# Both moderate- and high-intensity exercise training increase intramyocellular lipid droplet abundance and modify their myocellular distribution in adults with obesity

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**Supplemental Table S1 -** Antibodies and reagents

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| **Primary and secondary antibodies (immunoblot)** | **Source** | **Identifier** |
| anti-p62 | Abcam | 109012 |
| Microtubule-associated protein light chain 3 (LC3) | CST | 2775 |
| anti-PLIN2 | R&D systems | MAB7634 |
| Anti-CIDEC Antibody/FSP27 | Sigma-Aldrich | ABC300 |
| anti-Seipin/BSCL2 | CST | 23846 |
| anti-FIT1M | Sigma | HPA019842 |
| anti-Mitochondrial OXPHOS | Abcam | 110411 |
| anti-CD36 | R&D systems | AF1955 |
| anti-CPT1b | Abcam | ab134988 |
| anti-GPAT1 | Thermo-Fisher | PA5-20524 |
| anti-DGAT1 | Novus Biologicals | 110-41487 |
| anti-SREBP-1c | Thermo-Fisher | MA5-11685 |
| anti-FASN | CST | 3180 |
| anti-ATF4 | CST | 11815 |
| anti-CHOP | CST | 2895 |
| anti-LC3A/B | CST | 4108 |
| anti-rabbit IgG, HRP-linked Antibody | CST | 7074 |
| anti-mouse IgG, HRP-linked Antibody | CST | 7076 |
| **Histochemistry and Immunohistochemistry antibodies and reagents** | | |
| BODIPY 493/503 | Thermo-Fisher | D3922 |
| BA-D5: Myosin heavy chain Type 1 | Developmental Studies Hydroma Bank | - |
| anti-Perilipin-2 Antibody (PLLIN 2) | R&D systems | MAB7634 |
| anti-KDEL | Invitrogen-Thermo Fisher | PA1-013 |
| anti-LC3A/B | CST | 4108 |
| Alexa Fluor 647 Goat anti-Mouse IgG2b | Invitrogen-Thermo Fisher | A-21242 |
| Alexa Fluor 647 Goat anti-Mouse IgG1 | Invitrogen-Thermo Fisher | A-21240 |
| Alexa Fluor 488 Goat anti-Rabbit IgG | Invitrogen-Thermo Fisher | A-11034 |
| Wheat Germ Agglutinin - Alexa Fluor 555 | Invitrogen-Thermo Fisher | W32464 |
| Triton X-100 | Sigma-Aldrich | 93443 |
| Normal Goat Serum | Invitrogen-Thermo Fisher | PI31872 |
| ProLong Gold Antifade Mountant | Invitrogen-Thermo Fisher | P36930 |
| **Plasma Reagents** |  |  |
| NEFA Standard Solution | Wako Diagnostics | 27676491 |
| Triglyceride Reagent | Sigma-Aldrich | T2449 |
| Glucose Oxidase | Thermo Fisher | TR15221 |
| Insulin for Immulite | Siemens | 10381429 |

Abbreviations: CST, cell signaling technology