Supplementary File 1

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| **qPCR primers** |
| **gene**  | **Forward 5'-3'**  | **Reverse 5'-3'** |
| *actinb2*  | ATCCTTCTTGGGTATGGAAT  | GACAATACAGTGTTGGCATA |
| *sep15*  | CTCAAGTCCAAGCTTTTGTC | AGCCTCTCACATACTTGATT |
| *b2m*  | TTGGCTCTCTCGAATAAAAC | CTTTCGGAGTGGAGACTTTC |
| *myod*  | AACATTACAGTGGAGACTCTG | GTCATAGCTGTTCCGTCTTC |
| *myf5*  | ATGGCCTCAGATGAATCAAA | CATTGTGCTAGCATTTTGTG |
| *mrf4*  | CAGGAGAACCCAGATCATTC | GGACTCTGAAGACTCCAAC |
| *myog*  | TCAGAAACACCCACAAACGCTCAC | GCAGGCCCAGGGGAGACACT |
| *pax7a*  | CAAGAAAGATGACGATGACG | GTGCGATTACCTTTATCCC |
| *pax7b*  | CGGGATACCAGTATAGTCAG | CATTCTTTGCCAGGTAATCC |
| *pax3a*  | TTCCTTCAGTGAGTTCCATC | CGTTTCCACCAAATTTACAG |
| *pax3b*  | CACTCACAATAACAACGCTA | ATGGAGTTATCAGTCCCATC |
| *myomaker*  | GGACAACTTATTCACAGGGA | TCTGTGATTTTGACAAGCAG |
| *myomixer*  | TCTGGTTGTCCGACTCTTCG | TTAAGAAGGCACAGGACGCA |
| *mef2d*  | TCAAACAAGCTCTTCCAGTA | GTGCTCTTTCTTGTTCAGAG |
| *mylpfa*  | TCCCTTTCTTGCTTTCTACC | GAAAACAATCCAATGTCCCC |
| *flnca*  | CAAACACATACCAGGAAGTC | TCATTCTTCCTTCTCCTGTT |
| *mybpc1*  | ATCCGTCCTACTCCAAATAA | ATAACCATTATCCGCTGAGT |
| *cdkn1a*  | AAGGAAAACATCCCGAAAAC | GCTTGGTAGAAATCTGTGATG |
| *cdkn1ca*  | TTCTTCAGTCCTCAGAAACA | AAGAAGTCTGTAATTTGCGG |
| *igf1*  | GGCTTTTATTTCAGCAAACC | GTTGTGTGACCTTCTTGAAC |
| *igfr1a*  | GATGTCTCCAGAGTCTTTGA | CATAAAACCACACCAAACGA |
| *igfr1b*  | GTGTACATTCGCACTAAACC | TGAAGAATTAGCGTATGCAC |
| *myostatinb*  | CAAGACACTGTGCAATAGAA | CATAGTCATATGAAGCGGTG |
| *tsc1a*  | CATTAATGGCAGTCAGGAAG | GAAATGAATGAGTAAGGGCG |
| *tsc1b*  | AAGAACATTTTCCACTCGAC | AAGACACAAGGTCCAATCAT |
| *tsc2*  | AAACTAGAGTCTCAGTCCAG | GCATGACCACCTGATATAGA |