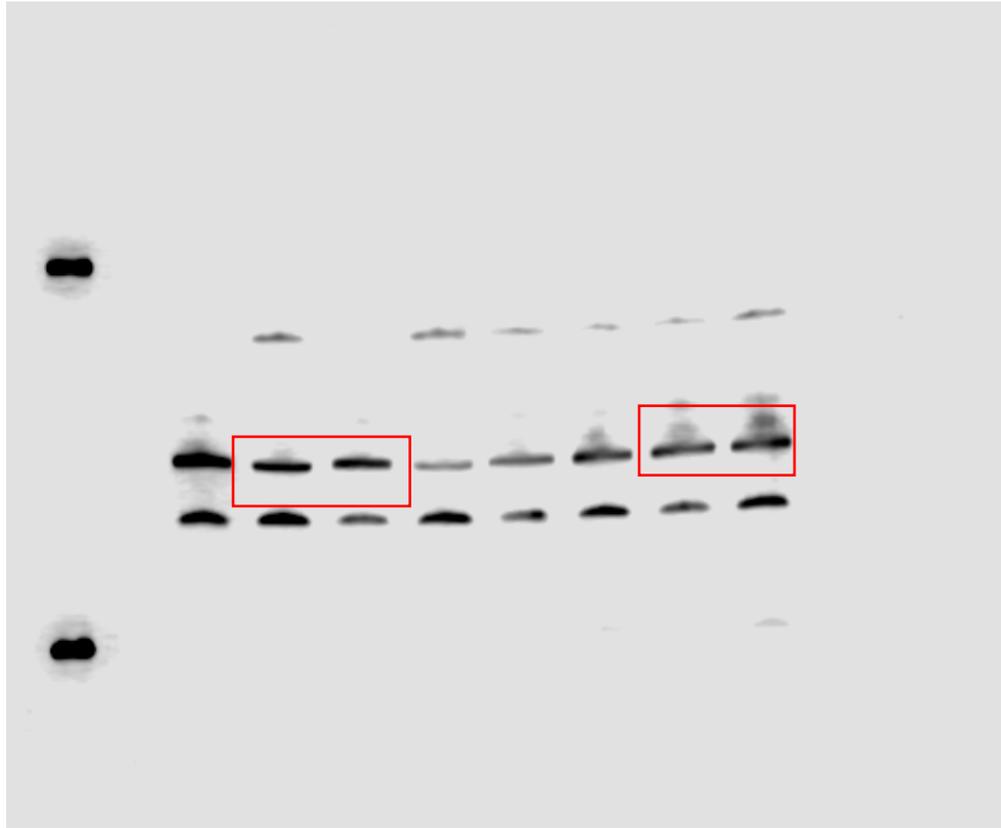
Actin in Red Ponceau



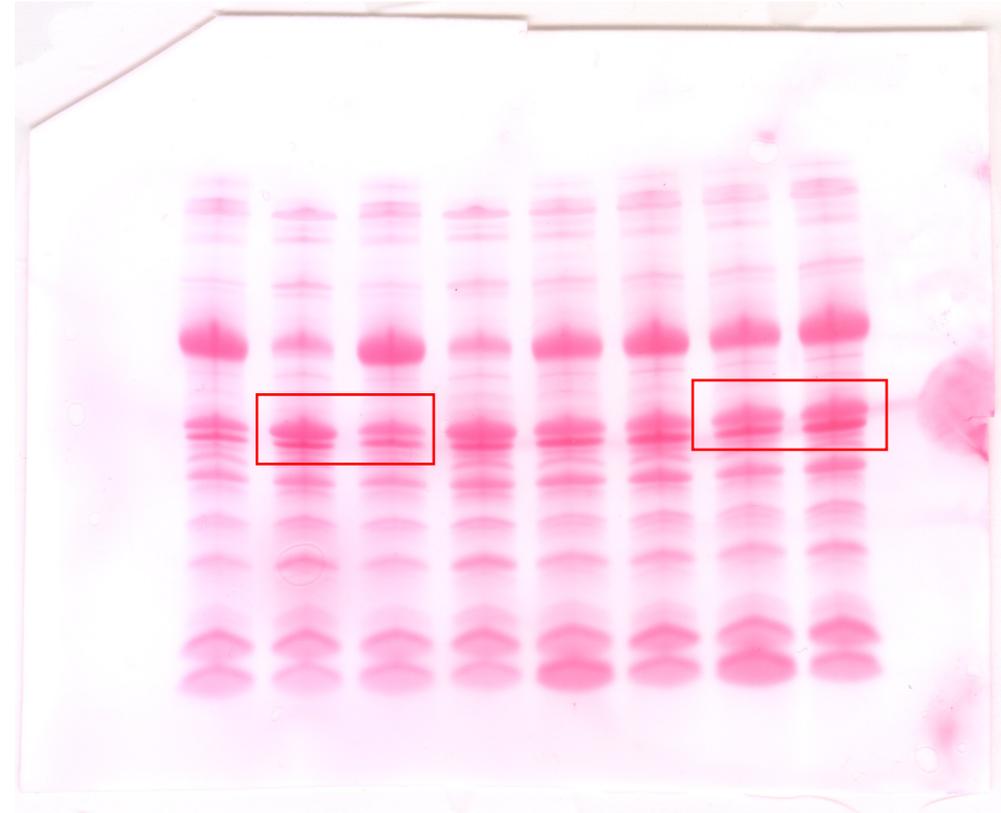
# PLIN2

MICT5 Pre  
MICT5 Post

HIIT6 Pre  
HIIT6 Post

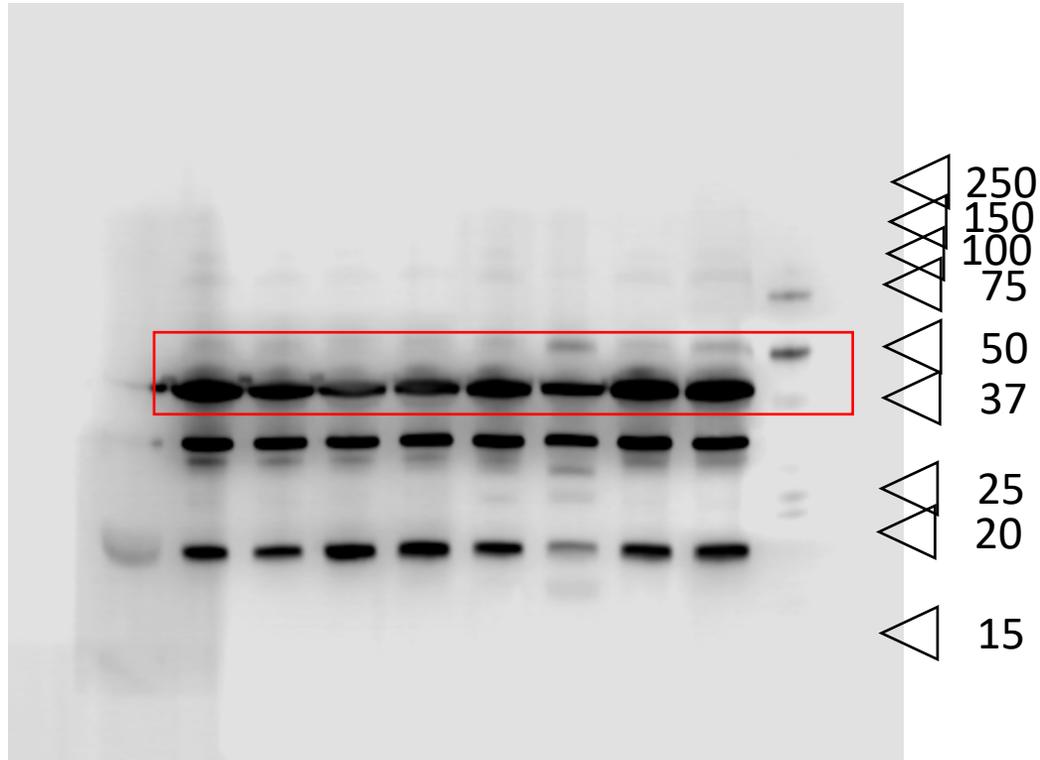


Actin in Red Ponceau

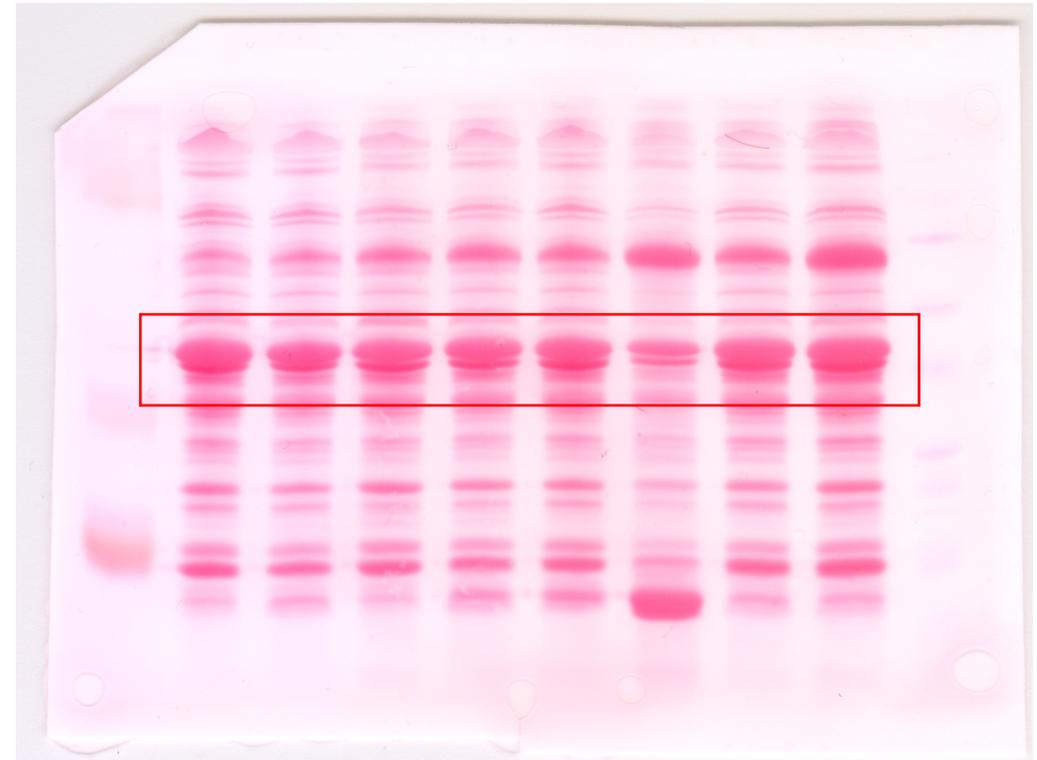


# PLIN5

MICT1 Pre  
MICT1 Post  
MICT2 Pre  
MICT2 Post  
MICT3 Pre  
MICT3 Post  
MICT4 Pre  
MICT4 Post  
M  
(KDa)



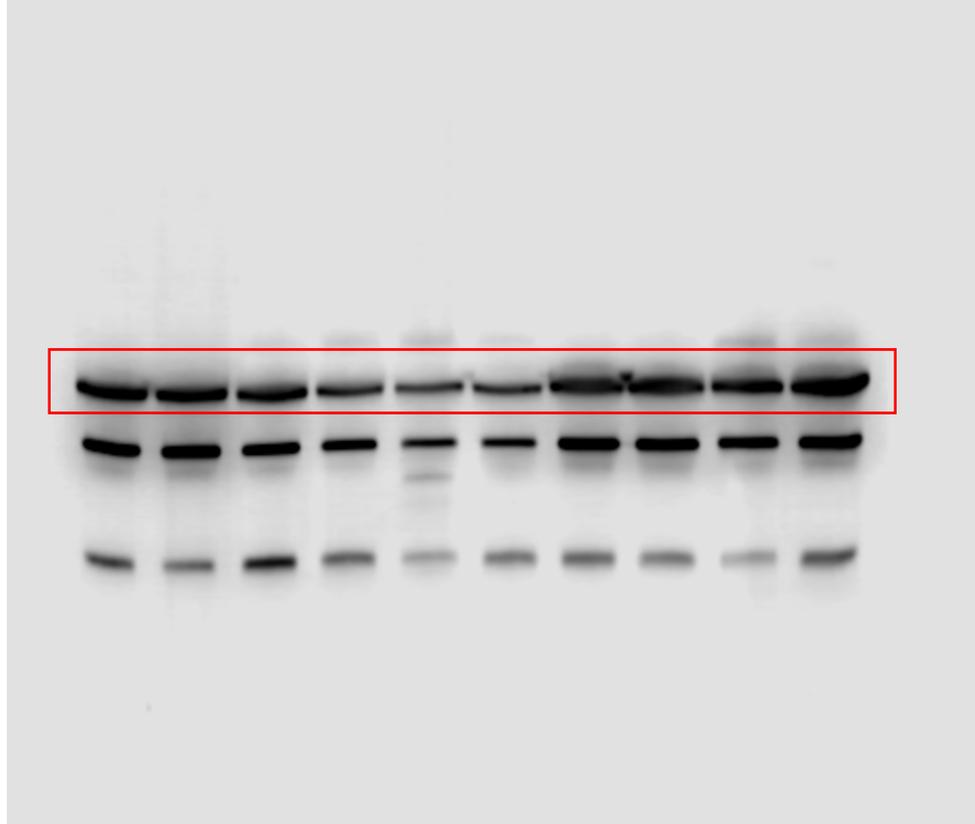
Actin in Red Ponceau



**Notes:** In figure 5 for MICT, samples are numbered in the order showed in the figure, here are numbered as correspondent to the same subject in agreement with all figures.

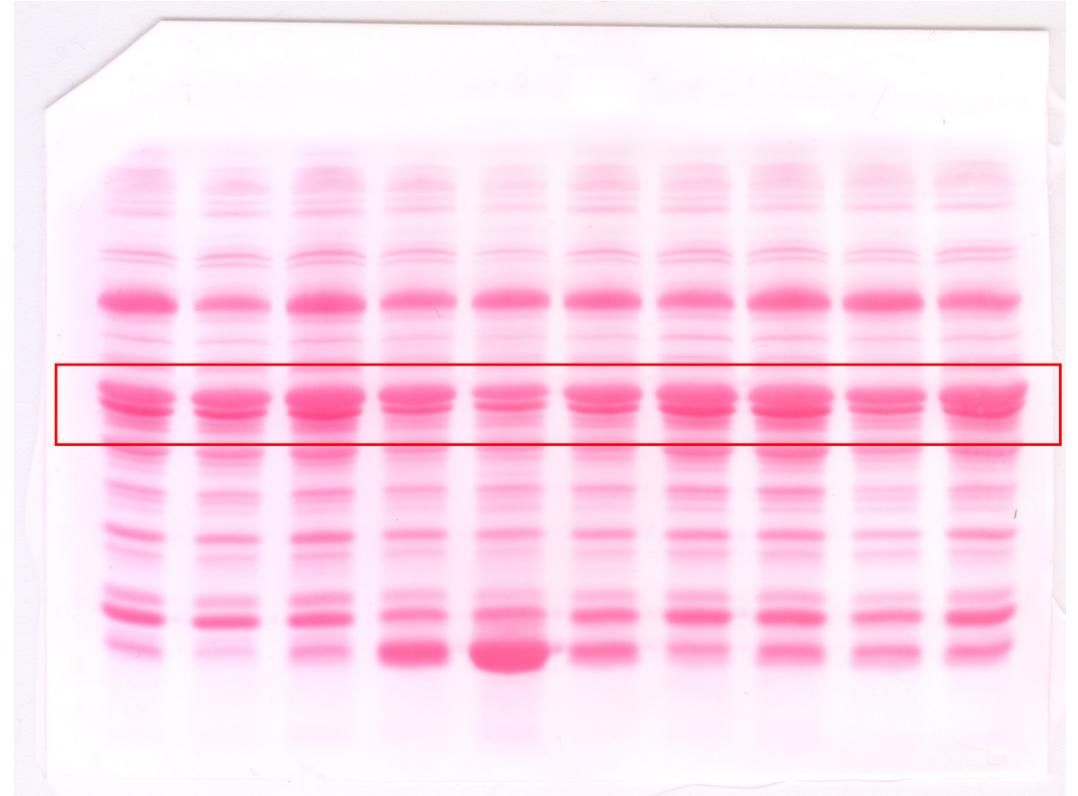
# PLIN5

HIIT1 Pre  
HIIT1 Post  
HIIT2 Pre  
HIIT2 Post  
HIIT3 Pre  
HIIT3 Post  
HIIT4 Pre  
HIIT4 Post  
HIIT5 Pre  
HIIT5 Post

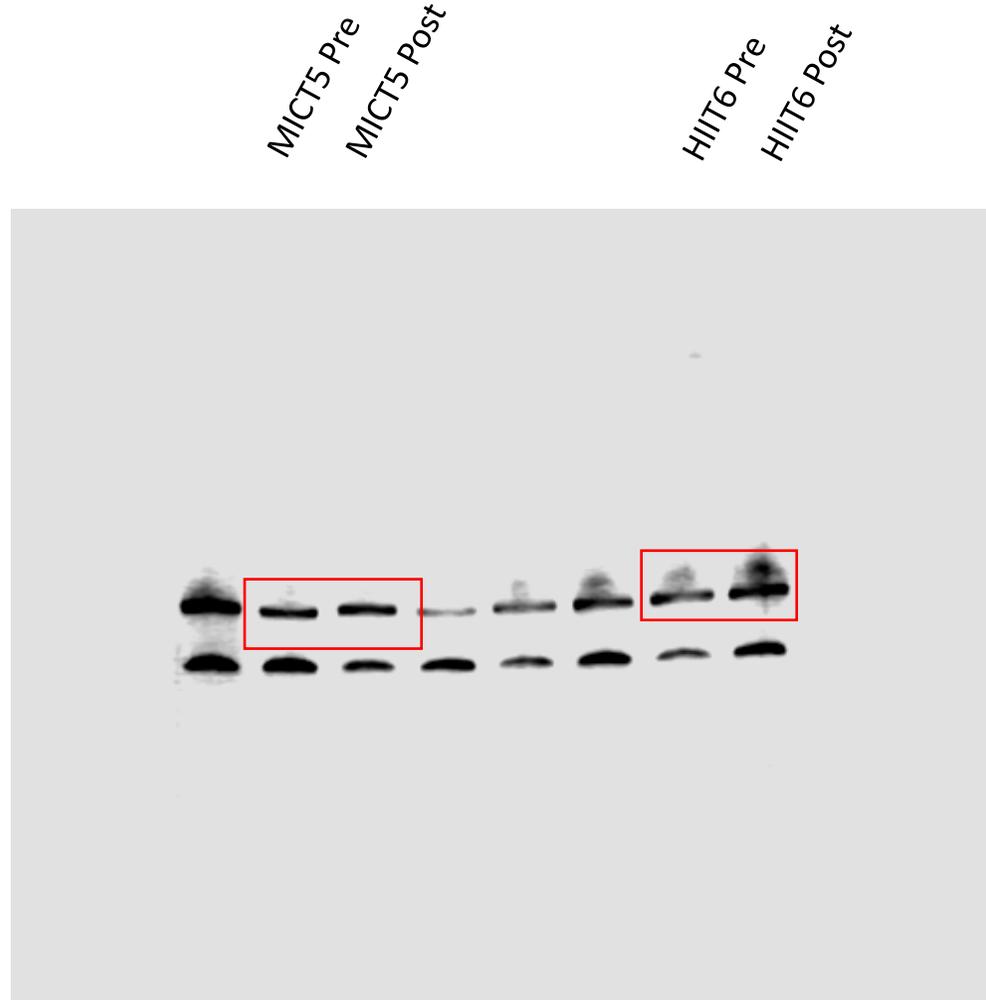


# PLIN5 HIIT

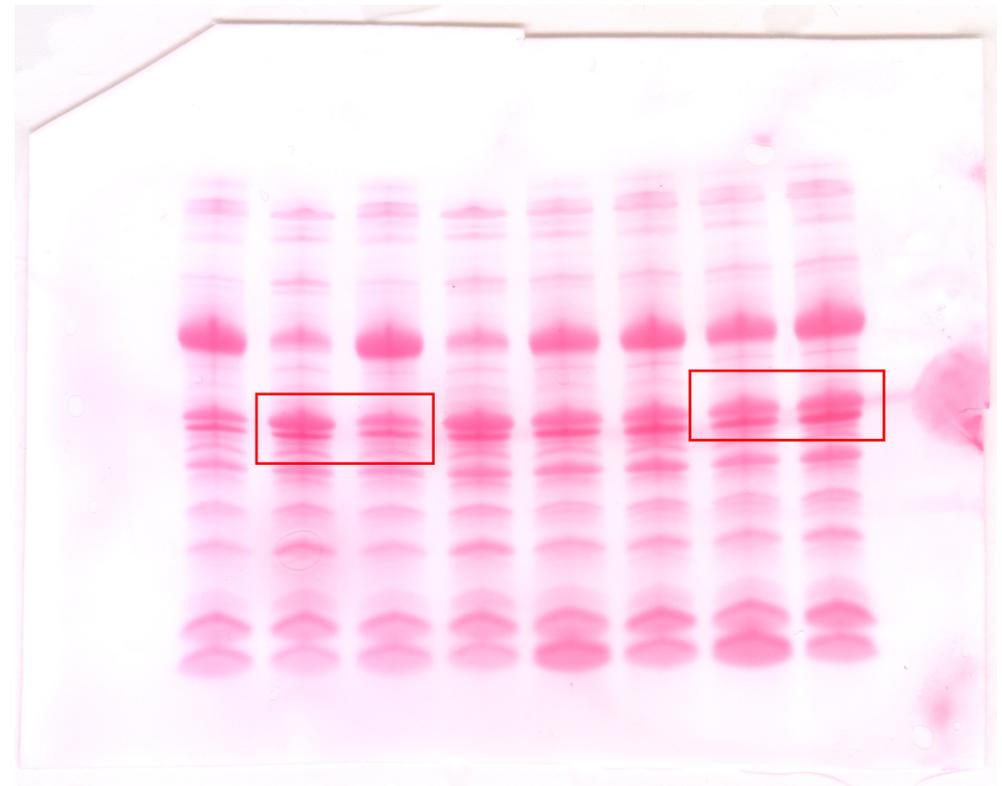
Actin in Red Ponceau



## PLIN5



## Actin in Red Ponceau



**Notes:** In figure 5 for MICT, samples are numbered in the order showed in the figure, here are numbered as correspondent to the same subject, in agreement with all figures.