

Table S1. Summary of characteristics of embryonic, fetal, neonatal and adult myogenesis

Phase	Time in mouse development	Progenitors	Myofiber	MyHC composition
Embryonic	E10.5-12.5	Pax3 ⁺ Pax7 ⁻	Primary	MyHCemb and MyHCI
Fetal	E14.5-P0	Pax3-derived, Pax7 ⁺	Secondary	MyHCemb and MyHCI OR MyHCemb and MyHCperi
Neonatal	P0-P21	Pax3-derived, Pax7 ⁺	Secondary/adult	MyHCemb and MyHCI OR MyHCemb, MyHCperi and MyHCIIa OR MyHCemb, MyHCperi and MyHCIIx OR MyHCemb, MyHCperi and MyHCIIb
Adult	>P21	Pax3-derived, Pax7 ⁺	Adult	MyHCI OR MyHCIIa OR MyHCIIx OR MyHCIIb