**Supplementary File 2.** List of mouse and human qPCR primers.

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| Gene symbol (mouse) | Forward | Reverse |
| *Myod1* | AGCACTACAGTGGCGACTC | GTGGAGATGCGCTCCACT |
| *Pax7* | TCTCCAAGATTCTGTGCCGAT | CGGGGTTCTCTCTCTTATACTCC |
| *Myf5* | TGAGGGAACAGGTGGAGAAC | TGGAGAGAGGGAAGCTGTGT |
| *Myf6* |  AGATCGTCGGAAAGCAGC |  CCTGGAATGATCCGAAACAC |
| *Myog* | TTGCTCAGCTCCCTCAACCAGGA | TGCAGATTGTGGGCGTCTGTAGG |
| *Myh4* | ACAAGCTGCGGGTGAAGAGC | CAGGACAGTGACAAAGAACG |
| *Myh1* | CCAAGTGCAGGAAAGTGACC | AGGAAGAGACTGACGAGCTC |
| *Myh2* |  CAGAGGCAAGTAGTGGTGGA |  CAAATTCTCTCTGAACAGGGCA |
| *Myh4* |  ACACAGAGTCAGGCGAGTTT |  CAGTGCGTTCTTGGCCTT |
| *Myh7* | GTGGCTCCGAGAAAGGAAG | GAGCCTTGGATTCTCAAACG |
| *Myl1* | AGAGGTAGAAGCGTTGCTGG | GGCCAGTCTTCCCCAACATT |
| *Cers1* | CCACCACACACATCTTTCGG | GCCTGACCTCCAGTCATAGA |
| *Sptlc2* |  GCACTCGTCAGGAAATTGGAAA |  CTCCTAGAACCAGTGACGCA |
| *Degs1* |  AATGGGTCTACACGGACCAG |  GGACGAGAAGCATCATGGCTA |
| *Cers2* |  GGCGCTAGAAGTGGGAAAC |  TCGAATGACGAGAAAGAGCA |
| *mTorc1* | GGCATAACAGATCCTGACCCTGAT | CAGGGATGCCAAGACACAGTA |
| *Rps6kb1* | CGGGTACTTGGTAAAGGGGG | ATGTTCCGCTCTGCTTTCGT |
| *Eif4ebp1* | GGGGTCACTAGCCCTACCA | TCATTGCGTCCTACGGCTG |
| *Mstn* | TCACGCTACCACGGAAACAA  | TGCCATCCGCTTGCATTAGA |
| *Smad3* | CACTCCCCAACCAGCTCAG | CAACTGCCTGAACATCTCCTCT |
| *Foxo1* | AAGGATAAGGGCGACAGCAA | ATTTTCCGCTCTTGCCTCCC |
| *Atrogin-1* | TCTCTCCTGGAAGGGCACTG  | TGAGGGGAAAGTGAGACGGA |
| *Murf* | CACAGAGGGTAAAGAAGAACACC | TGGGGAGCCCTATGCTAGTC |
| *Ube2e1* | GTTGCTGCACTTCCGCTTC  | GCGAACGGCCCCTCTCTTT |
| *MYOD* |  TCTCCTTGGTGTAGGCTCAG |  CCTGACCTTGAACGTGAATC |
| *MYOG* |  TTGCTCAGCTCCCTCAACCAGGA |  TGCAGATTGTGGGCGTCTGTAGG |
| *MYF5* |  TGTGGCTCTCTCTCCGTATG |  AATACAGACATGCAGGCTTCAC |
| *MYF6* |  GTGGAGGAAGTGGTGGAGAA |  ACTTTTCGGTCTGGGTTCCT |
| *MYH1* |  TGTCTCCAAAGCCAAGGGAAA |  CCCTCGAGAGCTGTGAAACT |
| *MYH2* | GTCCTGCTTTAAAAAGCTCCAAGA |  TCAAAGGGCCTATTCTGGGC |
| *MYH7* |  TTGGCCCCTTTCCTCATCTGT |  ATCAGGCACGAAGACATCCTT |
| *MYH4* |  GCTGAAGAGGCTGAGGAACA |  CCCGACTCTTCACTCTCAGC |
| *MYL1* |  AACCACCACTCCTCTTCCAA | AGGGTGGGTTAAAAAGAGAAGGA |
| *CERS1* |  TCGTCTCCTCCTACGCCTTC |  GCGGAACCAGAACCAGC |
| *SPTLC1* |  AGTGGGTTCTGGTGGAGATG |  TGGTAAGCAGGAGCCTCGTAA |
| *DEGS1* |  AGCTAGTCTGCAAGCCACC |  CTCTGGATACTTTGCCAGGAT |
| *CERS2* |  GCTGGAGTCAGCCAAGATGT |  AGGATCCAGAAGGGCAGGAT |