



Fig. S1. Sequential steps of preparing for the medial gastrocnemius micro-biopsy are shown from left to right. Ultrasound was used to determine fascicle pennation angle as a guide for parallel needle insertion as well as any larger blood vessels that needed to be avoided. After local anesthetic was applied, the introducer needle was inserted and monitored with ultrasound. Three micro-biopsies were then taken in a clockwise fashion from the medial gastrocnemius muscle and placed in skinning solution.