

Table SI. Sequences of synthesized RNA oligonucleotides.

Name	Sequence (5'-3') or cat. no.
si-lncDum	5'-GAATGATCGTCCCATGTTA-3'
si-NC	Cat. no. siN0000001-1-10
miRNA-23a-5p mimics	5'-GGGGUUCCUGGGGAUGGGAUUU-3'
	3'-CCCCAAGGACCCCUACCCUAAA-5'
NC mimics	Cat. no. miR01201-1-5

All oligonucleotides were purchased from Guangzhou RiboBio Co., Ltd. siRNA, small interfering RNA; lnc, long non-coding RNA; NC, negative control; miR, microRNA.

Table SII. Primer sequences used for quantitative PCR.

Gene	Sequence (5'-3')
<i>IncDum</i>	F: ACAGGCAGACAGACAGCAAG
	R: CAGTACCAAGCAGGTTCCCTAC
<i>CCND1</i>	F: TAGGCCCTCAGCCTCACTC
	R: CCACCCCTGGGATAAAGCAC
<i>Cyclin E</i>	F: AGCCTCGGAAAATCAGACCA
	R: TCCTGTGCCAAGTAGAACGT
<i>Cyclin B</i>	F: TCCCTCGGTGGGATTCAAGTGC
	R: CAGGAGTGGCGCCTTGGTATGG
<i>P21</i>	F: ACCCGGGTCCTTCTTGTGTTTC
	R: CGTTTTCGGCCCTGAGATGTTTC
<i>MyHC</i>	F: AGCAGCGACACTGAAATGGA
	R: GTTGTCGTTCCCTCACGGTCT
<i>MyoG</i>	F: GCCCAGTGAATGCAACTCCCACA
	R: CAGCCGCGAGCAAATGATCTCCT
<i>MyoD</i>	F: AGACTTCTATGATGACCCGTGTT
	R: TCAGCGTTGGTGGTCTTGC
<i>Myf5</i>	F: GAGCTGCTGAGGGAACAGGTGGAGA
	R: GTTCTTTTCGGGACCAGACAGGGCTG
<i>MRF4</i>	F: ATTCTTGAGGGTGCGGATTTCTG
	R: AAGACTGCTGGAGGCTGAGGCATC
<i>MyHC1</i>	F: GCCTGGGCTTACCTCTCTATCAC
	R: CTTCTCAGACTTCCGCAGGAA
<i>MyHC2a</i>	F: CAGCTGCACCTTCTCGTTTG
	R: CCCGAAAACGGCCATCT
<i>MyHC2b</i>	F: CAATCAGGAACCTTCGGAACAC

	R: GTCCTGGCCTCTGAGAGCAT
<i>MyHC2x</i>	F: GGACCCACGGTCGAAGTTG
	R: CCCGAAAACGGCCATCT
<i><math>\beta</math>-actin</i>	F: CAGCCTTCCTTCTTGGGTAT
	R: TGGCATAGAGGTCTTTACGG
<i>U6</i>	F: CTCGCTTCGGCAGCACACA
	R: AACGCTTCACGAATTTGCGT
<i>miR-23a-5p</i>	F: GGGGTTCCUGGGGATGGGATTT
	R: Cat. no. 638313
<i>miR-206-3p</i>	F: TGAATGTAAGGAAGTGTGTGG
	R: Cat. no. 638313,
<i>miR-181a-5p</i>	F: AACATTCAACGCTGTCCGGTGAGT
	R: Cat. no. 638313,
<i>miR-221</i>	F: AGCTACATTGTCTGCTGGGTTTC
	R: Cat. no. 638313
<i>miR-222</i>	F: CTCAGTAGCCAGTGTAGATCC
	R: Cat. no. 638313
<i>miR-29b-3p</i>	F: TAGCACCATTTGAAATCAGTGTT
	R: Cat. no. 638313

All oligonucleotides were purchased from Takara Biotechnology Co., Ltd. *U6* and  *$\beta$ -actin* were used as endogenous control genes for miRNA and mRNA, respectively. F, forward; R, reverse; lnc, long non-coding RNA; miR/miRNA, microRNA.