Setting for Electrical Stimulators

**SD9 stimulator**

**Chronic motor nerve stimulation to mimic exercise:**
- Pulse Duration: 0.25 ms
- Pulse Frequency: 10 Hz
- Delay: set to minimal
- 1-3V

**PCr depletion**
- Pulse Duration: 0.5 ms
- Pulse Frequency: 100 Hz
- Delay (S1 delay): set to minimal
- Voltage (S1 volts): Set at maximal force
- Stimulate for 7.5 min

**Somatic gene transfer for FDB**
- Pulse Duration: 20 ms
- Pulse Frequency: 1 Hz
- Delay: set to minimal
- 75V/cm

**Somatic gene transfer for TA**
- Pulse Duration: 100 ms
- Pulse Frequency: 1 Hz
- Delay: set to minimal
- Voltage: 200 V/cm (100V)

**Grass S88 Stimulator**

**In vivo muscle force frequency curve**
- Train Rate: Not relevant for force frequency curve (as we use single stimulation).
- Pulse Frequency (S1 rate): variable 10-300 Hz
- Delay (S1 delay): set to minimal
- Pulse Duration (S1 duration): 0.5 ms
- Voltage (S1 volts): Adjust to have maximal force
- Train Duration: 300 ms

**Fatigue protocol**
- Train Rate: 2 TPS
- Pulse Frequency (S1 rate): 40 Hz
- Delay (S1 delay): set to minimal
- Pulse Duration (S1 duration): 0.5 ms
- Voltage (S1 volts): Set at maximal force
- Train Duration: 300 ms

**PCr depletion**
Train Rate: 1 TPS
Pulse Frequency (S1 rate): 100 Hz
Delay (S1 delay): set to minimal
Pulse Duration (S1 duration): 0.5 ms
Voltage (S1 volts): Set at maximal force
Train Duration: 1000 ms
Stimulate for 7.5 min