

Supplemental Table S1 Primary and secondary antibodies for immunohistochemistry

Staining protocol	Primary Antibodies
(1) Fibre CSA + Fibre Type	Laminin (rabbit anti-laminin IgG; 1:1000; Z0097; DAKO) MHC-I (mouse anti-MHC-I IgG2b; 1:200; #BA.D5; DSHB ¹) Satellite cells (mouse anti-pax7 IgG1; 1:20; DSHB ²)
(2) SCs + Fibre Type	Laminin (rabbit anti-laminin IgG; 1:1000; Z0097; DAKO) MHC-I (mouse anti-MHC-I IgG2b; 1:200; #BA.D5; DSHB) Satellite cells (mouse anti-pax7 IgG1; 1:200; DSHB)
(3) SCs + Proliferating Cells	Satellite cells (mouse anti-pax7 IgG1; 1:100; DSHB), Ki67 (rabbit anti-Ki67; 1:100; Ref: CRM325C; Biocare Medical)
Staining protocol	Secondary Antibodies
(1) Fibre CSA + Fibre Type	Laminin (Far-red, Alexa Fluor 680 goat anti-rabbit IgG; 1:500; A-21076, ThermoFischer) MHC-I (Red, Alexa Fluor 568 goat anti-mouse IgG2b; 1:500; A-21144, ThermoFischer) Pax7 (Green, Alexa Fluor 488 goat anti-mouse IgG1; 1:200; A-21121, ThermoFischer)
(2) SCs + Fibre Type	Laminin (Far-red, Alexa Fluor 680 goat anti-rabbit IgG; 1:500; A-21076, ThermoFischer) MHC-I (Red, Alexa Fluor 568 goat anti-mouse IgG2b; 1:500; A-21144, ThermoFischer) Pax7 (Green, Alexa Fluor 488 goat anti-mouse IgG1; 1:500; A-21121, ThermoFischer)
(3) SCs + Proliferating Cells	Pax7 (Green, Alexa Fluor 488 goat anti-mouse IgG, 1:200; A-11029, ThermoFischer) Ki67 (Red, Alexa Fluor 568 goat anti-rabbit IgG; 1:200; A-11036, ThermoFischer)
Notes	¹ BA-D5 was deposited to the DSHB by Schiaffino, S. ² Pax7 was deposited to the DSHB by Kawakami, A.

Primary and secondary antibodies used in the three staining protocols for:

(1) Fibre CSA + fibre type

(2) Satellite cells + fibre type

(3) Satellite cells + proliferating cells

MHC = Myosin Heavy Chain

SC = Satellite cell