**Supplementary File 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **σ (µm2/s)** | ***B*tot** | ***k*on (μM-1.ms-1)** | ***k*off (ms-1)** |
| Calmodulin | 22 | 24 µM | 0.034 | 0.238 |
| ATP | 140 | 455 µM | 0.255 | 45 |
| Fluo | 20 | 50 µM | 0.08 | 0.09 |
| Troponin | 0 | 70 µM | 0.0327 | 0.0196 |
| Calsequestrin | 0 | 16 mM | 0.102 | 65 |